

PALM BEACH GARDENS & JUPITER FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF APRIL 3-9, 2014

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why we have such a hard time getting some

sleep

BECKY CANTWELL SAYS she had the problem that everyone who has been diagnosed with sleep apnea has: denial. She was always tired. She could fall asleep at the drop of a hat. She told herself the exhaustion was because she was just too busy working as a medical secretary, busy with her two kids. But then she started falling asleep at work. She didn't trust herself driving, so she went for a sleep test.

SEE SLEEP, A10 ►

BY ATHENA PONUSHIS • APONUSHIS@FLORIDAWEEKLY.COM

All-night event raises funds, awareness of Palm Beach County's homeless

BY AMY WOODS

awoods@floridaweekly.com

The Meyer Amphitheatre in West Palm Beach will turn into a sea of sleeping bags and pitched tents April 11 as hundreds of advocates for the homeless participate in SleepOut.

SleepOut, The Lord's Place's stirringly symbolic sentiment to the estimated 2,200 men, women and children in Palm Beach County without housing, will raise awareness about their struggles on the streets.



DAVID SCAROLA PHOTOGRAPHY
Patrick Hansen, Jack Hansen, Cara Scarola Hansen and Cecilia Hansen will attend SleepOut.

"The homeless, they don't have anybody to turn to," said Diana Stanley, CEO of the nonprofit that, for 30 years, has provided food, services and shelter to its clients. "We are their safety net. We are the extension of a family that they never had."

The 13-hour event begins at 6 p.m. with live music by Tony Cruz & The Band and Voices of Pride, The Gay Men's Chorus of the Palm Beaches. Staff members of The Lord's Place will show off their talents, as

SEE FUNDRAISER, A34 ►

INSIDE

A WORLD OF FILMS



Palm Beach International Film Festival returns with 14 world premieres

The Palm Beach International Film Festival is set to open for its 19th edition, and Sundi Emmerman could not be happier. "I'm excited about the lineup of films this year. I'm excited about these filmmakers who are coming from 19 different countries," said Mr. Emmerman, the festival's president and CEO. The lineup includes 14 world premieres, eight North American and eight U.S. premieres. The festival opens April 3 with "Belle," directed by Amma Asante. The film, which stars Gugu Mbatha-Raw, Emily Watson, Tom Felton, Sam Reid and Tom Wilkinson, is inspired by the true story of Belle Barlowe Belle, the mixed-race daughter of an 18th-century Royal Navy admiral.

Global festival

The Palm Beach International Film Festival begins April 3. **B1** ►



Networking/Society

Who was out and about in Palm Beach. **A28-29, 30-32** ►



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Tax strategies that may help before April 15. **A36** ►



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Bohemian pottery exotic. **A39** ►

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COMMENTARY

Annie, get your gun



leslieLILLY

llilly15@gmail.com

I am a gun owner and you may be one, too. My arsenal includes a couple of shotguns, two rifles, a .44 magnum, a .22 pistol, and a Civil War-vintage musket. The genesis of my becoming a gun owner took place years ago, in the live oak forests of central Florida. As a young girl, I tagged along with my dad to go squirrel hunting.

He had a fondness for the little nut-crackers, a taste I also acquired given the culinary skill with which he prepared the fixings: braised until fork-tender, smothered in gravy, spiked with plenty of salt and pepper, and then served over hot, buttered biscuits. If that sounds too gamey for a refined palate, think again. It was fine Florida fare.

We enjoyed hunting and being together in the great outdoors. Here in Florida, blessed as we are with an outdoor paradise, there were plenty of opportunities to hunt. My dad was up for it all. We would rise before the sun and head into the woods, or the scrub, or the swamp, or the lake, and the hunt was on. I learned to hunt rabbit, deer, quail and turkey, too; and, in time, went solo on my own lowbrow expeditions.

After marriage, I kept hunting and joined my rancher-spouse. He lived for deer season to roll around and was an avid woodsman.

Because I hunted, I learned a deep respect for firearm safety and acquired a strong hunter's code of ethics, accepting the profound responsibilities of gun ownership along with the hardware. I joined a class of enthusiasts who take seriously the obligation to steward and conserve the bounty of wildlife that ends up on many a dining table.

I learned there was a standard of integrity at work in how hunting is practiced, there being always a class of yahoos who employ a stick of dynamite to fish or other methods to hunt that cheat their prey of a fighting chance. The hunters I know share a deep reverence and respect for wild things, understanding how remarkable this heritage is in the face of modernity.

Perhaps you will not find it surprising then, that my evolution as a hunter ended when I no longer took pleasure in taking away what I could not literally give back. My last kill was a squirrel eating a hickory nut at the top of a golden-lit tree, enjoying the first, warm rays of morning sunshine. I regret that shot even now.

I put my guns away and still enjoy squirrels, but in my backyard at the bird feeder.

Still, I understand why hunting and its corollary of gun ownership is an

American tradition that goes back to our hunter-and-gatherer roots.

What I do not understand is the National Rifle Association's (NRA) advocacy of gun ownership as a God-given right to be a vigilante; and every gun owner, a one-man or woman judge, jury and executioner to defend against anything or anyone they perceive as a threat. The NRA advances its cause based on an ideological plank that government can't protect us and is a threat to our Second Amendment rights; but nobody goes hunting with a handgun or an AK47 unless the intended prey are people.

We have plenty of tragic evidence that the NRA's morphing of gun ownership into the right to stand your ground is terribly wrong. Open season on people can be the only outcome of unfettered access to automatic weapons and high volume magazines and munitions created for one, singular purpose: to take life as fast and as furiously as possible.

Add to the NRA's ceaseless chant of paranoia that "only a good guy with a gun can stop a bad guy with a gun," and now we are talking about guns in every public space where men, women and children are found or gather. The Florida legislature is busy adding to the insanity, ready to enact legislation that would extend "Stand Your Ground" protection to people who fire a warning shot, as well as pass the so-called "Pop-Tart" bill to protect a child's right to

nibble toaster pastries into pistols while at school. You can't make this stuff up.

A Bureau of Alcohol, Tobacco, Firearms and Explosives (BATFE) report says the number of firearms manufactured in the U.S. and sold to Americans hit an all-time high in 2012. The report underscores Americans value firearms more than ever before; but what is deeply worrisome is the growing affection they have for the kinds of firearms that gun control supporters have worked hard to ban — the handguns and semi-automatic rifles that are killing machines for anything but squirrels.

You can thank the NRA's lobbying arm, the Institute for Legislative Action (ILA) for the proliferation of this weaponry and the lack of success of those trying to staunch its unmitigated flow. ■

— Next: The NRA, one of the nation's largest, tax-exempt "social welfare organizations."

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

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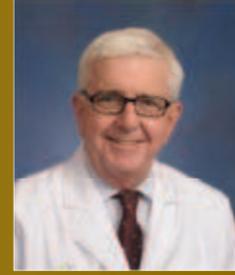
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FLORIDA WEEKLY
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OPINION

The foolish anti-vaccine cause



richLOWRY

Special to Florida Weekly

In a feat that would have been unimaginable a few decades ago, the anti-vaccine movement has managed to breathe life into nearly vanquished childhood diseases.

It took all the ingenuity and know-how we are capable of to find safe, effective ways to dramatically diminish diseases like measles and whooping cough in the developed world; it took all the hysteria and willful ignorance we are capable of to give them a boost. A developer of the measles vaccine, Dr. Samuel Katz, says the question “is not whether we shall see a world without measles, but when.”

Not if Jenny McCarthy has anything to say about it. The former Playboy model and current co-host of “The View” is a leading light of the anti-vaccine movement. She has a boy with autism-like symptoms that she is convinced were caused by the vaccine for measles, mumps and rubella. You can credit her passion for her child, sympathize with her heartbreak — and still cringe at her

wholly irrational cause.

No amount of discrediting makes a difference. One theory was that a preservative in children’s vaccines called thimerosal was causing autism. But the U.S. removed thimerosal from most childhood vaccines in 2001. If the theory had been sound, this should have reduced cases of autism. It didn’t. Cases have continued to rise, and the same held true in Canada and Denmark after eliminating thimerosal in the 1990s.

Another theory, latched onto by McCarthy, is that the MMR vaccine in particular causes autism. Dr. Andrew Wakefield publicized this supposed link in a famous article in the British medical journal *The Lancet*. It has since been thoroughly debunked. The *Lancet* retracted Wakefield’s paper, and the British Medical Journal reported that he “falsified data.” He had his medical license revoked. All of which should have been enough to give the anti-vaxxers pause.

Nonetheless, they fight on. In a recent interview with the Fox Business Network, former MTV star Kristin Cavallari plugged the anti-vaccination cause, citing “books” and “studies.”

Most parents don’t listen. Only 1.8 percent of kindergartners get exempted from vaccinations, according to NBC News. But the number is much higher

in some states. The more kids go unvaccinated, the greater the chance that diseases can get a foothold.

They usually are imported from abroad, but the absence of vaccination is a boon to their spread. A study in the journal *Pediatrics* found that the 2010 whooping-cough outbreak in California — when the state had the highest number of cases since 1947 — hit hardest in areas with high levels of nonvaccination. In 2013, measles cases tripled nationwide.

In the panic created by the Wakefield article, England saw MMR vaccination rates fall to 80 percent in 2004 and Wales to 78 percent. In 2012, England and Wales had the highest number of measles cases in 18 years.

These are dangerous illnesses, and the victims of an outbreak are often infants too small to have yet received vaccinations. Jenny McCarthy styles herself a “mother warrior.” If so, the kids sickened in the fallout from reduced vaccinations are the victims of friendly fire. Nothing good can come from undoing one of the miracles of medical progress. ■

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

Obama, the least transparent president in history



amyGOODMAN

Special to Florida Weekly

“My Administration is committed to creating an unprecedented level of openness in Government.” So wrote President Barack Obama, back on Jan. 29, 2009, just days into his presidency. “Openness will strengthen our democracy and promote efficiency and effectiveness in Government.” Now, six years into the Obama administration, his promise of “a new era of open Government” seems just another grand promise, cynically broken.

As the news industry observed its annual “Sunshine Week” in mid-March, *The Associated Press* reported that “(m)ore often than ever, the administration censored government files or outright denied access to them last year under the U.S. Freedom of Information Act.” The AP report continued, “The government’s efforts to be more open about its activities last year were their worst since President Barack Obama took office.”

This comes as no surprise to Ryan Shapiro, a graduate student at the Massachusetts Institute of Technology, who just filed a federal lawsuit against the FBI, the CIA and the National Security Agency, seeking public records pertaining to the U.S. role in the 1962 arrest of Nelson Mandela, which would land him in prison for 27 years. When his FOIA requests on Mandela were denied, he sued. “I’m pursuing these records,” he explained to me, “mostly because I’m interested in knowing why the U.S. intelligence community viewed Mandela as a threat to American security and what role the U.S. intelligence

community played in thwarting Mandela’s struggle for racial justice and democracy in South Africa.”

Shapiro filed a FOIA request with the NSA, seeking details on the arrest of Mandela over 50 years ago. The NSA wrote in reply, “To the extent that you are seeking intelligence information on Nelson Mandela, we have determined that the fact of the existence or nonexistence of the materials you request is a currently and properly classified matter.” Half a century later?

Shapiro also is seeking information on Mandela’s placement on the U.S. terror watch list until 2008, which was years after he had served as South Africa’s first democratically elected president, years after he had won not only the Nobel Peace Prize, but the U.S. Congressional Gold Medal and U.S. Presidential Medal of Freedom. I asked Shapiro why he was chasing down all these documents. “The answer,” he replied, “has to do with this blinkered understanding of national security, this myopic understanding that places crass military alliances and corporate profits over human rights and civil liberties.”

Shapiro has an interesting history, and a personal stake in the government labeling activists “terrorists.” In 2002, Shapiro engaged in an act of civil disobedience, infiltrating a farm where ducks are raised for the production of foie gras, exposing what he calls “horrific conditions which are the absolute norm on factory farms.” He said he and other activists “openly rescued, or stole, animals from a factory farm, made a movie about it. I did it as an act of civil disobedience, but it’s a real crime ... I did 40 hours of community service, and that was it.” Since that time, state after state has passed so-called Ag-Gag laws, which

equate some animal-rights activism with terrorism, and which can include incredibly harsh prison sentences.

He says his dissertation in progress, titled “Bodies at War: Animals, the Freedom of Science, and National Security in the United States,” looks “at the use of the rhetoric and apparatus of national security to marginalize animal protectionists from the late 19th century to the present.” Shapiro is seeking a wealth of public documents to answer the question. He has close to 700 FOIA requests before the FBI, seeking 350,000 documents, leading the Justice Department to call him its “most prolific” requester. The FBI has labeled part of his dissertation a threat to national security.

In 2008, when campaigning, Barack Obama was often touted as a constitutional-law professor. As such, we can assume he studied writings of one of that document’s authors, James Madison, the fourth president of the U.S., considered the “Father of the Bill of Rights.” Madison wrote, in 1822, “A popular Government, without popular information, or the means of acquiring it, is but a Prologue to a Farce or a Tragedy; or, perhaps both.” With Edward Snowden’s revelations of massive NSA spying and surveillance, and the administration’s abysmal record on transparency, President Obama has tragically moved well beyond farce. ■

— 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

Swag the dog

Spending on pets increasing as new products offer value and innovation

BY DR. MARTY BECKER
Universal Uclick

Every year, I go to Global Pet Expo, the industry's largest tradeshow. Every year, I think it can't possibly have anything new and that spending on pets can't possibly continue to rise. And every year, I am wrong. At the annual show in Orlando last month, more than 3,000 new products debuted to an audience of 5,300-plus pet-product buyers from around the world. That's just astounding.

Even more astounding are the pet-related spending statistics. Bob Vetere, president and CEO of the American Pet Products Association, says that last year, overall spending came in at more than \$55.7 billion, up 4.5 percent from 2012. People spent the most on food, followed by veterinary care.

Something I think is really interesting is the projected growth in pet insurance. Spending is expected to grow from \$650 million currently to more than \$870 million by next year. Vetere attributes the continued growth in spending on pets to a recovering economy, increasing knowledge about the positive effects pets have on human health and, most important, concern for pets' well-being.

I have no doubt that the growth in spending is also related to the inventiveness of pet-product manufacturers. As my team and I made our way through the show hall, we kept our eyes out for innovative new products that help dog



More than 3,000 new pet products debuted last month at the world's largest pet-products trade show in Orlando.

and cat owners solve problems and offer good value.

We're all seasoned veterinarians and pet professionals, so it's tough to impress us, but we found a number of products that met those criteria for our fifth-annual Becker's Best awards: the top 10 most interesting and useful products we see. We're sharing five with you this week and five next week. You can read more about the products and see photos of them on Vetstreet.com. Let me know what you think!

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your dog doesn't bark, he's rewarded with a treat. You can set the number of treats and the frequency of rewards. (\$199.99)

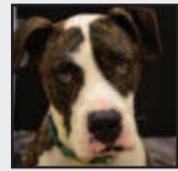
■ **Dexas H-Duo Collapsible Companion Cup.** This clever and colorful contraption is the perfect loving cup. On a hike or other outing, it allows you to carry one bottle of water with separate reservoirs for you and your dog. No more human cooties for your dog to worry about. (\$19.99)

■ **MagicLatch Leash Connection System.** Three engineers and a dog walk into a bar. OK, that's not exactly how it happened, but that's the quartet who came up with this ingenious method for connecting leash to collar. If you have a squirmy dog or have ever tried to leash your dog while wearing gloves or holding a cup of coffee, you'll know exactly why they created it. Now, using only one hand, you can leash your dog quickly and securely, thanks to the power of magnets and securely locking jaws. (\$19.99; for dogs up to 85 pounds)

■ **Zen Clipper.** Imagine trimming your pet's nails without running the risk of cutting the quick. Need I say more? (\$19.99)

■ **Motorola Scout1 Wi-Fi Pet Monitor Camera.** What does your pet do while you're gone? Haven't we all secretly wanted to know? Now you can. Via an app, you can pan, tilt and zoom the camera, communicate with your pet, monitor room temperature, capture video or snapshots of your pet's routine, and even play soothing music. (\$199.99) ■

Pets of the Week



>> **Deuce** is a 4-year-old neutered Boxer mix. He's laid back kind and likes people. He's being fostered right now.



>> **Big T** is a 3-year-old neutered domestic shorthair. He adores people and loves other cats, 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.

>> **Ollie** is a neutered male tabby, approximately 2 years old. He has a great personality, likes to be around people, and is very playful.



>> **Sedona** is a spayed female orange tabby, approximately 2 years old. She is shy and reserved at first, but is affectionate when she warms up to people.



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.

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
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- 4. Follow Aftercare Instructions**
 - Stick to discharge treatment plan
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Unleash your animal-loving side at Off the Leash for Peggy Adams

BY BRITTANY MILLER

Special to Florida Weekly

Off the Leash, an event benefiting Peggy Adams Animal Rescue League, not only undoes the leash — it basically unravels everything that is generally associated with a Palm Beach fundraiser. Unleash the suit and tie, the fancy gown, the achy shoes, and the formal dinner at this casual and relaxed, season-ending event, to be held Sunday, April 13 at 7 p.m. at Club Colette on Palm Beach Island.

“It’s just going to be a nice wind down to the end of the season,” said Laurie Raber Gottlieb, who is one of the event’s chairs and a member of the board of directors for Peggy Adams Animal Rescue League. “At the end of the season, a lot of people are sick of getting dressed up in the normal attire. The guys don’t even have to put on a jacket or tie,” says Ms. Raber Gottlieb, of the second annual event.

Ms. Raber Gottlieb and her fellow Off the Leash chairs, Nellie Benoit, Carol Garvy, and Joanie Van der Grift, are onto something with their casual spin on a Palm Beach fundraiser.

Last year’s inaugural Off the Leash event raised \$125,000 — no easy feat for a first-time fundraiser held in a cozy private club with a limited capacity.

“Last year, the whole committee worked really hard to get everyone involved,” said Ms. Raber Gottlieb. “The owner of Club Colette, Dan Ponton, is a big animal lover — so his support has been great, too. A lot of people are familiar with the programs of Peggy Adams, so it’s easy to get people to come.”

Off the Leash is a mission-centric event for the League — which has served the animals in Palm Beach County continuously since 1925. It has become a community institution with a staggering local impact.

In 2013, the League provided services for 29,325 dogs, cats, puppies and kittens, including spay and neuter, animal

adoption, training classes, and Fido’s Food Bank, which provides financially struggling families with a way to feed their pets.

Adoption will be one of the focuses at Off the Leash, which will have the Peggy Adams pet mobile on-hand, along with a receiving line of adoptable pets as guests arrive for dinner and dancing.

“Last year, I think four animals were adopted at the event,” said Ms. Raber Gottlieb. “This year, if we could do the same or better, we would love that. It would be wonderful if people can find a forever friend out of Off the Leash.”

Ms. Raber Gottlieb herself, a 13-year volunteer for Peggy Adams Animal Rescue League, has rescued many stray cats. “I know how powerful the human-animal bond is, and I always thought it was sad to be euthanizing so many adoptable animals in our community,” she says about why she got her start volunteering for the organization more than a decade ago.

“I saw that Peggy Adams’ main focus is spaying and neutering so we don’t have to put healthy animals down. They have a great adoption program and they try very hard to get animals into loving homes, and that’s something that was very important to me too.”

The nonprofit Peggy Adams Animal Rescue League recently announced a collaboration with Palm Beach County Animal Care and Control on a program called “Countdown to Zero.”

The goal of the program is to not have to euthanize any healthy, adoptable animals in Palm Beach County. To meet that goal in the next 10 years, Peggy Adams will spay and neuter as many animals as possible at a low cost.

“By attending the fun and casual event, people will be able to help support the programs at Peggy Adams and save animals’ lives,” explained Ms. Raber Gottlieb.

Tickets to Off the Leash are \$250. Sponsorship opportunities are available. To make a reservation, call 472-8845 or visit peggyadams.org. ■



PNC Bank, Women’s Foundation host entrepreneur session

SPECIAL TO FLORIDA WEEKLY

PNC Bank and the Women’s Foundation of Palm Beach County host The Educated Entrepreneur, a luncheon presentation that is part of “In the Bank,” a financial empowerment series for women. The event is April 9.

Janice Brunson and Dana Ray from PNC Bank will present topics and tips relevant to local women looking to start

or succeed in their own businesses.

Registration and networking for the event begins at 11:30 a.m. and the lunch program will run from noon to 1 p.m. in the Napa Room, upstairs at Seasons 52, 11611 Ellison Wilson Road in Palm Beach Gardens.

The cost for The Educated Entrepreneur is \$35 and includes lunch.

To register, see tinyurl.com/wfpbcApril9. ■

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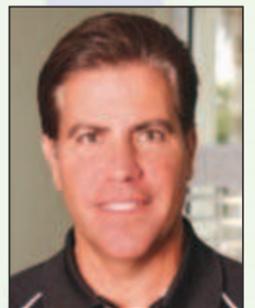
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Palm Beach Zoo employees reduce carbon footprint

SPECIAL TO FLORIDA WEEKLY

Employees at the Palm Beach Zoo & Conservation Society are taking action to reduce the zoo's overall carbon footprint as part of a fuel reduction initiative, and they have already saved greenhouse gas emissions equivalent to 0.71 metric tons of carbon dioxide.

Since the launch on Feb. 3, employees have saved 75 gallons of fuel, with the ultimate goal of reaching 100 gallons saved per month. Employees are encouraged to carpool, or find alternative ways to come in to work at the Zoo, such as safely walking or bicycling.

Andrew Aiken, president and CEO for of zoo, said one of the best ways to exemplify the zoo's mission of inspiring people to act on behalf of wildlife is by employees taking action themselves and making environmentally friendly choices as frequently as possible.

"We have to lead by example," Mr. Aiken said in a prepared statement. "If we can save 100 gallons of fuel per month, that's approximately one ton of carbon that we didn't emit into the atmosphere, which is good for wildlife."

Saam Aiken, conservation research associate for the zoo, surveyed staff members to establish a baseline of fuel consumption, and created a private Facebook page for employees to post their actions for encouragement and accountability.

"So far, almost half of the zoo's staff

has collectively performed 210 environmental acts to save fuel," he said in the prepared statement. "We don't need everybody to do a conservation act every single day, although that would



COURTESY PHOTO

Andrew Aiken, president and CEO of the zoo, rides his bicycle to work.

be ideal. We simply encourage employees to take at least one fuel reduction action per month. It only takes a little effort from everyone to get a lot accomplished."

The Zoological Society of the Palm Beaches states its mission is to inspire people to act on behalf of wildlife and the natural world. It advances that through endangered species propagation, education and support of conservation initiatives in the field, it says.

The Palm Beach Zoo is at 1301 Summit Blvd. in West Palm Beach. The Zoo is open from 9 a.m. to 5 p.m. every day, except Thanksgiving and Christmas. For more information, see palmbeachzoo.org. ■

Advertorial

Special Announcement for Florida Singles by Kelly Leary, your local matchmaker

Premier matchmaking and events service launches new hub in Palm Beach Gardens

This month I am so excited to announce the launch of Revolution Dating, an upscale dating and events club which will be delivering more love and friendship to single, divorced, and widowed adults in Florida. My long term team and I have been working over time planning parties and benefits for all of you. "Its not what you know, its who you know"...and we know some amazing single men and women!"

Our office location is the icing on the cake! Located near Spoto's Oyster Bar, Rocco's Tacos, and Vic & Angelo's Restaurants, three great date spots. In the past, businesses like ours have been located "high in the tower" hidden away from the general public. Today, with online dating & matchmaking becoming mainstream, placing our new office right in the mix of the hottest restaurants in town is ideal. Many who have been on the fence will now feel more comfortable calling us. Revolution Dating has been called the "hottest gig in town" by many singles touting that "this is going to be the best way to meet other quality singles!"

After two decades of success in the indus-



Kelly Leary, M.S.

try, I feel driven to raise the bar for our many friends and clients. I am excited to introduce new types of events from "Oscar Night" to "Ballroom Dance Events" to "Yoga Workshop" to "Tandem Kayaking". Our goal is to attract date-worthy professional and retired singles. Between my 23 years in the business, and my Masters Degree in Clinical Psychology, my talents rival some of the best in the U.S.A.!! I'm happy to bring it all to YOU...making the gap from "single" to "taken" very easy!

Since 1991, I've helped thousands aged 25-85 find friendship and romance. Last year, I celebrated another record year of successful matches, and I can't wait to increase the numbers in 2014! The majority of my clients report a positive dating experience which means they are now engaged, married or happily dating.

Our client base ranges from Vero Beach to Broward County. Every one is screened which includes background checks. Once a client of Revolution Dating, perks abound. Membership includes a professional photo shoot, profile-writing assistance, one-on-one date coaching, image consulting, and/or even personal shopping to get you ready for your first date. We also have an expert who will help get your home "relationship ready" post-divorce or break-up. There is even a "Millionaires Only Circle" available as an option. For some, we will even plan the date for you by request!

We are here to jump start your love life! Our parties are private for our friends and members, unlike other singles events where anyone can attend. As always, our events are first come first serve! If you don't like parties, no problem, we can do one on one set-ups. The club is custom made to the single clients needs.

To celebrate the Revolution of Love 2014, we are offering new clients who join before April 20 an invite to our Sexy Singles Launch Party at the end of April. This will be the biggest singles event of the year--be sure to RSVP to 561-630-XOXO (9696) today if you want to come play with us.

I hope to see you at the party this month!

- Much Love As Always, Your Local Cupid, Kelly

Revolution Dating is light years ahead of the bar scene, online dating, or any other club in town. My team is truly dedicated to love and building relationships. This is not just about a "date", this is a life changing experience!

**For more information, contact
Revolution Dating at
(561) 630-XOXO (9696) or go to
www.revolutiondating.com!**



Testimonials



When I found myself a single mother at the age of 42, I thought "how in the world will I ever find love again"? After being encouraged by friends, I tried "online" services, only to find that most of the men I was interested in had "misrepresented" their credentials. That's why I decided to meet with Kelly and give her "dating service" a try. I really had nothing to lose! The support received from Kelly and her staff was amazing. As a result of this incredible service, I have been married since November of 2008. Since our wedding, Kelly has been in constant contact with my husband and I. We are so excited, and wish her the best with REVOLUTION DATING!

- Denise



It was hard to meet people after I moved to Florida for my career. I had everything going for me, except having that one special person to share my life with. Knowing I had to make a change, I hired Kelly to help me find "the one". Kelly introduced me to Hal, and in that moment my life changed forever. Hal and I have been dating for almost 2 years. We now live together and are planning our wedding.

- Kelli

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SLEEP

From page 1

"You don't realize how much sleep you're losing until it's corrected and you get a good night's sleep," Mrs. Cantwell says. "You don't realize what you're missing."

Mrs. Cantwell lives in Arcadia. She went to the Sleep & Pulmonary Center of Florida in Port Charlotte. Her sleep apnea — repeated long pauses in breathing during sleep — was treated with continuous positive airway pressure therapy, called CPAP in today's lexicon, a treatment that uses a machine to keep airways open while someone sleeps.

"Sleep feels like it did when I was younger, when I didn't have all this stuff to deal with, when I could go to sleep and get a good night's sleep," Mrs. Cantwell says. "I would not go anywhere without my sleep machine. If I go away for one night, I take it with me ... Once you've felt the effects of a good night's sleep with a machine, you don't want to go without it again. It makes that big of a difference."

Mrs. Cantwell grew up around farmers. She says everyone went to bed before dark in the summertime. Everyone woke up before the sun. She does not recall her parents or her grandparents complaining of sleep problems. She says if they had any, they kept quiet about it.

Mrs. Cantwell believes more people suffer from sleepiness today, saying, "People have a different lifestyle than they used to have. The stress, the hustle and bustle of everything in everybody's life nowadays, more people can't sleep and they're more aware of it."

Sleep-deprived nation

A recent study shows a doubling of doctor visits for sleeplessness and more than a sevenfold increase in the diagnoses of insomnia from 1993 to 2007. Prescriptions for sleep medications have increased subsequently, with a striking 30-fold increase in prescriptions for nonbenzodiazepine sedative hypnotics, like Ambien, during this time. (The study ran in the February issue of the journal SLEEP, published online by the Associated Professional Sleep Societies LLC, a joint venture of the American Academy of Sleep Medicine and the Sleep Research Society).

The Centers for Disease Control and Prevention estimate that 50 to 70 million American adults have "sleep or wakefulness disorder." Americans spent \$3 billion on prescription sleep aids in 2007, according to Consumer Reports.



COLON

And according to IMS Health, a lead research firm that tracks pharmaceutical sales, 60 million prescriptions for sleeping pills were prescribed in 2011.

The numbers stir up questions: People in the 1950s couldn't sleep either, right? Are we over-diagnosed? Are we over-prescribed?

Dr. Jose Colon, an author and sleep disorder specialist practicing in Southwest Florida, says the answer lies in cave art. "The caveman that slept through the night and knew how to stop and smell the roses, that caveman did not make it through evolution," he says. "The agitated one, the anxious one, the one that would fight, that's the one that lived and that is the genetic basis for today's humanity."

The way Dr. Colon renders it, the caveman who stayed awake stayed alive;

thereby, insomnia is not a modern problem, but an inherited characteristic.

He says scholarly references to insomnia go way back. "The term 'agrypnia' was the Scottish word for insomnia," Dr. Colon says. "Agrypnia was originally described as a vigil before certain feasts, the rite of staying awake for devotional purposes. It was described in the Study of Medicine in 1822 as irritative wakefulness, sleep retarded by mental excitement."

Dr. Colon says 30 to 40 percent of people experience insomnia on a regular basis. He says 90 percent of people have experienced adjustment insomnia. "Life circumstances," he explains. "A death in the family, or thinking someone's cheating on you, something has occurred and you've had a sleepless night or two." He feels the other 10 percent are in denial, "like the potbelly dude at the gym who walks up to the mirror, sucks in his gut and goes, 'Yeah!' then keeps on walking."

A couple of points Dr. Colon likes to make: Insomnia is more commonly diagnosed in women. Anxiety is more commonly diagnosed in women. Alcoholism is more commonly diagnosed in men. "I don't think we have different problems," he says. "I think the approach is different."

More than anything, Dr. Colon wants people to understand: "Insomnia is not a disorder. It is a symptom."

He says patients ask him every day, "Please, tell me some kind of vitamin I can take or something that's going to help."

"Listen," he answers, "Fred, he's fatigued. Why? He's got scurvy. He needs Vitamin C. Fredericka, she's fatigued. Why? She's got anemia. She needs iron."

He carries on with examples, then circles back, "So even though people say, 'There must be something, some kind of mineral or something,' what are

you treating?"

Again, he reiterates, "Insomnia is a symptom. It is not a disease. It's a symptom."

Mind over medicine

Through his practice, Dr. Colon says he came to the realization that medications do not work for sleep in the long run. He found that behavioral sleep medicine and psychological therapies do work. He started to study mindfulness and meditative techniques so he could teach his patients how to elicit their own relaxation response.

"I thought to myself for every patient that I'm helping, how many are not being helped?" Dr. Colon says. "How many communities have nobody who cares but are just passing out the candy?"

This served as the catalyst for Dr. Colon to found Paradise Sleep, an organization intent on educating the public in sleep, and write his book "The Sleep Diet: A Novel Approach to Insomnia," a play on words, as he wrote a novel, feeling character explorations would be more applicable than some self-help-book list of instructions.

The first chapter in his book curses Ambien.

"I loathe it," Dr. Colon says. "Ambien does not stop your racing thoughts, it doesn't stop your agitation, it doesn't stop your anxiety, it doesn't stop the reason you're not sleeping. It does sedate you ... And it dampens the blood flow and activity of your hippocampus, your memory area." He says that's how a woman drives to her ex-boyfriend's house with no recollection, how sleep-eating disorders occur, how people send texts and emails that make no sense.

Studies have shown on the initiation of CPAP, a short-term dose of Ambien helps with CPAP tolerance. Studies have also shown that Ambien helps some-

one with anxiety fall asleep, Dr. Colon says, so under those circumstances, he will prescribe it, in conjunction with behavioral sleep medicine, relaxation techniques.

Last year the Food and Drug Administration recommended lowering the bedtime dose of zolpidem drugs, like Ambien, because data showed blood levels in some patients were high enough the morning after to impair activities that require alertness, such as driving. But to be fair, the FDA reminded the public that all drugs taken for insomnia could impair driving and activities alertness. Drowsiness is listed as a common side effect on the labels of all insomnia drugs.

"Another point, I feel over-the-counter sleep aids are gateways towards long-term chemical dependence," Dr. Colon says. "It's like that commercial — when your cable doesn't work, you get frustrated. When you get frustrated, you play racquetball. When you play racquetball, you get a black eye... When you wear an eye patch, people want to see how tough you are... And you wind up in a ditch."

"When you start on a sleep aid, you end up on a chemical dependency. You're going to end up on an antidepressant eventually," Dr. Colon draws the scenario out until there's less human bonding, "And when you do that, we're creating a world without love."

Latin roots of the word "apnea" mean "without breath."

Whenever patients exhibit sleep apnea denial, Dr. Colon says this dialogue plays out:

He asks patients: "Is breathing important?"

Patients always say, "Yes."

He asks patients: "Is sleeping important?"

Patients always say, "Yes."

He's got them there. He makes them laugh. Then makes them think.

"If you only slept five hours, your day is not ruined. The first four hours of sleep are the core hours, the most refreshing part. That's going to let you live the next day. If you had a bad week, don't sleep in. Wake up at the same time. Let that sleepiness push you to fall asleep earlier the next evening. You will reach that deep sleep earlier and you will stay in that deep sleep longer."

— Dr. Jose Colon,
sleep specialist



How much sleep do you need?

Dr. Jose Colon likes analogies. "I weigh twice as much as my wife, but she eats twice as much as I do," he says. "You can't tell me our metabolisms are the same."

He says it's the same with sleep. Every person has different sleep needs.

Here are some general rules of thumb:

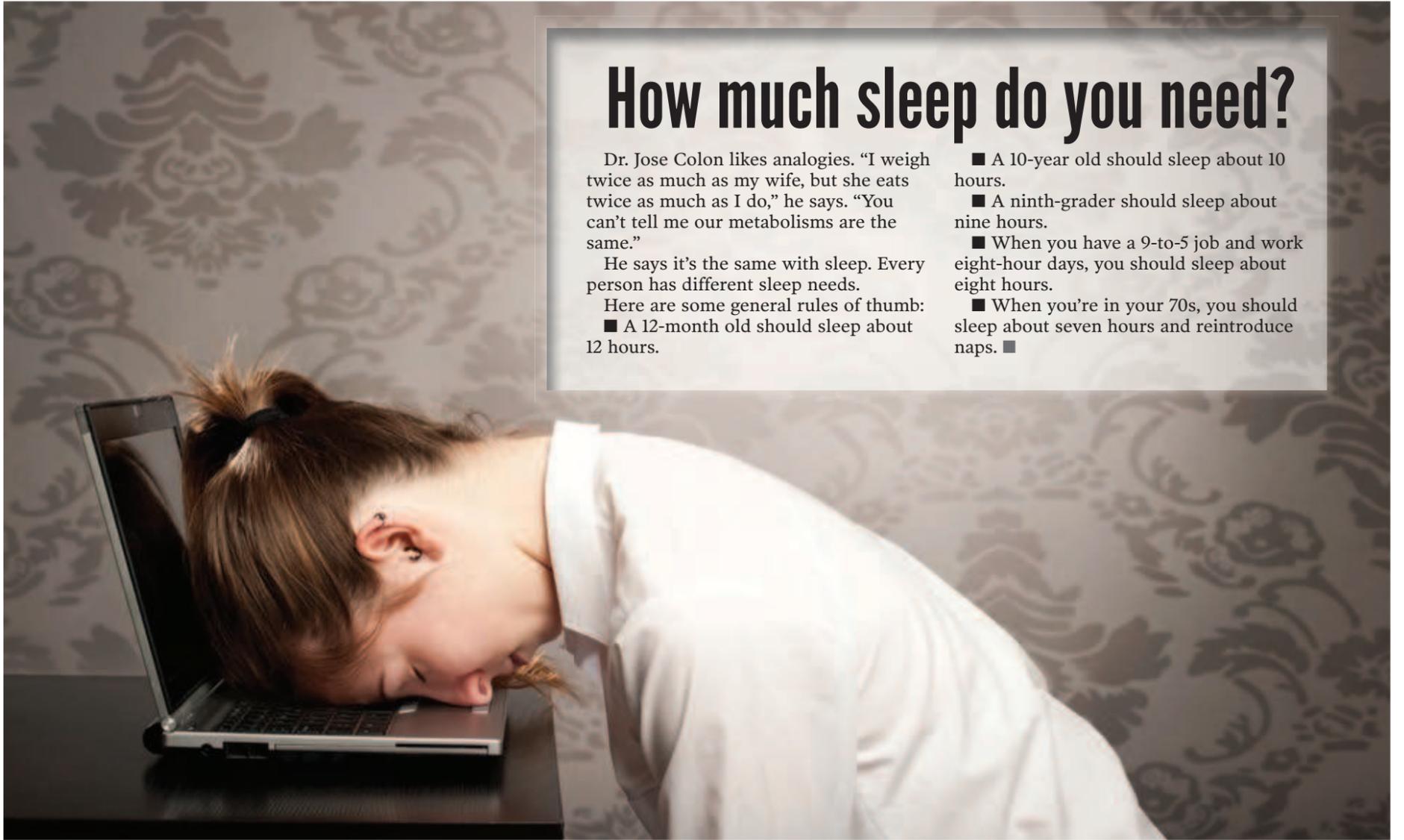
■ A 12-month old should sleep about 12 hours.

■ A 10-year old should sleep about 10 hours.

■ A ninth-grader should sleep about nine hours.

■ When you have a 9-to-5 job and work eight-hour days, you should sleep about eight hours.

■ When you're in your 70s, you should sleep about seven hours and reintroduce naps. ■



Diagnosing problems

Neal Nay, manager of the Sleep Disorder Center at Jupiter Medical Center, says medical professionals believe 90 percent of sleep apnea cases are still undiagnosed. Mr. Nay says reluctance plays a part in this. He feels people are fearful to undergo a sleep test and less than enthusiastic about the treatment. Repeatedly, he hears people say: "You're going to tell me I need that mask thingy and I don't want that."

Or he'll hear people confess: "I've had this prescription from my doctor for six months, maybe a year, and I've been carrying it around. I really need to go do this (sleep test)."

"I hate to slander my own gender," Mr. Nay says, "but this is the middle-aged-male mindset: 'If I don't know about it, it can't hurt me.'"

The sleep rooms at the sleep center look like hotel rooms, decorated with a wardrobe, nightstands, paintings of ocean waves. "That's my contribution," says Mr. Nay, pointing to a flat-screen TV. "Middle-aged men by and large don't want to go to the hospital or have a test done unless they're having crushing chest pains, so we have to lure them in."

If a patient's feeling trepidatious, Mr. Nay invites him to the sleep center to come have a look-see. "They have an image in their mind that we're going to strap them to a gurney and shine lights on them in a real clinical-like room and tell them to sleep," he says. "A lot of them walk in here, look at the TV and go, 'OK, I can do this.'"

Mr. Nay says many people deny their sleepiness, telling themselves: "Yeah, I'm tired, but I work hard." Other sleep apnea symptoms include feeling tired and fatigued throughout the day, loud snoring, freight-train-like snoring, leading their bed partners to suffer their own sleep disorders from the noise and move out of the bedroom. This marital dynamic has become so common Mr. Nay says he's heard contractors are designing homes with his-and-her mas-

ter bedrooms, like his-and-her sinks, because more and more partners are sleeping apart.

Mr. Nay pulls up the sleep study of a "classic patient," a middle-aged male, slightly overweight. "Me," he jokes. He shows how seismic waves, like heart-rate-monitor lines, measure eye movements, brainwaves, muscle tone, leg movements, snoring, oxygen, breathing and heart activity.

Mr. Nay can see a leg twitch in these lines. He can see a snore. He can see an apnea — that's when it flatlines, that's when the patient stops breathing. "This causes an arousal response in the brain, a reflex that wakes you up when you stop breathing, it's what protects you when somebody puts a pillow over your head, a fight-or-flight response," Mr. Nay says. "(Sleep apnea's) like somebody holding your head under water until you force yourself up, that's basically what you're doing. You wake up in five or six seconds, catch your breath, big, loud — see the snoring — big, loud, huge waves, waking up your bed partner. When there's no airflow, it's pretty quiet. It's when you recover, that's when you make a noise."

The man in the sleep study starts having apnea after apnea, one after another. His results show 60 apneas an hour. He's waking up and catching his breath once a minute.

Mr. Nay says a sleep study accrues about a thousand pages. Scrolling through the pages on his computer screen, he starts musing about sleep.

He views sleepiness as a modern epidemic. He sees the American attitude toward sleep as particularly hostile. He says there's a natural temperature dip in the afternoon that makes you sleepy. He says a lot of people blame this on lunch, but when that temperature dip hits your circadian rhythm, it makes you tired.

"In many cultures around the world, two o'clock in the afternoon, everybody shuts down their business and takes a siesta. Even in England, they have tea-time where everybody stops working," Mr. Nay says. "In America, we go to Starbucks and drink powerful caffeine beverages to counteract the sleepiness."

His mind traces back to the invention of the electric light. "Edison invented

the light bulb, but he also had a disdain for sleep. He thought it was a complete waste of time," Mr. Nay says. "Edison also invented the night shift, which is really interesting."

He thinks of how electric light suppresses melatonin. "Melatonin is the sleep hormone," Mr. Nay says. "It's secreted by the pineal gland in your brain ... It's the hormone that makes you sleep ... They call it the Dracula hormone, because it comes out at night."

From Dracula to Dickens, he talks about when sleep apnea made its first literary cameo. "Sleep apnea's original name was Pickwickian Syndrome because Charles Dickens described a person with sleep apnea in one of his books," he says. "In 'The Pickwick Papers,' a character named Joe was known to fall asleep at the drop of a hat and snore very loudly."

From Dickens to present day, Mr. Nay says people go on an hour less sleep than their grandparents did. He says there's no biological evidence that people need less sleep; people just choose to go without it. Their attitude being: "I can go without sleep. I can get more done."

He believes past generations had sleep apnea, they just didn't have a name for it. "I have a lot of patients that say, 'My dad had this and my mom complained about it and the doctor told her, 'Shut up. You're not being a good wife,'" Mr. Nay says.

Evolution of a mask

Back to the sleep study, the man's oxygen levels are falling. He's having arrhythmias from the stress on his heart in his efforts to breathe. Sleep center staff intervene. They wake up the patient and fit him with a CPAP mask to provide "continuous positive airway pressure."

Mr. Nay likens the treatment to driving your car 60 mph and sticking your head out the window. "You have air rushing in your nose and it's a little bit higher pressure than what you're used to, but you can still exhale out against it," he says.

Mr. Nay says he was privy to the beginnings of CPAP. Working at Mount Sinai Medical Center in Miami Beach,

he remembers a patient with "unlimited resources." The man had been diagnosed with sleep apnea. A tracheostomy had been recommended to create an opening through his neck to his windpipe. The patient wanted no part of that, so he flew over the Australian doctor who had developed CPAP.

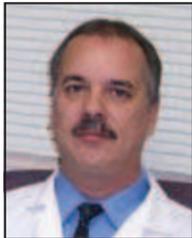
Mr. Nay describes those first CPAP masks as crude, cumbersome, made out of fiberglass.

"The patient didn't like that, so he said, 'Let's call NASA. They're good with masks.' This was in the early space shuttle days," says Mr. Nay, who has been in the sleep field for more than 30 years. "'Let's call up NASA,' we all went, 'Ha!' But he made one phone call and the next day there was a guy from NASA there ... So we worked with a guy from NASA for a little while trying to handcraft a mask for this man, until it became FDA approved ... I stumbled in as a student ... It was a 'Forest Gump' thing, like a happy coincidence that I was there."

Now CPAP masks are made as soft as a pillow. Looking at the seismic waves of sleep after the sleep study patient was suited up with a CPAP mask, Mr. Nay says, "That's what sleep should look like." Stable heart rate, continual breathing, the man drifts from REM to deep, deep sleep.

"See all that REM, that's called REM rebound effect," Mr. Nay says. "He had no REM at all before that. Once you give him an open airway and the ability to breathe during sleep, he'll go into REM and stay there for hours. That's why some patients wake up and want to conquer the world. You feel so good after you have the solid block of REM, you want to go paint your house."

Mr. Nay says the sleep center tests an average of 25 to 30 patients a week, coming close to reaching their capacity of 120 patients a month. Mr. Nay says if patients experience REM rebound and delta rebound, that deep, coma-like sleep, "Those are the guys that are going to wake up and be very happy, like, 'Give me that machine as fast as you can.' They may come in reluctant, saying, 'I don't know,' but they'll leave literally saying, 'Give me that machine as fast as you can.'" ■



NAY



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Gene sequencing allows doctors to discover a new syndrome

BY THE UNIVERSITY OF FLORIDA

National Institutes of Health researchers have identified gene variants that cause a rare syndrome of sporadic fevers, skin rashes and recurring strokes, beginning early in childhood. The team's discovery coincides with findings by an Israeli research group that identified an overlapping set of variants of the same gene in patients with a similar type of blood vessel inflammation.

The NIH group first encountered a patient with the syndrome approximately 10 years ago. The patient, then 3 years old, experienced fevers, skin rash and strokes that left her severely disabled. Because there was no history of a similar illness in the family, the NIH group did not at first suspect a genetic cause, and treated the patient with immunosuppressive medication. However, when the NIH team evaluated a second patient with similar symptoms two years ago — a child who had experienced recurrent fevers and six strokes by her sixth birthday — they began to suspect a common genetic cause and embarked on a medical odyssey that has led not only to a diagnosis, but to fundamental new insights into blood vessel disease.

In their study, which appears in the Feb. 19, online edition of the *New England Journal of Medicine*, the researchers describe how next-generation genome sequencing, only recently available, facilitated a molecular diagnosis for patients in their study. The researchers found that harmful variants in the CECRI gene impede production of a protein vital to the integrity of healthy blood vessel walls.

"This discovery is another example of genome sequencing playing a

central role in revealing the genomic basis for an important rare disease," said Eric D. Green, M.D., Ph.D., director of the National Human Genome Research Institute (NHGRI), where the lead members of the research team are based. "Such studies illustrate how genomics is paving the way to improved human health."

The researchers showed that faulty variants in their patients' DNA that encode the CECRI gene cause a loss of function of the gene's ability to produce of an enzyme called adenosine deaminase 2 (ADA2). Without it, abnormalities and inflammation in blood vessel walls result. The researchers call the new syndrome, deficiency of ADA2, or DADA2. The enzyme ADA2 is chemically similar to the enzyme ADA1, whose deficiency results in severe combined immunodeficiency disease.

NHGRI Scientific Director Daniel Kastner, M.D., Ph.D., led the team of collaborators from NIH and beyond in mounting the study of nine patients. "It has been incredibly fantastic to see this kind of progress being made within the last decade," he said. "Our study raises the possibility that the ADA2 pathway may contribute to susceptibility to stroke in the more general population."

For children, as with adults, stroke can affect physical, cognitive and emotional functioning. Some outcomes, such as blindness and deafness, can be lasting; others, such as the ability to walk, can be relearned.

The collaboration that brought the discovery of this new syndrome to light included researchers from NHGRI and five additional NIH institutes. For more information, visit www.genome.gov and www.nih.gov. ■

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HEALTHY LIVING

Find the trigger to end emotional eating



lindaLIPSHUTZ

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“That sweater clearly doesn’t fit you anymore. Do you really think you should wear it?”

Kristin hated when her father made disparaging comments about her weight. He had this disdainful way of looking her over, and then either making a snide remark, or perhaps even worse, saying nothing at all. Either way, Kristin knew it bothered her father that she wasn’t slim and athletic like her sister April. But, what could she do about that anyway?

Kristin brooded the whole day.

After dinner, she went miserably up to her room and locked the door. She’d snuck the Oreos from the pantry earlier and now defiantly devoured them. She knew that she was deliberately trying to get back at her father for his cutting words. But the one she’d hurt the most was herself. She knew she’d hate herself in the morning. But somehow or other she got to this negative place, and couldn’t stop herself.

Many of us learn from an early age that eating special foods can bring comfort. We may turn to food in an attempt to sooth emotional problems. On the short-run this may calm our distress, but as we unfortunately know so well — in the long run we often find ourselves spiraling down to a cycle of regret and self-doubt. Next, we blame ourselves for not having better control and self-respect.

Overeating is often situational and can be triggered by feelings and circumstances. Sometimes, we are social overeaters, and eat because we want to be part of the group and are encouraged by others to eat things we know we shouldn’t. We may not know how to say no to the gooey cake offered at a birth-



day celebration or don’t want to hurt a hostess’s feelings when she’s slaved to make a special dinner.

We may also mindlessly eat “just because” the opportunity is there and the food is placed temptingly in front of us, ie. passed h’ordeuvres, or a buffet at a party. Some activities have food associated with them: Do we go to the movies and pass up buttered popcorn?

But much of the time, we overeat when we are consumed by feelings of depression, anger, anxiety, boredom or loneliness. We may therefore consume excessive quantities as a source of comfort, but oftentimes, in reality, as a misguided means of softening the intensity of the feelings or filling a void. Sometimes we may feel so badly about ourselves, we justify overeating by saying: “What’s the point?” We may feel so discouraged or hopeless we resign ourselves to contributing to demoralizing behaviors that sabotage our self-esteem, convinced that nothing will improve. But unfortunately, we may have now added a burdensome layer of guilt and self-loathing to the mix.

Some experiences may feel so frightening or dangerous we are not able to

face them head on, so we avoid the feelings at all cost. We may reach for the comfort of our beloved foods, and for the short while, we may feel protected and safe. Sadly, we may not have learned more effective tools of processing these emotional upsets.

Sandy Livingston, a dietitian/nutritionist in private practice in Palm Beach Gardens notes: “Oftentimes people believe they need the food to numb the discomfort, and they feel powerless over these feelings, but that’s not necessarily the case.”

Overeating becomes a distressing habit that prevents us from learning skills that can effectively help us to resolve our emotional distress. If we are willing to work diligently at it, like any other habit, we should be able to make sustainable changes.

The challenge, of course, is to identify the triggers that initiate the emotional eating. Sometimes it’s obvious, and sometimes less so. It helps to keep a food journal, writing down any feelings that accompany certain eating habits. At first, this may be difficult to do, because, in the moment we may not be inclined or able to identify the pairing

of emotions and habits. After a period, we should be able to decipher which emotions and situations have triggered demoralizing binges. Hopefully, taking these steps should help us map out a successful plan to gain control and strategize.

Ms. Livingston encourages us to learn NEW habits that can ideally become ingrained as more effective measures of self-care. For example, we can commit to ALWAYS eating from a plate or bowl. The idea is, we are trying to develop a new habit of eating purposefully, and with care. Over time, this may be effective in breaking “ineffective habits” of wolfing down cookies from a bag, or shoveling leftovers in the fridge.

“When you break the former habit it becomes uncomfortable and makes you pause. That pause gives you the opportunity to say: ‘Hey, what am I doing?’ Then you may have the presence of mind to say, ‘Wait, stop. This is not what I want to do.’”

The next challenge is learning to substitute alternative activities in place of emotional eating. It’s often helpful to consciously select activities that we can use to deliberately replace old habits. These new activities can be either pleasurable (ie. going to the beach or visiting close friends) or necessary tasks (ie. paying bills, or cleaning out a drawer.)

If only we had the means to eliminate all the sources of stress and worry in our lives!!! Obviously, we can only eliminate those pressures that are in our power to address. But, we certainly can take some matters into our own hands, and commit to learning more effective strategies of self-care. ■

—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 561-630-2827, online at www.palmbeachfamilytherapy.com, or on Twitter @LindaLipshutz.

NIH study finds regular aspirin use may reduce ovarian cancer risk

Women who take aspirin daily may reduce their risk of ovarian cancer by 20 percent, according to a study by scientists at the National Cancer Institute, part of the National Institutes of Health. However, further research is needed before clinical recommendations can be made.

The study was published this month in the Journal of the National Cancer Institute.

It is estimated that more than 20,000 women in the United States will be diagnosed with ovarian cancer in 2014, and more than 14,000 will die from the disease. Early stage ovarian cancer may be successfully treated. However, symptoms associated with this disease can mimic more common conditions, such as digestive and bladder disorders, so for this reason and others, it is often not diagnosed until it has reached advanced stages. Late stage ovarian cancer leaves women with limited treatment options and poor prognoses, making preventive strategies potentially important for controlling this disease.

Chronic or persistent inflammation has been shown to increase the risk of cancer and other diseases. Previous studies have suggested that the



anti-inflammatory properties of aspirin and non-aspirin NSAIDs (non-steroidal anti-inflammatory drugs), may reduce cancer risk overall. However, studies examining whether use of these agents may influence ovarian cancer risk have been largely inconclusive. This is the largest study to date to assess the relationship between these drugs and ovarian cancer risk.

Britton Trabert, Ph.D., and Nicolas Wentzensen, M.D., Ph.D., of NCI’s Division of Cancer Epidemiology and Genetics, and their colleagues, analyzed data

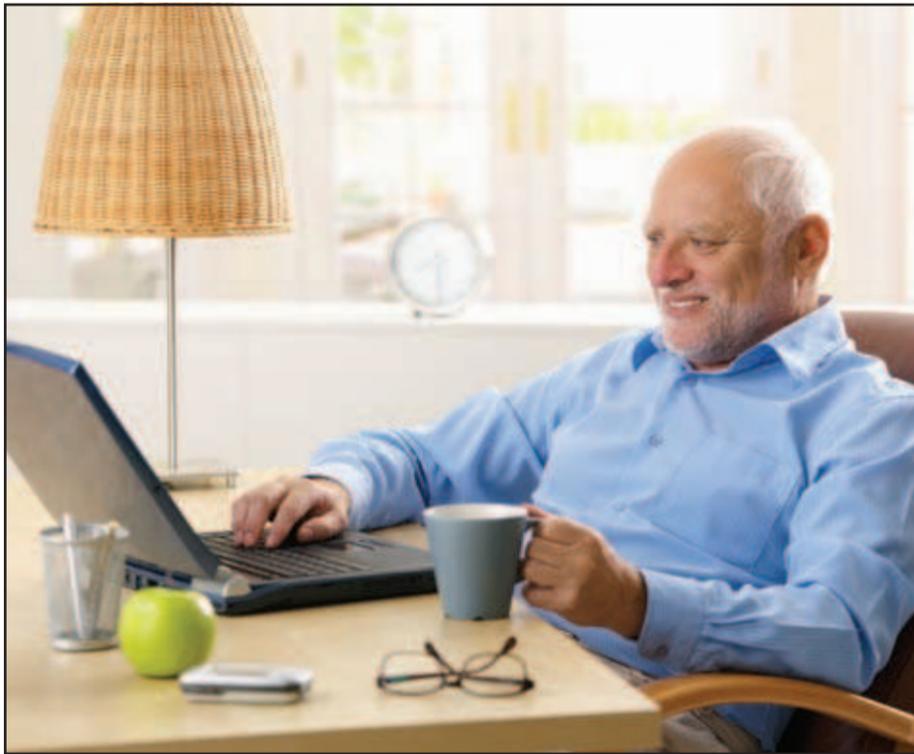
pooled from 12 large epidemiological studies to investigate whether women who used aspirin, nonaspirin NSAIDs, or acetaminophen have a lower risk of ovarian cancer. These 12 studies (nine from the United States) were part of the Ovarian Cancer Association Consortium. The scientists evaluated the benefit of these drugs in nearly 8,000 women with ovarian cancer and close to 12,000 women who did not have the disease.

The researchers determined that participants who reported daily aspirin use

had a 20 percent lower risk of ovarian cancer than those who used aspirin less than once per week. For nonaspirin NSAIDs, which include a wide variety of drugs, the picture was less clear: the scientists observed a 10 percent lower ovarian cancer risk among women who used NSAIDs at least once per week compared with those who used NSAIDs less frequently. However, this finding did not fall in a range that was significant statistically. In contrast to the findings for aspirin and NSAIDs, use of acetaminophen, which is not an anti-inflammatory agent, was not associated with reduced ovarian cancer risk.

This study adds to a growing list of malignancies, such as colorectal and other cancers, that appear to be potentially preventable by aspirin usage. Adverse side effects of daily aspirin use include upper gastrointestinal bleeding and hemorrhagic stroke. Therefore, a daily aspirin regimen should only be undertaken with a doctor’s approval, caution the scientists.

For more information about cancer, visit the NCI website at www.cancer.gov or call NCI’s Cancer Information Service at (800)-4-CANCER (800) 422-6237. ■



Living Heart Healthy: Seven ways to get to 70



Many things come in groups of seven. There are seven days of the week, seven colors in the rainbow and seven swans a-swimming. In addition, seven is considered by many to be a lucky number. There are also seven ways you can live heart healthy and enjoy at least seven decades – plus seven.

1. Don't smoke.

Smoking or using smokeless tobacco products are significant risk factors for developing heart disease. Many of the more than 4,800 chemicals in tobacco smoke can damage the heart and blood vessels, causing them to constrict and ultimately lead to a heart attack. Cigarette smoke contains nicotine that can narrow blood vessels and carbon monoxide that replaces oxygen in the blood. Both can increase blood pressure and put added strain on the heart.

2. Eat healthy.

Take extra helpings of fruits, vegetables and whole grains while passing on the deep-fried fast foods, bakery products and packaged snack items. Limit saturated fat — which can raise cholesterol levels and increase the risk of heart disease — that is found in beef, butter, cheese and milk. Instead, opt for foods such as fish that have polyunsaturated fat, which can decrease the risk of heart attack and lower blood pressure.

3. Exercise regularly.

You can reduce your chances of developing fatal heart disease by participating in moderately vigorous physical activity. Aim for at least 30 to 60 minutes of activity most days of the week. You don't have to go all out to achieve benefits, but you will reap greater rewards by increasing the intensity, duration and frequency of your workouts.

4. Don't drink (too much).

Too much alcohol can increase blood pressure and lead to heart failure or stroke. However, light to moderate

drinking — which is considered to be one drink per day for women and two or less for men — can help prevent heart attacks.

5. Watch your weight.

Being overweight or obese increases your risk for high cholesterol, high blood pressure and insulin resistance, all of which can raise the chances of developing cardiovascular disease. Talk with your doctor about a healthy weight loss plan that includes good nutrition and exercise, not fad diets or supplements.

6. Get regular health screenings.

Adults should have their blood pressure checked at least every two years and cholesterol about every five years. High blood pressure and elevated cholesterol do not cause symptoms, but they can damage your heart and blood vessels.

7. Reduce stress.

Being under stress may cause you to overeat, start smoking, or smoke more than you would normally — none of which is good for your heart. Research has shown that stress in young adults predicts blood pressure risk in middle-age.

The Heart Institute at Palm Beach Gardens Medical Center takes a multidisciplinary approach to provide comprehensive cardiac care. In fact, Palm Beach Gardens Medical Center is able to offer our cardiac patients the full continuum of care, from diagnostics to surgical intervention to cardiac rehabilitation.

You can reduce the risk of developing heart disease by more than 80 percent by living heart healthy. And it's never too late to adopt sensible health habits. Whether you are 17 or 77, eating right, exercising, not smoking and maintaining a healthy weight will help protect your heart. For more information about living heart healthy, talk with your doctor or call 561-625-5070 for a free referral to a cardiologist.

If you are interested in a free heart attack risk assessment, the next screening is available April 9 at Palm Beach Gardens Medical Center from 8 a.m. to 11 a.m. Fasting is required. Register at www.pbgmc.com or call 561-625-5070. ■

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

I can't smell anything, should I be concerned?

One of the five senses we take for granted is our sense of smell. However, when we lose it, we suddenly become aware of the loss, as smell can account for up to 60% of taste, not to mention being unable to appreciate our spouse's perfume, the wonderful odor of food and the list goes on and on. The most common cause of sudden loss of smell is head trauma. When the brain bounces around inside our skull it shears off the olfactory nerves resulting in the total loss of smell that will never return. Recently, I have seen patients who have used zicam nasal gel for cure of the common cold only to have lost their sense of smell. Unfortunately, again there is no cure when this happens. The best cure is prevention and not to use this preparation in the nose. When patients present with a gradual or intermittent loss of smell, they usually have a history of allergies and "sinus". When this occurs they need to make an appointment for a full nose and sinus exam to make sure there is no serious problem with polyps, mucocoeles or even a brain tumor that can cause serious consequences. When seen in the office we can perform a telescopic exam of the nasal lining looking for polyps and infection. Then a CAT scan is ordered of the sinuses that will show the presence or absence of any sinus disease. Balloon sinuplasty can be done in the office under local anesthesia that enables us to drain the sinuses, permanently open them so they drain and treat them with steroids to prevent polyp returns. If you or a friend have lost your sense of smell please make an appointment today to have your sinuses evaluated.

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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Bone is constantly being resorbed and then built up again. Osteoporosis medications interfere with the resorption of bone, thus slowing down the bone-loss process.

Bisphosphonates such as Fosomax or Boniva have caused serious bone healing issues, so it is imperative that you inform your dentist if on any of these medications.

If you have taken or are currently taking any medicine for osteoporosis and have dental surgery coming up, you may want to submit for a simple test to see if you can safely be treated.

The morning fasting serum CTX test measures bone turnover. Normal values are usually well over 300 pg/ml, and 150pg/ml is the benchmark. If you have a value over 150 pg/ml, you are safe to undergo dental treatment. If, however, your score falls below this value, you are at risk of having complications with treatment.

You can opt for a six-month drug holiday, which means you suspend taking the medication for 6 months and retake the test. If your value improves to over 150 pg/ml — great! If not, have another drug holiday of six months and retest again.

To learn more, visit PGAdentistry.com

Dr. Jay Ajmo earned his Doctor of Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry. He's been awarded Diplomate Certification from the International Congress of Oral Implantologists, Diplomate from the American Dental Implant Association and a Mastership from the Misch International Implant Institute. He's a member of The American Academy of Oral Implantologists. Dr. Ajmo is Board Certified in IV sedation and maintains an active membership with the American Society of Dental Anesthesiology.

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COMMENTARY

Welfare check



rogerWILLIAMS

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Money is a drug. It's intoxicating. It's addictive. I don't know anybody who hasn't wanted more of it at some point in time, except Jesus. And I never met him, so I can't be sure.

The urge for more seems to have nothing to do with how much you have, either. Any more than the urge for more heroin probably has anything to do with how much heroin you have. No matter how large your supply, you're going to want more. And the more you have, the greedier you'll get, it seems. It can turn you into a devil who cares little for anyone or anything else except getting more of it.

That's why welfare as a social institution is ultimately so egregious: it's nothing more than a way for addicts to mainline somebody else's money.

Most people who are on welfare are not addicts, of course. They want off it, they want better lives, and they're willing to work for better lives if they get a chance. But in the meantime, they need a quick injection. Everybody knows that.

But some are addicts of the worst sort — welfare abusers pure and simple.

And perversely, the biggest abusers usually are rich.

Take Gov. Rick Scott and his pals, the sugar-baron Fanjul brothers of Palm Beach: Alfonso, Jose, Alexander

and Andres. The Fanjul Corp., which includes company names such as Florida Crystals and Domino, owns, leases and farms hundreds of thousands of acres in Florida and elsewhere, while running a resort and international airport in Costa Rica, among other enterprises.

They seem to have more money than God. (Come to think of it, so does everybody else.)

So you'd think the governor and the Fanjuls could "Just Say No," like their spiritual forebear, Nancy Reagan, when it comes to taking handouts (a.k.a. welfare checks).

But that's not what happens, as the following short history reveals.

In the last couple of weeks, Gov. Scott has been accused of campaign finance violations that could cost him \$82 million in fines if he's found guilty, and questioned about a \$500,000 donation last year from the Fanjul's company, Florida Crystals, which first appeared on the books then vanished into the sugary thin air. That was an "accounting error," officials told reporters.

But all that ruckus raised anew an old question, one about the governor and the Fanjuls: Do they own him?

About 22 months ago, the governor made one of his 10 overseas trips to date — twice as many as his predecessor and more than any other U.S. governor — ostensibly to recruit business from abroad, according to a report last week from Bloomberg news service, which also appeared in the Miami Herald.

On this occasion, Gov. Scott visited King Juan Carlos of Spain in the king's palace, and partied with him afterward.

Money for the trip came in part from Enterprise Florida, which is funded mostly by taxpayers and in very small part (about 3 percent) by private business. The governor also used money provided by the Fanjuls, who paid for the post-meet Royal party.

Along with other business people and lobbyists, Gov. Scott traveled to Spain with Jose "Pepe" Fanjul, president of Florida Crystals, and the company's chief lobbyist, Gaston Cantens.

All of it, perhaps, was about a handout — a welfare check of sorts.

Some months after the trip, Gov. Scott awarded the Fanjuls a no-bid, 30-year lease extension on 8,700 acres of state land where they grow sugar cane. He also signed a bill "helping the company limit payments to clean up pollution near its South Florida farms," as the Bloomberg report put it.

Those are gifts of a sort — in effect, welfare checks — from the American people, and the citizens of Florida. If the Fanjuls don't clean up the messes they make, we will have to.

And as it turns out, we have a long history of providing welfare to the Fanjuls, among others such as the U.S. Sugar Corp. Here's how.

In the 700,000-acre, state-owned Everglades Agricultural Area, or EAA, just south of Lake Okeechobee, the Fanjuls grow sugar cane on land mucked out and maintained by a vast system of water control structures, pumps and canals, along with state employees who maintain them.

Americans pay for that. And all of that, comprising about 27 percent of

the traditional Everglades, lies in the shadow of a dike built and now being repaired at huge cost by U.S. taxpayers.

So significant money is spent to protect the Fanjuls and a few others, courtesy of taxpayers.

Not only that, but the Fanjuls do business under the umbrella of government price supports, another form of welfare. While other farmers have to compete against the cheap-labor produce of the Americas as a whole, the Fanjuls sell sugar to us at about three times the rate it would fetch otherwise, experts say.

Capitalists to the core, they nevertheless avoid free markets at all costs — and thus, they rely on welfare. Ours.

Perhaps oddest of all is this: Gov. Scott, a boot-strap conservative, heartily embraces this way of doing business.

The Fanjuls are situated at the top of the list of the richest welfare addicts in the United States. Two of them own houses of more than 10,000 square feet in Palm Beach. And one of them, Jose "Pepe" Fanjul, spent about 300 nights in the last decade at Claridge's Hotel in London, where his cost averaged about \$7,000 per night, according to the BBC.

He also entertained U.S. Sen. Marco Rubio and his wife during an overnight party on his yacht in the Hamptons, after which the senator voted and lobbied against stricter clean-water rules that could have cost the Fanjuls dearly.

For most people who have to accept it, welfare is nothing but a po' boy sandwich. Not for the Fanjuls, not with Gov. Scott running the welfare checkbook.

In this case, "welfare check" also means high on the hog. ■

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Hannah's Home Golf Classic set for new Tom Fazio course

SPECIAL TO FLORIDA WEEKLY

Hannah's Home of South Florida promises a dinner event both "beach-y" and festive when its Dinner by the Sea is presented on Friday, May 16, from 6 to 10 p.m. at The Palm Beach Marriott Singer Island Beach Resort & Spa. The charity event, with tiki-torch dining and illuminated lanterns, is designed for resort casual attire.

On Saturday, May 17, the Hannah's Home Golf Classic presents a chance to combine fun with charity — an opportunity to try out the new golf course designed by architect Tom Fazio at Tequesta Country Club, while supporting the building expansion of Hannah's Home of South Florida.

Dunn Capital has partnered with Hannah's Home as the main supporting sponsor. The two-day event will help underwrite the organization's monthly operating costs and expansion.

Hannah's Home is a nonprofit charity that houses pregnant homeless teens and young women in distress. The girls arrive on the doorstep in crisis and are welcomed into a two-year educational and work-study program. They also receive counseling, bible study, home economics and are mentored through early motherhood to become confident, capable women in the community.

Reservations for the reception, hors d'oeuvres and three-course Dinner by the Sea are \$100 per person. Tables of 10 reserved by May 1 are \$900. A table sponsor "Table of 10 Reserved," with table plaque and business promotion, is \$1,100.

The entry fee for the Golf Classic is \$225 per player or \$800 per team of four players. Dinner and golf combo tickets are also available at a discounted price.

Additional corporate and private sponsorship levels of recognition are also available

Dinner by the Sea highlights:

- Full welcome reception of hors d'oeuvres, live music by The Helmsmen and a silent auction overlooking the water.
- A three-course outdoor tropical dinner presented by chef de cuisine Adam Hervieux.
- Live auction for resort and travel package opportunities.

Golf Classic Tournament highlights:

- Morning registration breakfast.
- Raffle & Mulligans sales.
- Tournament participants will compete for prizes in the hole-in-one, closet-to-pin, longest drive, and most-accurate drive competitions.
- Awards ceremony luncheon.

Hannah's Home South Florida is a nonprofit organization headquartered in Tequesta. The Home's mission is to provide a safe and loving Christian environment for single, pregnant young women.

Through counseling, life skills and continuing education, the organization offers hope and transforms lives.

For more information see hannahshomesf.org. ■

Advertorial

7 costly mistakes to avoid before selling your home

If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing. Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their

homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process. Inside this report, you'll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-866-274-7449 and enter 2012. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

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Opening Wednesday April 2nd!

Appetizers

- Maryland Style Crab Cake.. \$12.99**
Authentic jumbo lump crab cake with a spicy remoulade makes it great for sharing.
- Hot Blue Crab Dip..... \$9.99**
Creamy and cheesy, with roasted red pepper and blue corn dipping chips.
- Steamed Old Bay Shrimp... \$12.99**
Peel and Eat Shrimp, sprinkled with Old Bay spice. And steamed to order with cocktail sauce.
- Island Shrimp Ceviche..... \$8.99**
Citrus marinated shrimp with a traditional Island vegetable blend. Served with crisp tortilla chips.

The Raw Bar

- Served by the Pair. May be subject to availability.
- Fresh Oysters**
- Gulf Coast (2)..... 3.50**
- Blue Points (2) 5.00**
- PEI Malpeque (2) 6.00**
- Harvested Clams**
- Long Island Middle Necks (2) 3.50**
- Top Necks (2) 3.50**

The Shack Shell Specialties

- All served with Four (4), oysters or clams
- Oysters Rockefeller \$11.99**
Baked with our creamy spinach mix, topped with Swiss cheese.
- Crab Stuffed Baked Oysters \$16.99**
Topped with our crab meat stuffing & garlic beurre-blanc sauce.
- Mediterranean Oysters \$12.99**
Roasted oysters on the half shell with Chorizo and Manchego cheese.
- Clams Casino..... \$10.99**
Baked with bacon, chopped bell peppers, onions, garlic and cheese.

- Clams Oreganata..... \$10.99**
Baked with seasoned bread crumbs and Italian seasonings.

Rolls & Sandwiches

- Served with Choice of French Fries, Homemade Coleslaw or Maine Potato Salad
- Lobster Roll..... \$18.99**
Fresh Lobster Meat Salad on a New England roll with crisp lettuce.
- Shrimp Roll \$13.99**
Chilled Shrimp Salad on split top roll and crisp lettuce.
- Clam Roll \$12.99**
Whole Belled Clams crispy fried on a New England roll with crisp lettuce, served with tartar sauce.
- Landlubber Burger \$9.99**
1/2 pound burger, grilled to order, with lettuce, tomato & onion. Add Cheese / Add Bacon \$.99 each
- Maryland Crab Cake Sandwich .. \$14.99**
Maryland style Crab Cake Fried, Broiled or Pan Fried with lettuce and tomato.

Deep From the Fryer

- All Fried entrees are served with seasoned French fries, and Coleslaw.
- Add a Garden salad or Caesar salad for only \$2.99**
- Our Famous Fried Whole Belly Clams ... \$14.99**
- Whole Ipswich Clams Lightly dusted and flash fried.**
- Fried Oyster Platter \$13.99**
A basket of select Oysters crispy breaded and fried.
- Classic Fish & Chips \$12.99**
Fresh Haddock, hand dipped in beer batter and golden fried.
- The Baltimore Platter \$19.99**
Our Seafood combination of Beer battered Fish, Fried Shrimp, & Fried Oysters.

- Captain Carmine's Combo..... \$21.99**
Broiled Salmon, Crispy Fried Whole Belly Clams, and Golden Fried Shrimp.

Sides - \$2.99

- French Fries
- Shack Rice
- Coleslaw
- Fresh Vegetable
- Maine Potato Salad
- Corn Cobbette

Let's Get Crackin'!

- World Famous Garlic Crabs**
Blue crab clusters sautéed with fresh garlic, and Carmine's secret spice blend.
- 1/2 dozen clusters..... \$15.99**
- Dozen clusters..... \$27.99**
- Maryland Style Blue Crabs..... Mkt. Price**
A Maryland favorite, steamed in Old Bay seasoning, and served by the each. Subject to availability.

Surf and Turf

- All Steaks served with parsley potatoes and today's fresh vegetable.
- Add a Garden salad or Caesar salad for only \$2.99**
- Filet Mignon 8oz..... \$24.99**
- New York Strip Steak 12oz \$19.99**
Combine your steak with any of these Crab Shack favorites:
- Maryland Style Crab Cake..... \$6.99**

Fresh Fish Market

- Add a Garden salad or Caesar salad for only \$2.99**
- Atlantic Salmon \$17.99**
- Yellow Fin Tuna..... \$21.99**
- Mahi-Mahi..... \$15.99**
- Yellow Tail Snapper..... \$25.99**
- All selections are fresh daily and can be prepared Grilled, Broiled, or Blackened
- Served with Shack rice and today's fresh vegetable.

Crab Legs and More

- All Crab Legs Can Be Served Steamed Plain, Garlic Sauced, or Bbq Seasoned

All served with Parsley Potatoes, Corn Cobbett and Cole Slaw.
Add a Garden Salad or Caesar Salad for only \$2.99 Market Prices Posted Daily

- Stone Crabs Mkt. Price**
- Pacific Coast Dungeness Mkt. Price**
- Alaskan King Crab..... Mkt. Price**
- Alaskan Snow Crab..... Mkt. Price**
- "The Crab Shack Trio"..... Mkt. Price**
A 1/2 pound of all three.

- Soft-Shell Crab Dinner \$29.99**
Two Jumbo Soft-shell crabs served fried or try 'em sautéed in a white wine sauce.

More Shack Favorites

- Garlic Grilled Pork Chop \$15.99**
Boneless Pork Chop grilled to perfection with Carmine's secret spice rub. Served with Parsley potatoes and fresh vegetable.
- Carmine's Crab Lasagna \$21.99**
Layers of fresh Blue Crab meat, grilled zucchini, yellow squash, spinach and mushrooms with a Bechamel sauce and mozzarella cheese served on warm basil pesto.
- Lobster Ravioli \$24.99**
Sautéed in a Tomato Cream Sauce.
- Marinated Grilled Chicken . \$14.99**
Citrus marinated chicken grilled and served with Shack rice and fresh vegetable.
- Shack Mac..... \$14.99**
Creamy Macaroni and Cheese with your choice of Lobster, Shrimp, or Crab.
- Fettuccini..... \$17.95**
Your choice of Shrimp, Scallops, or Chicken in your Choice of Sauce: Alfredo Cream, Pesto Cream, or Garlic Herb.

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Matchmaking and events service launches Palm Beach Gardens hub

SPECIAL TO FLORIDA WEEKLY

A newly launched business called Revolution Dating, a dating service and events club aimed at single, divorced and widowed adults in Florida, has opened in Palm Beach Gardens. "It's not what you know, it's who you know," said founder Kelly Leary in a prepared statement, "and we know some amazing single men and women."

The dating service, which also plans parties and benefits, is located near Spoto's Oyster Bar, Rocco's Tacos and Vic & Angelo's restaurants.

After 23 years in the dating industry, Ms. Leary said in her prepared statement, "I feel driven to raise the bar for our many friends and clients. I am excited to introduce new types of events from Oscar Night to Ballroom Dance Events to Yoga Workshop to Tandem Kayaking. Our goal is to attract date-worthy professional and retired singles."

Ms. Leary has a master's degree in clinical psychology, she noted in the prepared statement and, since 1991, "has helped thousands of singles from 25 to 85 find friendship and romance."

Her client base ranges from Vero Beach to Broward County, and each is screened and background checked. Revolution Dating membership includes a professional photo shoot, profile-writing assistance, one-on-one date coaching, image consulting and/or personal shopping in preparation for a first date. The dating service also has a consultant to help individuals post-divorce or break-up become what it terms "relationship ready." The service also boasts a "Mil-



Kelly Leary

COURTESY PHOTO

lionaires Only Circle" as an option.

In her prepared statement, Ms. Leary also noted, "Our parties are private for our friends and members, unlike other singles events where anyone can attend. As always, our events are first come, first serve. If you don't like parties, we can do one-on-one set-ups."

New clients, who join before April 20, will be invited to an event the dating service calls a "Sexy Singles Launch Party" in late April. For more information, call Revolution Dating at 630-XOXO or go to www.revolutiondating.com. ■



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Friday, April 11

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8 p.m.-9 p.m. – Program – Candlelight Ceremony
Lights out at 11 p.m.

Meyer Amphitheater, West Palm Beach

Register, Sponsor, Donate Online: SleepOut2014.org
(561) 537-4660





COURTESY PHOTO

Assistant Park Manager Pat Rash, 2014 Environmental Champion Paul Davis, Park Specialist Art Carton and Park Manager Don Bergeron at MacArthur Beach State Park.

Paul Davis is environmental champion for MacArthur Beach State Park

SPECIAL TO FLORIDA WEEKLY

MacArthur Beach State Park's 2014 Environmental Champion of the year is Paul Davis. Mr. Davis recently retired as environmental director of Palm Beach County Environmental Resources Management (ERM), the park said in a news statement.

During and before his 35-year career, Mr. Davis worked to protect trees, manatees, sea grass, and the dunes, but it was in the 1970s that he began his passion for protecting sea turtles.

Mr. Davis is responsible for developing ordinances and regulations to protect sea turtle nests and hatchlings including the development of the sea turtle lighting ordinance, the regulation of trimming dune vegetation and managing of many dune res-

toration projects in Riviera and Lake Worth Municipal Beaches.

"The work of Mr. Davis and ERM has contributed to the health of our park lands and may be reflected in the recent increase in sea turtle nests" Art Carton, MacArthur Beach State Park Services specialist, said in a prepared statement, "and that is why we are proud to present him with the 2014 Environmental Champion Award."

John D. MacArthur Beach State Park, Palm Beach County's only state park, is situated on a barrier island between the Atlantic Ocean and the Lake Worth Lagoon. The park is made up of 438 acres of pristine coastal land and contains four different communities or habitats including seven species of plants and 22 species of animals on the endangered or threatened list. ■

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Jimmy Buffett Tribute Band

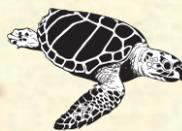


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Bernard F. Hampton appointed S. Florida BOA area executive

SPECIAL TO FLORIDA WEEKLY

Bank of America has named Bernard F. Hampton its area executive in the South Florida market, including Palm Beach, Broward, Lee, Collier and Charlotte counties. In this role, Mr. Bernard will lead all local banking center teams in providing area customers with personal banking, mortgage, investment and small business products and services.

"Our teams are ready to help guide customers through every important financial decision they need to make," said Mr. Hampton in a prepared statement. "And we continue to introduce more convenient options for customers to access our banking services when, where and how they want. We want to ensure that every one of our customers has a seamless and great banking experience, whether it's in one of our local banking centers, at one of our ATMs, or on a laptop, tablet or smart phone."

Prior to this position, Mr. Hampton was senior vice president and consumer market executive for metro Broward County at Bank of America. Before joining the company in 2004 as a consumer market executive, he was a director of store operations at Radio Shack. Active in the community, he serves as secretary on the executive board of directors for the Urban League of Palm Beach County. He also serves on the loan committee for Branches, formerly South Florida Urban Ministries in Miami-Dade County.

Bank of America notes, in the prepared

statement, that it is committed to helping make customers' financial lives better by connecting them to the products, services and expertise they need in South Florida.



COURTESY PHOTO
Bernard F. Hampton

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Bank of America is among the world's leading wealth management companies and is a global leader in corporate and investment banking and trading across a broad range of asset classes, serving corporations, governments, institutions and individuals around the world. Bank of America offers industry-leading support to approximately three million small business owners through a suite of easy-to-use online products and services. The company serves clients through operations in more than 40 countries. Bank of America Corporation stock (NYSE: BAC) is listed on the New York Stock Exchange.

For information about Bank of America, go to newsroom.bankofamerica.com. ■



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DONATIONS ACCEPTED April 7th - April 25th



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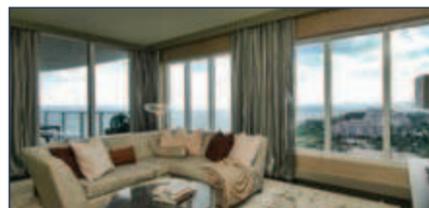


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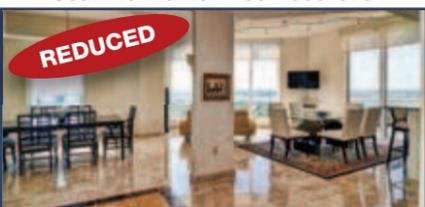


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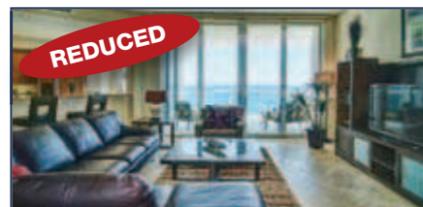


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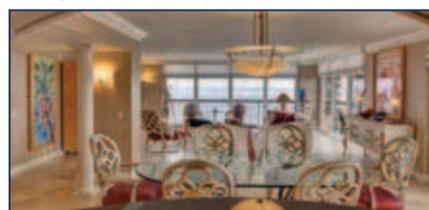


Beach Front PH 1903

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Martinique WT1402

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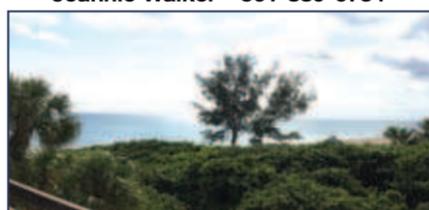


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“Leading Ladies” take helm of American Heart Association campaign

Go Red For Women is the American Heart Association’s national movement to end heart disease in women. The movement advocates for more research and swifter action for women’s heart health.

More women die of heart disease than all forms of cancer combined. The killer isn’t as easy to see — heart disease often is silent, hidden and misunderstood.

The American Heart Association identifies women throughout Palm Beach County who stand apart in their service to uniquely impact the women around them by ending heart disease. These women were nominated by their peers and chosen to be the faces of the 2014 Go Red for Women movement.

The Go Red for Women Luncheon is April 11 at Admiral’s Cove. For more information on tickets, call 697-6683.

Jeanette Staluppi, Palm Beach Gardens



Her story: Jeanette is Open Your Heart Ambassador. Her husband and mother have both been affected by heart disease. Jeanette thinks heart disease is so important because it can happen to any woman of any age. Jeanette believes that we should support and fund the efforts of the AHA to reach a cure and spread the word.

“I Go Red because heart disease can happen to anyone.”

Felicia and Jasmin Lobo



Their stories: Jasmin was born with a congenital heart defect called hypoplastic left heart syndrome —half a heart. She has been through a lot, and still has a long road ahead of her. I love my little heart warrior, and wouldn’t trade being a heart mom.

“We go Red because, together, we can raise awareness and one day cure congenital heart defects.”

Shannon Coomes, Palm Beach Gardens



Her story: My connection to Go Red for Women is my dedication and determination as a cardiac nurse to provide my patients with the proper resources to take charge of their health and their lives. I always say, “If you don’t use it, you lose it and exercise is nature’s Prozac!”

“As a cardiac nurse at Palm Beach Gardens Medical Center I am dedicated and determined to providing my patients with the proper resources to take charge of their health and their lives.”

Mary Castronuovo, Palm Beach Gardens



Her story: Mary and her husband have been longtime supporters of the American Heart Association and she truly believes that education means prevention of heart disease in women.

Her family member, Dr. Richard Faro, did the first open-heart surgery in Palm Beach County.

“I Go Red for Women because education means prevention.”

Sara Chambers, Jupiter



Her story: My connection to Go Red for Women is being a nurse manager for cardiac rehabilitation at Palm Beach Gardens Medical Center. I think that by doing community education on risk factor reduction we can save more make a unique impact on the women in Palm Beach County.

“I Go Red because I believe through diet, exercise, smoking cessation and stress reduction we can save more women in Palm Beach County from heart disease.”

Lorraine Rogers-Bolton, Jupiter



Her story: My connection to Go Red for Women is having a family history of heart disease. Through serving as the Ambassador of our Circle of Red, we can save more lives by coming together and raising much-needed funds for the American Heart Association and spread the word about heart disease and its effect on women.

“Having a family history of heart disease, my wish is to do my best to create awareness of how to live heart healthy! I Go Red because I have so much love to share.”

Susan Schupp, Palm Beach Gardens



Her story: I am a survivor. My message to help save women’s lives is: 1). Listen to your body and mind what it says. 2). Carry baby aspirin in every purse along with your lipstick.

3). Know heart attack symptoms in women. They are subtle and different from men’s. 4). Go right to the ER when you think you could be having heart attack symptoms. Don’t wait. 5). Get a good cardiologist and see her/him regularly and follow their advice.

“Heart attacks take too many lives needlessly. I am blessed to be a survivor. I Go Red to help others recognize the subtle symptoms and get the life-saving medical help they need immediately.”

Trina Goosby, Lake Worth



Her story: Being “healthy” is not just about what we look like, but what we “feel” like from the inside-out, along with the overall longevity and wellness of the lives we live. I think that by educating and inspiring our Palm Beach communities and supporting the efforts of the American Heart Association we can save more lives/make a unique impact on the women in Palm Beach County.

“I Go Red because for 20 years, I have made the commitment to provide education, as well as motivation, to encourage others to live healthier and longer lives.”

Andrea Brodlieb, Palm Beach Gardens and Manhattan



Her story: Last year, my best friend from childhood, Michele Bryne, passed out and woke up in the hospital needing open-heart surgery. This shook me to the core and made me realize that we need to make women in America aware that heart disease is their No. 1 killer. I joined our Circle of Red to become of part of the movement.

“I Go Red for Women for my best friend, Michele Bryne, and hope to help spread awareness of heart disease and its effect on women.”

Michele Wright



Her story: Michele Wright joined the CBS 12 News team in 2010 and has more than 15 years of experience in television. She’s a former NFL Cheerleader (Jaguars), and her father is a minister and her mother is a veteran 30-year nurse.

“I am honored to be a Go Red for Women Leading Lady, and truly feel blessed for the opportunity to make a difference and show my support as an Ambassador for heart health.”

Ruth Schwarzkopf, Atlantis



Her story: I feel a special connection to Go Red for Women because I have both personally and professionally witnessed how cardiovascular disease affects women’s lives every day. I really believe through education and awareness we can save more lives.

“I Go Red because women are so busy taking care of others they sometimes ignore signs and symptoms alerting them to their own health issues.”

Margaret Neddo, Lantana



Her story: My connection to Go Red for Women is my career as a registered nurse in the Emergency Department. I am also a survivor. I think that by providing education and available resources for women, we can save more lives.

“I Go Red because by providing education and available resources for women, we can save more lives.”

Jennifer Lizza, Palm Beach Gardens



Her story: My connection to Go Red for Women is my mom. She has been involved with Go Red for many years and it was time for me to join her. I also was influenced by my grandmother after she underwent heart surgery.

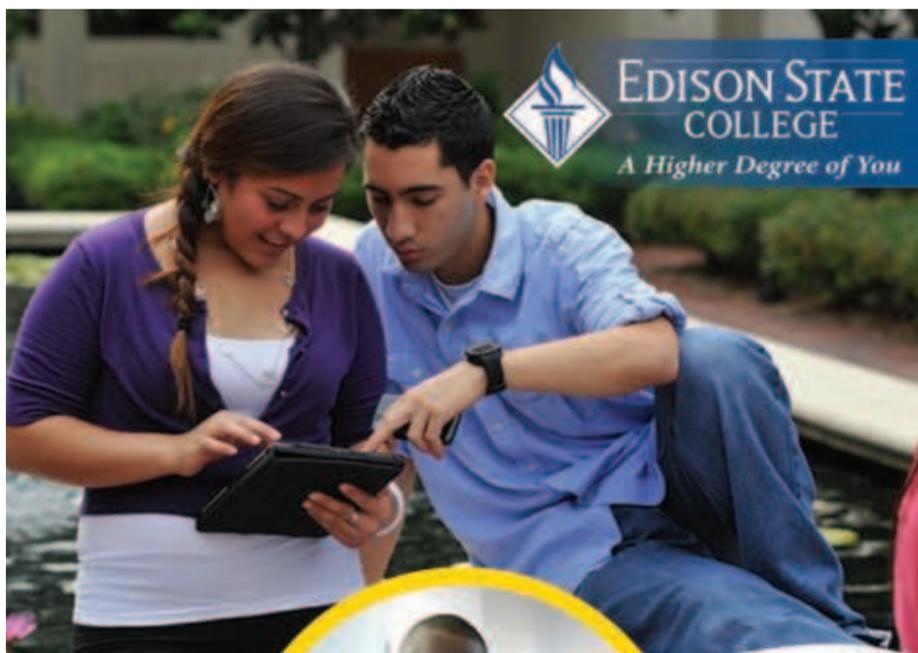
“I Go Red because by raising awareness about heart disease in women we can save more lives.”

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Team Valiente, 2014 Piaget USA Gold Cup champions, are Bob Jornayvaz, Santi Torres, Sapo Caset and Adolfo Cambiaso.

Team Valiente defends its title to win the Piaget Gold Cup

SPECIAL TO FLORIDA WEEKLY

Swiss watchmaker and jeweler Piaget returned to Palm Beach for the seventh consecutive year as the presenting sponsor and Official Timekeeper of the Piaget Gold Cup tournament at the International Polo Club in Palm Beach.

World class polo players and brothers Facundo Pieres, Gonzalito Pieres, Nico Pieres and Mariano Aguerre of the Ellerstina Piaget team; Piaget North America's polo ambassador Jeff Hall and his wife Michelle; and close friends of the brand Marc Ganzi and Melissa Ganzi joined Larry Boland, president of Piaget North America, to celebrate the final match of the intense three-week tournament.

It was a heated competition March 23 between teams Valiente and Alegria,

with the latter - led by Clemente Zavaleta, Mariano Aguerre, Hilario Ulloa and Julian Mannix - looking to defeat Valiente's long-running title.

From the start, Valiente, fronted by Adolfo Cambiaso, Sapo Caset, Santi Torres and Robert Jornayvaz, took control and led the score 7 to 3 by half time. In an exciting change of events in the fifth chukker, Alegria pulled through and tied the game 9-9. Nevertheless, Valiente triumphed over Alegria to win the championship 11 to 10 with two minutes to spare.

Sapo Caset was recognized as the Most Valuable Player and awarded with a Piaget Polo clock by Larry Boland, in honor of polo great Carlos Gracida. Atissa Tadjadod, global director of communications for Piaget, also awarded Best Playing Pony to Sapo Caset's pony Pipi. ■

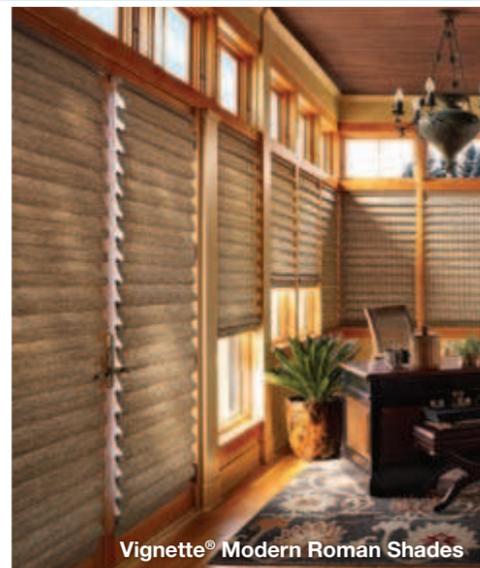
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NEWS OF THE WEIRD

BY CHUCK SHEPHERD
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

Stay classy, Southwest Florida

Spencer Toner, 79, was arrested for indecent exposure in a McDonald's parking lot in January in Bonita Springs, after a complainant said Mr. Toner was watching pornography on a laptop computer and masturbating (a downside of McDonald's early-on, company-wide adoption of Wi-Fi). Mr. Toner had demanded earlier that the complainant

give him privacy.

■ In December, Francis Bianco, 76, was arrested shortly after noon for indecent exposure in the parking lot of a Winn Dixie grocery store on Fort Myers Beach. Mr. Bianco protested, claiming he was merely urinating (apparently, thought to be not as offensive).

Sentimental journey

Kevin Walters, 21, staged an emotional, though unsuccessful, one-man, chained-to-the-door protest in March to prevent the closing of a commercial rest stop along the Jane Addams Memorial Tollway near Des Plaines, Ill. Ultimately, the Des Plaines Oasis, housing shops and fast-food restaurants will be demol-

ished as part of a highway-widening project. Mr. Walters told WBBM Radio that his poignant attachment to the oasis was because his parents had told him it was where he was conceived as they returned home from a 1992 Phil Collins concert.

Cultural diversity

■ In tribe-controlled areas of India, children who disrespect their families by marrying outside their castes are still, occasionally, put to death despite strong national laws. However, enlightenment is advancing, and Mr. Sidhnath Sharma recently filed a lawsuit instead against his caste-straying son for "destroying the family tradition" and "lowering his father's prestige." Mr. Sharma, a lawyer in Patna, India, is demanding that the son pay a monthly royalty of the equivalent of \$163 for the son's now-unauthorized use of the father's name.

■ Fighter jets from France were forced in February to accompany the hijacked Ethiopian Airlines plane commandeered by the co-pilot, who had diverted the plane to Geneva in order to apply for asylum. The Swiss air force would normally have taken over the mission in its own air space, but the incident occurred at 4:30 a.m., and Swiss air force pilots were likely still asleep, as they work only "regular office hours," beginning at 8 a.m. (French military officials said they are accustomed to covering for Switzerland.)

■ Sweden's foul-smelling canned her-

ring (surstromming) inexplicably raises passions among some traditionalists — which is why it was big news in February when a man found a bulging tin whose contents had been fermenting for about 25 years and reckoned he needed help to "disarm" it, lest it "explode" and damage his cabin. Ruben Madsen of Sweden's Surstromming Academy agreed to attend the can-opening and assured the man that spewing, not explosion, was the likely outcome.

■ In 2010, News of the Weird reported on the enthusiastically obese Donna Simpson, who ate meals in front of her webcam so that "chub chasers" could watch her (pay-per-view) growing larger before their eyes. Now comes a South Korean, Ms. Park Seo-yeon, 34, not at all overweight, also on pay-per-view, breaking bread with friend-challenged people desperate to avoid eating alone. Reuters reported that Ms. Park's "gastro-nomic voyeurism" earns her, some months, the equivalent of more than \$9,000 for her series of two-to-three-hour meals, featuring real-time chatting.

Latest religious messages

Pastor Allen Parker conducts services in the nude, for the nude, according to a February report on WWBT-TV (Richmond, Va.). Pastor Parker's White Tail Chapel is located on a similarly named nudist resort in Ivor, Va., and even in winter, when disrobing visitors

are scarce, the chapel is open for congregants. (In summertime, when naked people abound, the chapel's services are often standing-room-only.) Baring the body to Christ is hardly unusual, Pastor Parker reminded, since that's the way we all come into the world.

Questionable judgments

■ After a Feb. 11 explosion at a natural gas well in Greene County, Pa., killed one worker, burned for four days and caused massive traffic jams and other inconveniences, the public relations response of well-owner Chevron was merely to give away vouchers for pizza and soda at local hangout Bobtown Pizza. Environmentalists were outraged at Chevron's "let them eat cake/pizza" attitude, but CBS News found quite a few locals who supported Chevron's response. (For one thing, Bobtown's pizza is apparently highly regarded.)

■ James Degorski, 41, serving life in prison for a cold-blooded mass murder during a botched restaurant robbery in Palatine, Ill., in 1993, was awarded

\$451,000 by a jury recently after a prison guard punched him in the face, necessitating complex surgery. Said a parent of one of Mr. Degorski's victims, "If broken bones are worth a half-million, how much are (the seven victims') lives worth?"

■ Former star soccer goalie Bruno Fernandes de Souza, 28, serving 22 years in prison in Brazil for the murder of his girlfriend and feeding part of her body to his dogs, was granted work-release in March by prison officials — with the "work" assignment being to play soccer for a Brazilian pro team that, upon learning of the rehabilitation law, signed him to a contract and urged his release. ■

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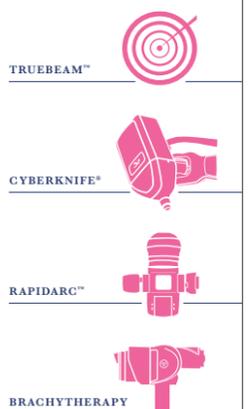
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Helene Lorentzen and Vanessa Beyer



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Margie Larkin and Rose McEwen

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NETWORKING

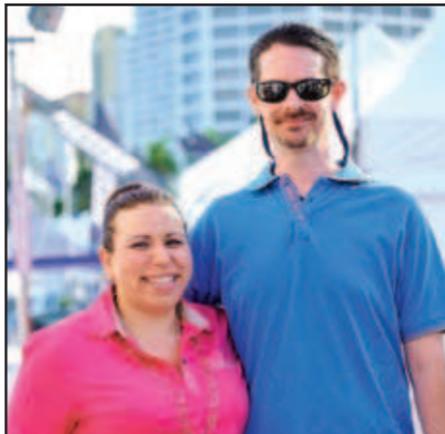
Marine Industries Association of Palm Beach County Boat Show kickoff



Patrick Cummings and Marin O'Leary



Raymond Graziotto and Carlos Vidueira



Lori Sousa and Jay Sousa



Ann Delaporte and Dana Andrews



Kimberly Ricketts, Alyssa Freeman and Lady Lunn



Josh Murray, Jim Bronstein, Lou Daniello, Rick Morgan, Raymond Graziotto, Charlie Isiminger, Martin Murphy and Tim Oenbrink



Jan Gentile, George Gentile, Jimmy Carpenter and Bridgett Carpenter

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TRACEY BENSON PHOTOGRAPHY



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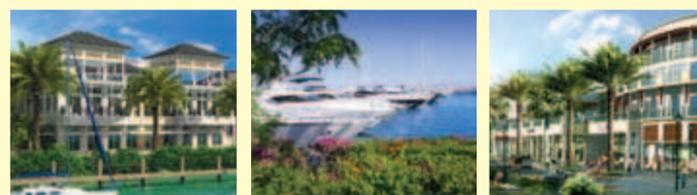
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PALM BEACH SOCIETY

Dreyfoos School of the Arts Foundation Guild Musical March Luncheon



Luke Santore, Michael Dinh, Andy Seraphin, Vincent Moore, Javier Otolara, Kristen Batalla, Sergio Rodriguez, Michelly Gonzalez, Tyson Jackson and Manuel Ramirez



Dorothy Lappin and Simon Benson Offit



Rita Scheller and Josephine Bayard



Judd Cherry and Rae Cherry



Ralph Guild and Calla Guild



Didi Woods, Donna Long and Wendy Fisk



Gladys Benenson and Merel Cayne



Leiba Ingber and Roberta Smith



Dorothy Sullivan, Irma Anapol and Shirley Cowen



Arlene Cherner and Ruby Patterson



Joan Javits Zeeman and Suzanne Carmick

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PALM BEACH SOCIETY

Eva Schloss appearance at Mandel JCC, Palm Beach Gardens



Leslie Schwartz and Eva Schloss



Cookie Gottlieb



Eva Schloss and Joyce Cornick



Chana Vigler



Miriam Lindner and Eva Schloss



Chana Vigler, Eva Schloss and Rabbi Vigler

COURTESY PHOTOS

PALM BEACH SOCIETY

National Society of Arts & Letters Florida East Coast Chapter hosts annual high tea



Marilyn Nelson, Roswitha Guzinski and Fina Reboli



Doniyor Zuparov, Feruza Dadabaeva, Alyce Erickson and Jon Robertson



Robin Johnson and Judi Asselta



Shari Upbin, Marilyn Nelson and Barbara Fisher

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PALM BEACH SOCIETY

Historical Society of Palm Beach County Evening on Antique Row



Randie Dalia and Penny Murphy



Tim Fanning and Julie Fanning



Joan Sargent and Kim Sargent



Penny Williams and Keith Williams



Stephanie Hill and Lauren Driscoll



Brittany Schnorr and Danny Wynne



Noel DelValle and Mayce DelValle



Scott Veloza, Melissa Schwartz, Nicole Grimes and Kevin Clark



Dina Gillam, Adam Gillam and Trey Fogg

LUCIEN CAPEHART PHOTOGRAPHY

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— Jack Scarola

FUNDRAISER

From page 1

well. Daniel Gibson, chief program officer, and Jan Phillips, director of human resources and administration, will sing. Jeremy Morse, vice president of social enterprise, will play the saxophone. Cabaret artist Rob Russell also joins the bill.

“As you can see, it’s very eclectic, but what I think is cool about it is it has a feel of a festival,” Ms. Stanley said. “They’re just going to be seeing something that really represents the celebration of the lives of our clients.”

The Lord’s Place’s Café Joshua Catering will provide food for sale, children’s activities will entertain the little ones, and a silent auction will help raise money for the cause. Later in the evening, a powerful documentary about The Lord’s Place will play to the 500-plus in attendance, followed by moving testimonials and a candlelight ceremony.

“That’s probably my favorite part of the event,” Ms. Stanley said. “I just love that piece. Imagine having 500 people with a lit candle holding it to a song. I’m always on the stage, and I look down on this, and it’s just really amazing.”

A movie will run from 9 to 11 p.m., and then the lights will go out. The city of West Palm Beach will provide security.

“SleepOut is about family,” Ms. Stanley said. “This event is about family coming together for a social cause that will allow them to support something as important as caring for the homeless in our community.”

The goal of The Lord’s Place – to break the cycle of homelessness and end it in the county – will gain new ground this year with services aimed at children. Through the \$2 million Tomorrow Fund, the agency will focus on the needs of its youngest clients.

“2014 is really a year for us to look at the homeless children,” Ms. Stanley said. “We’re calling it the year of the child. We need to focus on ending generational homelessness. We need to make sure that that child does not enter the world as an adult.”

Thirty-eight homeless families live at The Lord’s Place’s West Palm Beach campus. The campus in Boynton Beach houses 51 homeless men, and another



COURTESY DAVID SCAROLA PHOTOGRAPHY

The Scarola family is the honorary family for the SleepOut. Jack Scarola helped start The Lord’s Place. Shown are David Scarola, Cecilia Hansen, Patrick Hansen, Harry Scarola, Cara Scarola Hansen, Jack Hansen, Jack Scarola, Anita Scarola, Mike Bischoff, Charlotte Bischoff, Ellie Bischoff, Samson Scarola, Janna Scarola Bischoff and Grace Bischoff.

in the know

- >> **What:** The Lord’s Place SleepOut
- >> **When:** 6 p.m. April 11 to 7 a.m. April 12
- >> **Where:** Meyer Amphitheatre, West Palm Beach
- >> **Cost:** \$25
- >> **Info:** 561-537-4660 or thelordspcace.org/sleepout

campus in Lake Worth houses 10 homeless women. The agency also rents eight apartments for the chronic homeless.

“There are so many faces of homelessness,” Ms. Stanley said. “One of the reasons I believe The Lord’s Place has been so successful is we have diversified our services to serve all the faces. We don’t discriminate. You walk through

our doors, and we take that journey with you.

“The Lord’s Place believes that housing is a right,” she continued. “It’s not a privilege.”

Local attorney Jack Scarola, who, in 1973, helped start The Lord’s Place by sleeping on the steps of St. Ann Catholic Church, agreed.

“No man, no woman and especially no child needing food and shelter in our community should be deprived of those most basic needs,” Mr. Scarola said. “The biggest myth about homelessness, and the greatest obstacle to effectively addressing the problem, is the stereotyping of the victims as street-corner panhandlers with drug and alcohol problems.”

Mr. Scarola’s children and grandchild-

ren will join him at SleepOut, and they will serve as the seventh annual event’s honorary family.

“There would be a fourth generation in attendance, but my 89-year-old mother is no longer up to sleeping on the ground, so she will be mailing in her support, as she does every month,” he said.

Mr. Scarola and his wife Anita want their family to appreciate the blessing of having a home. They also want participants at SleepOut to realize homelessness often occurs involuntarily.

“The vast majority of the homeless in our community are those who were living one missed paycheck away from falling into homelessness and are driven over the edge by some unforeseen economic tragedy,” he said. ■

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Permit running

As the economy improves, companies that handle bureaucracy for builders are picking up the pace

BY EVAN WILLIAMS

ewilliams@floridaweekly.com

Before the South Florida economy can be powered by home construction and dozens of other structures, from cell-phone towers to churches, each project requires an official permit.

Getting one is a review process that some builders probably look forward to about as much as a colonoscopy. Some employ a permit runner or management company, subcontractors that specialize in shepherding permit applications through local bureaucracies. With building permit numbers growing across the region, they're busier than they've been in years — albeit nowhere near the hectic boom years that peaked around 2005 and 2006. "Crazy" was the most common word that permit professionals used to describe that period of hyper-construction leading up to The Great Recession.

In the first three months of last year, Palm Beach County issued 277 single-family home permits compared to 89 during the same period in 2009.

"Part of the challenge with the downturn of the industry is a lot of cities let staff go, so now that cities are getting busier there's a much larger backlog (of permits)," said Sandy Maksym, owner of Permit Expeditors of Florida. The south Florida company manages mostly larger or complex projects on the east coast, in Palm Beach, Miami-Dade, Broward, and Martin counties.

Nowhere in South Florida's permit archives is the pendulum swing between boom and recession more pronounced than in Lee County. The west coast community was often cited as a "ground zero" for the housing meltdown. In 2005, unincorporated Lee issued 9,747 single-family home permits. In 2009, it issued 331. Since then the number has grown each year to 860 single-family permits in 2013.

"I'm back to having a full load during the day time, (and working) a little bit later hours," said Hank Gasperson of Nolen's Permitting Services, a family-owned Southwest Florida company.

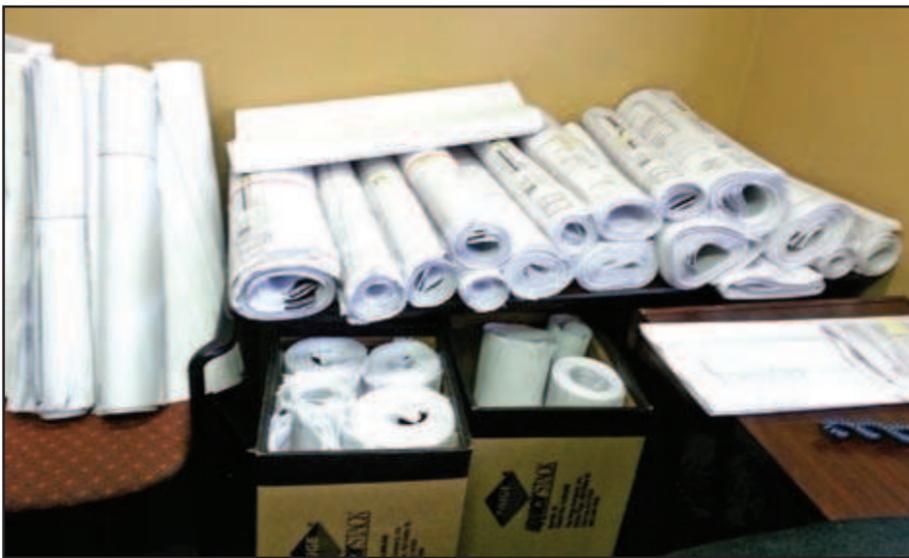
In February, unincorporated Charlotte County issued 30 single-family home permits. During that month in 2010, 11 were issued.

Commercial building is also trending



EVAN WILLIAMS / FLORIDA WEEKLY

Jennie Gasperson organizes sets of plans that must be submitted for a single-family housing permit at the Collier County Zoning Services building.



COURTESY PHOTO

Rolls of paper are stacked at Permit Expeditors of Florida. The South Florida company manages mostly larger projects in Palm Beach, Miami-Dade, Broward and Martin counties.

up.

In unincorporated Collier County, for instance, 28 commercial building permits were issued in the first five months of this fiscal year, October through February. That's more than double the same time last year.

More than runners

For projects as small as a pool cage

and tall as a downtown high rise, permit runners shield their clients from seemingly endless reams of paperwork, extra trips and traffic jams, take-a-number waiting rooms and obscure building codes. To call them "runners" is often a misnomer, depending on the size and complexity of the permit application they're paid to handle.

"We do everything from a fence per-

mit to a brand new commercial building," said Jennie Gasperson, owner of Nolen's Permitting.

The first step for a runner often requires picking up the paperwork from a contractor or receiving it via FedEx delivery, making sure everything is complete and in order, and finally taking it to a government building to "get it across the counter."

A high-rise permit application, for instance, comes with four roles of paper plans, each weighing 30 to 50 pounds, Hank Gasperson estimates. A home application would have three or four much lighter sets. Government entities are increasingly offering electronic filing as well.

The review process could take weeks and require any number of corrections, especially for commercial applications. Runners and managers wait for critiques from government reviewers and then make any necessary fixes, a sometimes-painstaking process of sifting through big applications that could be hundreds of pages long and working with contractors who are eager to move forward quickly.

"I'm paid to handle frustration," said Ms. Maksym of Permit Expeditors.

SEE PERMITS, A40 ►

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MONEY & INVESTING

HSA tax savings strategies may help you save before April 15



In an ideal world, everyone has perfectly planned their tax positions before the year has closed. For example, taxpayers would have employed tax-minimizing strategies for 2013 during 2013. However, there are still a few strategies that can be employed this year that could minimize your 2013 taxes.

One such strategy is a Health Savings Account or "HSA."

Created by the government in 2003, these accounts allow individuals who are covered by "high deductible health insurance plans" to save money for medical expenses by allocating pretax dollars into a medical savings account. Further, these contributions can be established in the year following the year in which contributions are being assigned. For example, before April 15, you can establish a HSA for 2013 that allows you to make contributions in 2014 related to 2013. These contributions are given "tax preferred" treatment for 2013 tax filing. The HSA plan is fairly simple, but details can be found at the IRS website.

The words "tax preferred" suggests importance beyond just tax deferral: "... money in an HSA can be withdrawn

tax-free at any time, as long as it is used for qualified medical expenses. This is significant, because it means that the money contributed to an HSA is *never* taxed — not when it was contributed (because of the deduction) and not when it is withdrawn. As the website www.taxberries.com states, "There is no other arrangement in the tax code that is treated so favorably."

So who can use a HSA? The plan is not available to everyone; it is open to adults covered by a "high deductible health insurance plan" and who have no other "first dollar coverage." If you are paying for your own insurance and not covered by a government employee or corporate employee plan, then you might qualify. If you have had a "high-deductible plan" for only part of the year, then the HSA contribution amount is prorated. (But it needs to have been in place by Dec. 1.)

If you're confused about whether your plan is a "high-deductible plan," you can call your insurer and just ask if your plan meets government definitions. Alternately, you can use the following government provided definition: It is a health insurance plan with an annual deductible that is not less than \$1,250 for self-only coverage or \$2,500 for family coverage, and the annual out-of-pocket expenses (deductibles, co-payments, and other amounts, but not premiums) do not exceed \$6,250 for self-only coverage or \$12,500 for family coverage.

According to the HSA for America website, people choose high deductible insurance plans because, typically, their premiums "cost less than traditional low-deductible health insurance coverage; ... (as) the insurance company does not have to process and pay claims for routine, low-dollar medical care, until the deductible of the plan has been met."

Specifically, for 2013, the contribution limit for an individual is \$3,250 and for a family it is \$6,450; for 2014, the amounts for an individual are \$3,300 and \$6,550 for a family. Individuals age 55 and over may deposit into their account (and take a tax deduction on) an additional catch-up contribution of \$1,000.

There are good reasons for using HSAs. Here are some from the ("For Dummies" website):

- You will pay for health-care expenditures with tax-free money. Depending on your tax rate, you might be saving 20-30 percent on your medical expenses because you are using pretax dollars.
- An HSA account is tax-free. You will not need a 1099-INT. The interest you earn is also tax-free.
- You own/decide/manage the HSA. No one else controls this money but you and unused yearly funds can be rolled to the next year.
- Benefits of the HSA stay with you even with insurance changes. If you move away from a HSA, you can still

keep what amounts are already in your plan.

• HSA can be part of your retirement plans." After the age of 65, you can withdraw funds from your HSA account penalty-free for any purpose. You will pay income tax on the withdrawal if it is not used to pay for health care, but that tax rate is likely to be lower in your retirement years when your income is lower. And, of course, you can continue to withdraw the money from your HSA account tax-free to pay for medically necessary expenses. ...but you don't have to use the money for health-care expenses after you reach retirement age. You can use it to fund that dream vacation that you never had time for while you were working.

Check with your insurer, read the government website and all the conditions that apply to you, talk to your accountant, read the various websites of companies that offer HSA plans and get going on this project before April 15. If you don't make the deadline, you can get started now so that you're ready for next year. It does not take a long time for the HSA companies to process applications and some allow bank transfers. A week to 10 days might well be sufficient time to open a HSA. ■

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

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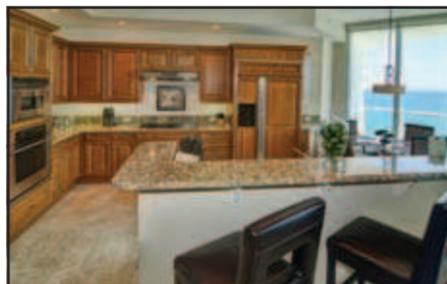
COURTESY PHOTOS

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KOVEL: ANTIQUES

Bohemian pottery features elaborate designs with long curving lines

BY KIM AND TERRY KOVEL

Want a conversation piece for your living room? Look for a piece of Amphora pottery from Bohemia. Several potteries in Turn-Teplitz, Bohemia, around the turn of the 20th-century made large vases in the Art Nouveau style. Statue-like women in flowing dresses climbed the side of a tall vase. Or a mysterious, exotic vine with large blossoms crept up to the top. Designs also included animals, mermaids or birds, all with curved lines and pastel colors. Some vases look more like strange sculptures. Early pieces were made by Eduard Stellmacher and are marked with variations of the factory name, Reisner, Stellmacher & Kessel, or with RStK, Amphora, Royal Amphora or an eagle. They also may be marked "Austria" if they were made before 1918, then "Czechoslovakia" until 1945, when the factory closed.

The most popular Amphora vases are large, at least 15 inches high and strikingly unusual. They are not at all like modern vases and many people do not like them, but today's decorators like a unique piece to add interest to a room. Prices at shops can go from \$100 for a small piece to \$6,000 for a large one, but sometimes you can find a bargain at an estate sale where only the brave buy large, bold examples of design.

Q: I have a few top-quality handbags and wonder what they're worth. One is a Chanel that's covered in little suede patches. Others are by Bottega Veneta, Pierre Cardin and Fendi.

A: The prices of high-quality vintage handbags can be quite high — into the thousands. Many national auction houses include handbags in their vintage couture sales. If your bags are in excellent condition, don't sell them on your own until you consult a reputable auction house. You may get a lot more for them if they are sold by an auction house that advertises widely, sells on land and online, and attracts a lot of interested bidders.

Q: My father gave me his favorite board game from his childhood. It is called "The Uncle Wiggily Game." I have the board, the pieces and the box. The board shows a map with numbered spaces, houses, trees, a rabbit (probably Uncle Wiggily) and other animals. Who made it? When? What is it worth?

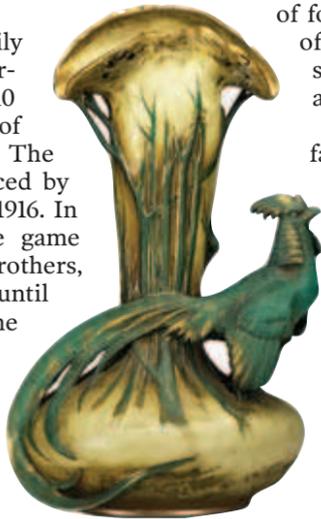
A: Uncle Wiggily was a rabbit character created in 1910 for a daily series of bedtime stories. The game was introduced by Milton Bradley in 1916. In 1967 rights to the game went to Parker Brothers, which marketed it until about 1971. All of the published versions of the game were similar. Elderly Uncle Wiggily, who wore a top hat, was searching for medicine

for his rheumatism. The board for the 1967 game pictures a "2 & 3 Cent Store." Others have a "5 & 10 Cent store." The game board also changed in 1923, 1949, 1955 and 1961. The rabbits were made of a composition material in early sets. From 1947 to 1953, they were made of metal. In 1988, Milton Bradley and Parker Brothers made different versions of the game. The Bradley version was a simpler, shorter game with 100 spaces instead of the original 151 spaces. There is a new game today, by Winning Moves, that has a vintage look. Most Uncle Wiggily games sell for under \$30.

Q: My large, two-part, floor-standing spool cabinet has the words "The Leonard Silk Co." and "Warehouse Point" on the side panels. It has two rows of seven glass-front drawers above two stacks of four drawers. And it still has some of the removable pegs that held spools of thread. What is its age and value?

A: Leonard Silk Co. was a manufacturer of thread based in Warehouse Point, Conn. It started out as J.N. Leonard & Co. in the 1860s and became the John N. Leonard Silk Co. in 1891. In 1869 John Leonard invented a

This 15-inch-high Amphora vase features a pheasant perched on a base. The vase is made to resemble a tree branch. It was offered last year at a Rago Arts auction in Vineland, N.J., where its presale estimate was \$1,000 to \$1,500.



revolving display cabinet with wire rods to hold spools. He made spool labels with "ornamentally perforated" holes so they could fit over the rods and leave the printed labels intact. Leonard sold his interest in the company in about 1909 and its name was changed to Warehouse Point Silk Co. Spool cabinets were used by salesmen and dry goods stores to display spools of thread. Your spool cabinet was made between 1891 and 1909. Because your spool cabinet is so large, it's worth \$1,000 to \$2,000.

Tip: In addition to more visible mold, there is a critter called "dry rot," which can get into your wooden items after a flood. It's a silent killer. If the rot isn't killed, it will ruin your wooden items from the inside out throughout a period of 10 to 15 years. It gets into wooden furniture, floor supports and walls, and only eats wood. Take a tank sprayer with a borate solution and spray it into wall cavities and under floors. ■

— 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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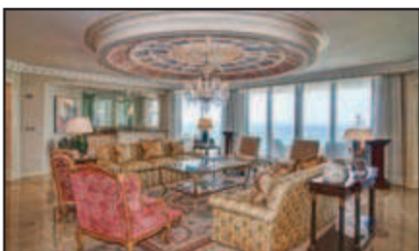
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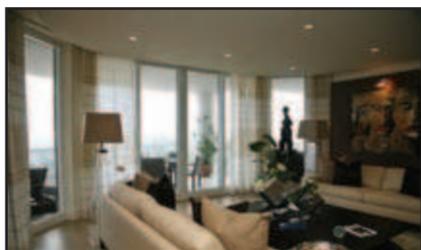
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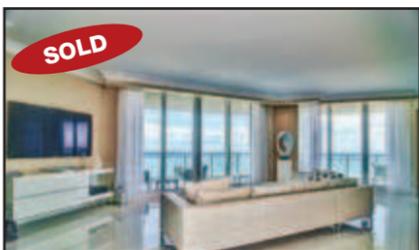
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“Knowing what questions to ask and who to ask the question to is your best defense in this ... You have to be very patient, obviously.”

— Jennie Gasperson, owner of Nolen's Permitting Service



EVAN WILLIAMS / FLORIDA WEEKLY

Jennie Gasperson of Nolen's Permitting Service.

PERMITS

From page 35

In addition to the state building code, counties and cities have their own procedures.

“Knowing what questions to ask and who to ask the question to is your best defense in this,” Ms. Gasperson explained. “You have to be very patient, obviously.”

Surviving recession

In the last half of the 2000s, the construction industry bottomed out. During that time it was pool permits most of all, as well as improvements to medical buildings, fixes after a hurricane, and church construction, that kept her business afloat, Ms. Gasperson recalled.

“I was really kind of surprised even in the downturn how busy pool contractors remained,” she said.

Now, the growth in single-family home construction and commercial projects is driving her business. Their clients range from “owner-builders,” who may only need one such permit in their life, to national builders that create communities.

Ms. Maksym of Permit Expeditors survived the recession by working outside the industry until 2010 when clients started to “trickle back in again.”

Now, builders are increasingly calling to check her rates. Even if they don't end up becoming a client, it's a sign that they're busy, Ms. Maksym said. “At some point there's a transition. It's like, ‘We're way too busy, we have to hire somebody,’” be it a service like hers or an in-house runner.

More recently, an increase in electronic permit applications and more permit runners in a growing market have diluted business for runners. But at the same time, they said, factors such as lower impact fees in some areas have spurred construction.

Permit running companies charge their customers in a variety of ways, such as per trip or hour. Nolen charges a flat rate that includes the entire process from beginning to certificate of occupancy or completion. Permit running costs vary widely among individual projects. For instance, permit management for a single-family home permit in Palm Beach County could cost between \$800 and \$1,800 depending on the level of services needed, be it simply running or technical, start-to-finish attention.

For some builders, “we just pick up and run and we're just feet on the ground for them,” said Ms. Maksym. “Some require more than just feet on the ground.” ■

in the know

Palm Beach County (unincorporated) single-family home permits

All single-family home permits issued in the first three months of each year, 2005 through 2013:

- >> **2005:** 956 worth \$280 million
- >> **2006:** 1,674 worth \$447.4 million
- >> **2007:** 538 worth \$154.4 million
- >> **2008:** 236 worth \$55.1 million
- >> **2009:** 89 worth \$21.4 million
- >> **2010:** 196 worth \$63 million
- >> **2011:** 167 worth \$56.1 million
- >> **2012:** 226 worth \$87.2 million
- >> **2013:** 277 worth \$104.2 million

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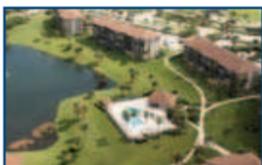
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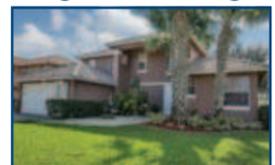
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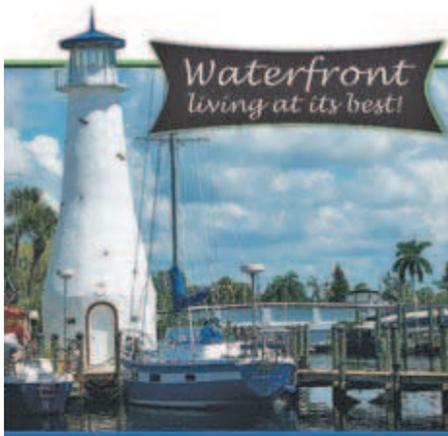


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Consumer confidence among Floridians rises in March to post-recession high

THE UNIVERSITY OF FLORIDA

Consumer confidence among Floridians rose three points in March to 81, tying a post-recession high last reached in May and June of last year, according to a new University of Florida survey.

Although an index number of 81 is modest when looking at the entire history of the index, "It's as high as we have achieved since before the recession began in December 2007," says Chris McCarty, director of UF's Survey Research Center in the Bureau of Economic and Business Research, which conducts the survey. The increase, he adds, is consistent with the center's expectations that consumer sentiment among Floridians would remain near post-recession highs, given relatively good economic news and that Congress provides budget certainty with deals to fund federal budgets through this year.

Consumers' overall opinion that their personal resources are better now than a year ago rose 10 points to 73, the highest level since August 2007, shortly after the Great Recession began. Expectations of being better off financially a year from now also increased, rising six points to 82. Confidence in the nation's economy for the coming year increased five points to 84, while trust in its performance over the next five years remained unchanged at 79.

Only one of the five survey components declined. Respondents' verdict on whether now is a good time to buy major household items fell four points to 86.

There are other signs of an improving Florida economy. Florida's 6.1 percent unemployment rate in January dropped two-tenths a percent from December, which was four-tenths a percent lower than the national 6.4 percent rate. Meanwhile, both Florida's labor force and the number of employed grew during the same period.

"Florida's tourism industry has benefited from a harsh winter in the north and is making some gains in shifting to higher technology jobs, including biotechnology," Mr. McCarty says.

The state's retail sales outperformed the national average in January, in part because severe winter weather elsewhere limited shopping, he says. In addition, Florida's inflation rate is lower than elsewhere in the country where cold weather triggered fuel price increases.

Mr. McCarty predicts the biggest threat to the economy and consumer confidence in the near future will come from Russia, not Washington. "For many U.S. consumers, especially those who



remember the Cold War, the image of Russian tanks moving through Europe is all too familiar," he says.

Conducted March 14-25, the UF study reflects the responses of 416 individuals representing a demographic cross-section of Florida. The index used by UF researchers is benchmarked to 1966, which means a value of 100 represents the same level of confidence for that year. The lowest index possible is a two; the highest is 150.

Details of the March survey can be found at www.becr.ufl.edu/cci. ■

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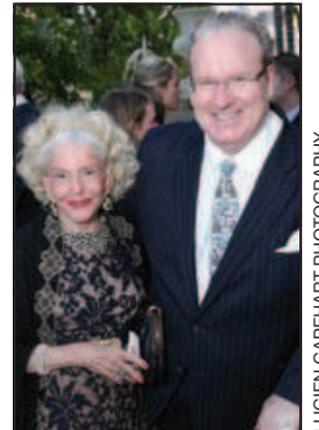
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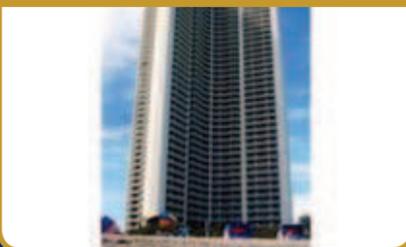
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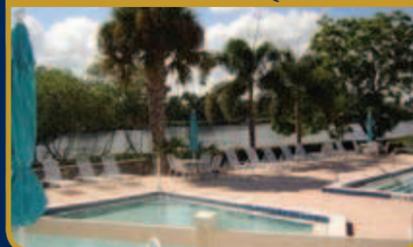
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WEEK OF APRIL 3-9, 2014

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

A WORLD OF FILMS



COURTESY PHOTO
The festival opens with "Belle," starring Gugu Mbatha-Raw.

Palm Beach International Film Festival returns with 14 world premieres

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

The Palm Beach International Film Festival is set to open for its 19th edition, and Randi Emerman could not be happier.

"I'm excited about the lineup of films this year. I'm excited about these filmmakers who are coming from 19 different countries," said Ms. Emerman, the festival's president and CEO.

The lineup includes 14 world premieres, eight North American and eight U.S. premieres.

The festival opens April 3 with "Belle," directed by Amma Asante. The film, which stars Gugu Mbatha-Raw, Emily Watson, Tom Felton, Sam Reid and Tom Wilkinson, is inspired by the true story of Dido Elizabeth Belle, the mixed race daughter of an 18th-century Royal Navy admiral.

SEE FESTIVAL, B8 ►

INSIDE



Collector's Corner

The West Palm Beach Antiques Festival is among the weekend's highlights for collectors. **B7** ►



Society

See who was out and about in Palm Beach County. **B12-13, 17-20, 22** ►



Sandy Days, Salty Nights

The fox is right about what is most important of all. **B2** ►

"Evita" remains a powerful force for actress

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

She was one of the most controversial women of her day.

Eva Peron rose from poverty to become one of the most famous women of the 20th century as first lady of Argentina.

She died in 1952 at age 33.

But don't cry for her, because Peron arose from the dead in 1978 as "Evita," the subject of a musical by Andrew



BOWMAN

Lloyd Webber and Tim Rice.

A touring production of the show, directed by Tony and Olivier Award-winner Michael Grandage and choreographed by Tony Award-winner Rob Ashford, comes to the Kravis Center for a limited run April 8-15 as part of the center's Kravis on Broadway series.

Caroline Bowman has been receiving raves for her performance as "Evita," and during a private performance of "Buenos Aires" she seemed to inhabit the role, singing out over the microphones — never mind that she was wearing jeans and a T-shirt.

Ms. Bowman, who grew up in the Baltimore area, had starring roles in "Spamalot" and "Wicked."

Watching her perform, she seems to

SEE "EVITA," B21 ►



The Dish

The pie's the limit at Allora in North Palm Beach. **B23** ►

SANDY DAYS, SALTY NIGHTS

What does the fox say?



I recently visited a museum exhibit that featured "The Little Prince," Antoine de Saint-Exupéry's melancholy and whimsical children's tale. The exhibition documented Mr. Saint-Exupéry's process, from the earliest drawings to the edits on his hand-written manuscripts.

My favorite panels featured the little prince meeting the fox in the desert.

"Come play with me," the prince says.

"I can't play with you," the fox says. "I'm not tame."

"Ah! Excuse me," says the prince. But after a moment of reflection he adds, "What does tame mean?"

"To form ties," says the fox.

"To form ties?"

"Of course. To me, you're just a little boy like any other little boy. I don't need you. And you don't need me either. For you, I'm just a fox like any other fox. But if you tame me, we'll need each other. You will be special to me. And I will be special to you."

In the original French text, Mr. Saint-Exupéry used the verb "apprivoiser," which means "to tame" but

which also has the greater significance of creating bonds, of setting up a system of mutual obligation.

"You become responsible forever for what you have tamed," the fox says.

I stood in the gallery surrounded by Mr. Saint-Exupéry's colorful illustrations and carefully printed prose and remembered the first time I had read "The Little Prince." It was at the end of my senior year in college, and a boy I desperately wanted to love had given me a copy. He was blessed with the sort of attributes that impressed the girl I was then: good hair, well-defined pecs, a face that could have been on TV. I worried every second we were together that he would realize I was the ugly duckling I considered myself to be. Sometimes he talked about getting married and having babies and moving back to his small town in Louisiana, and my wild heart would send up a fearful flare.

For the longest time I thought what I dreaded was what he offered: a set-

tled life, a domestic routine, a series of mutual obligations. I feared he would tame me — not in the French sense, which I find lovely and hopeful — but in the thoroughly English sense, the way you might

tame a horse: You have to break her first.

I imagined

that being in a relationship meant giving up my freedom, and perhaps this is why I spend my days alone at museums instead of looking for a partner like any normal person.

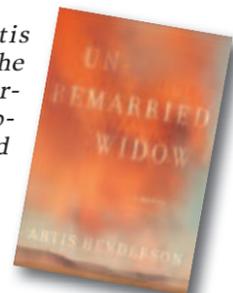
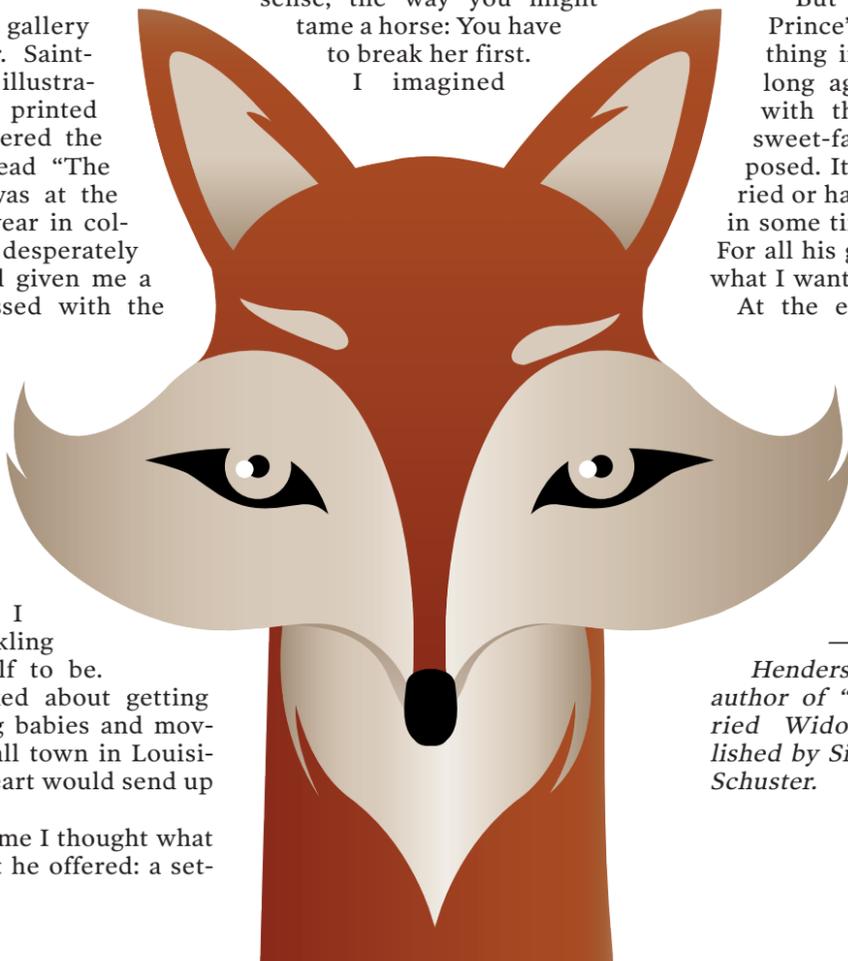
But revisiting "The Little Prince" reminded me of something important I had forgotten long ago. My problem was not with the settled life that that sweet-faced Southern boy proposed. It wasn't with getting married or having babies or even living in some tiny town. It was with him. For all his good looks, he just wasn't what I wanted.

At the end of the little prince's meeting with the fox, the fox offers to tell him a secret before they part.

"It's only with the heart one can see rightly," the fox says. "What is essential is invisible to the eye."

I couldn't agree more. ■

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





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HISTORICAL SOCIETY
of PALM BEACH COUNTY

Still to come this season...

April 6, 2014 | Barefoot by the Sea: Join us at the Delray Beach Historical Society for an afternoon of family fun in the sun. 1:00- 4:00pm, \$10 per person, kids under 3 free, all inclusive!

April 9, 2014 | The Distinguished Lecture Series presents a lecture by Harvey Oyer III | 7:00pm, reservations requested as seating is limited, book signing and reception to follow. \$20 non-members, free for Members of the Society. Free parking located in the 4th street lot across from fire station.

April 27, 2014 | Historic Sunset Cruise: Join the Historical Society of Palm Beach County onboard the Mariner III for dinner and drinks with a special presentation by Chief Curator Debi Murray and Preservation Consultant Jane Day. For reservations, call 561.832.4164 ext 100, \$150 per person, space is limited.

May 2, 2014 | Historic Walking Tour led by architect and historian Rick Gonzalez of REG Architects. 4pm, free to the public, reservations can be made by calling 561.832.4164 ex 100.

May 17, 2014 | Armed Forces Day at the Johnson History Museum: See and talk with re-enactors dressed in period uniforms as they set up camp on the front lawn. Open and free to the public, 10:00am – 2:00pm.

TBD | Cocktails in Paradise: The Young Friends of the Historical Society will be back at the end of the season with another evening of cocktails and networking. Stay tuned for date and location!

For more information on any of these events, please visit us at historicalsocietypb.org or call 561.832.4164

THEATER REVIEW

Heirs behaving badly: “Dividing the Estate” may be familiar

BY BILL HIRSCHMAN
Special to Florida Weekly

Black comedy usually refers to finding something funny in dark subject matters not readily apparent as a source of humor. But other times that laughter is as much nervously whistling in the dark about deeply discomfiting issues.

Plenty of laughter greets every witticism and absurdity in Palm Beach Dramaworks' production of “Dividing The Estate,” Horton Foote's acidic depiction of greed, jealousy and family. But through the laughter, you either silently thank God you don't know these people or you curse fate that they are way too familiar.

For while the greedhead Gordon family is a study in avarice and entitlement in extremis, all the maneuverings and manipulations may cut too close to home and, at the very least, force you to examine your own conduct.

Dramaworks' Producing Artistic Director William Hayes, who has heard tales of only slightly less grasping kin, has led an expert 13-member cast in a biting if a bit languorous examination of humanity's darker side.

The late Mr. Foote, an American creative treasure best known for “The Trip to Bountiful” and “Tender Mercies,” is virtually never performed in South Florida's professional theaters. Like other playwrights chosen for Dramaworks' mission of theater that makes you think, Foote's dramaturgical metabolism is noticeably slower, looser and more expansive than most of his contemporaries. He loves his characters to tell stories and in this play, he indulges himself with some quite debatably edible stretches in which folks sit around and trade local gossip for long periods that slow the narrative drive of the show.

But Foote creates a framework in which the Gordons inexorably drag themselves into a moral abyss, leading to a penultimate scene that closely resembles the finale and catchphrase of Sartre's “No Exit”: Hell is other people.

The play is set in Foote's fictional rural Texas town of Harrison in 1987, just after Black Monday wiped out the stock market and exacerbating the worst recession at that time since the Great Depression. Storefronts are boarded up; the only restaurants left are McDonalds, Sonic and What-A-Burger; the new plastic factory is owned by a Taiwanese concern.

The Gordons, still reigning over Harrison from their mansion, are struggling like everyone else — now they are down to only three servants. With the cost of raising cotton making farming unprofitable, they are land rich and cash poor. The one seemingly promising source of funds is “the estate” founded under murky beginnings by a great-great-grandfather and having sustained five generations of Gordons. But with matriarch Stella in her 80s and her three children in challenging economic straits, the extended families are hungrily circling the cash cow with their cutlery drawn. Some are pressing Stella to liquidate the estate, something she vows never to do.

Long jettisoned by that generation are the verities of land cited in “Gone With the Wind”: “Do you mean to tell me, Katie Scarlett O'Hara, that Tara, that land doesn't mean anything to you? Why, land is the only thing in the world worth workin' for, worth fightin' for, worth dyin' for, because it's the only

thing that lasts.”

It becomes increasingly clear that some of the relatives are more desperate than others. But even the most laid-back members have an absolute unconscious expectation of entitlement that decades of having money has inculcated in them. These are inordinately proud people who have been trying to avert their eyes as they acclimate themselves to such indignities as living on allowances from the estate and borrowing huge six-figure sums.

When Stella continues to balk at selling the farms and manse, resentments and jealousies boil over in torrents of snide sniping that wash away the veneer of Southern gentility and perfunctory familial fealty. And then it gets really ugly.

All the while, Foote has suffused the proceedings with generous helpings of humor — this is a Moliere-like comedy, after all. People slice each other up with quips or simply, like in a “reality” TV show, blithely act in self-centered ways that comically sweep away the niceties of human interaction.

This is a huge cast for Dramaworks and every last person is in fine form. But Kim Cozort gets the best role as the most nakedly rapacious daughter who never stops scheming to get her hands on the money and doesn't care enough to hide it.

Stella is a crusty Mother Burnside character from “Auntie Mame” in the hands of Mary Stout, who feigns forgetfulness but knows she is controlling everyone's lives in 20th century slavery by her ever-changing promises of what will be in the will.

Besides Cozort's Mary Jo, Stella's other children include the alcoholic wastrel Lewis (Rob Donohoe). The other daughter, Lucille (the wonderful Elizabeth Dimon) only seems less interested because the current set-up provides a home for her and her son — nicknamed Son — (Gregg Weiner) who tries to keep the family finances' afloat.

Only slightly less worried than Mary Jo is her weary husband, the down and out real estate salesman Bob, played by Cozort's husband, Kenneth Kay. But the most operationally upset by the limitations of their plights are Mary Jo's two spoiled rotten daughters (Gretchen Porro and Leah Sessa). Son is a widower who is courting a sweet schoolteacher (Margery Lowe), a positive-thinking naif trying to preserve her optimism while navigating this shark tank. Natalia Coego makes a brief but memorable appearance in the final scene as Lewis' girlfriend.

Essential to the household's operation are the remaining servants played by Avery Sommers, Deltoiya Monique and in a bravura turn, John Archie as the 92-year-old retainer so addled he doesn't realize he has been forcibly retired. Archie has been playing a variation of this voluble, lovable coot role for years now, from “Radio Golf” to “Driving Miss Daisy.” But Archie is superb and while he chews the scenery with gusto, he may be the most vibrant and entertaining character on the stage. ■

— “Dividing The Estate” runs through April 27 at Palm Beach Dramaworks, the Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach. Performances 8 p.m. Wednesday-Saturday, 2 p.m. Wednesday, Saturday, Sunday; 7 p.m. Sunday. Tickets are \$10 (students) to \$60. Call 514-4042, Ext. 2, or visit palmbeachdramaworks.org. ■



ANN NORTON SCULPTURE GARDENS

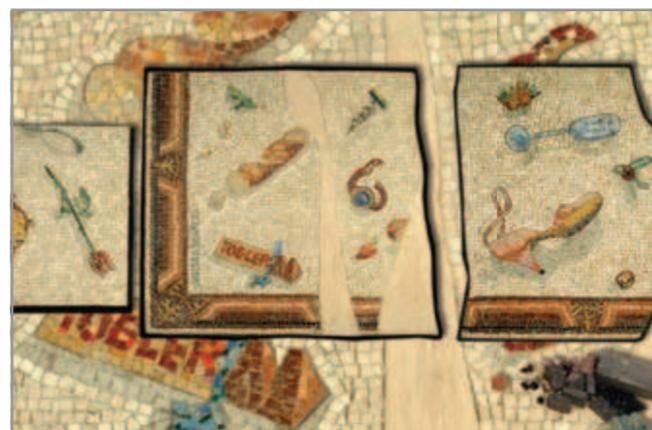
The Surrealist Roberto Matta

April 16-May 18, 2014



2014 Asaroton by Vanessa Somers Vreeland Lecture & Studio Installation

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March 12-April 13, 2014



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Gallery Hours Wed-Sun 10-4pm

WHAT TO DO, WHERE TO GO

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

Thursday, April 3

■ **Art After Dark** — 5 to 9 p.m. April 3 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** — 6 to 9 p.m. April 3 at the West Palm Beach Waterfront. Band: Ruling Mercury (Top 40 Cover.) Coming up: April 10: Brooke Eden performs. (Country.) April 17: Army Gideon (Reggae Fusion.) April 24: Save The Radio (Rock). Info: clematis-bynight.net.

■ **"Dirty Blonde"** — Through April 13, The Plaza Theatre, 262 S. Ocean Ave., Manalapan. This prize-winning play about Mae West by Claudia Shear features music from I'm No Angel and She Done Him Wrong. Features Margot Moreland, KenClement, and Terry Cain, directed by Beverly Blanchette. Showtimes: 7:30 p.m. April 3-5, April 10-13, and 2 p.m. April 2, 5, 6, 9, 12, 13. Tickets: \$45. Info: theplazatheatre.net; 588-1820.

■ **Ballet Palm Beach presents "Don Quixote"** — April 3-4, Eissey Campus Theatre, Palm Beach Gardens. Wes Chapman, a former American Ballet Theatre Principal Dancer, served as a special coach for this production. Tickets: \$15 and up. Tickets/info: 207-5900; balletpalmbeach.org

■ **The MacArthur Leadership Speaker Series: Jimmy Collins** — April 3, DeSantis Family Chapel, 300 Okeechobee Blvd., West Palm Beach. The former Chick-fil-A president speaks about creative followership. Free. Info: 803-2970.

■ **Shop Smart, Do Good: A Fundraising Day** — April 3, Lord & Taylor Boca Raton, 200 Plaza Real, Mizner Park. Savings passes, plus music, performances, food, wine tastings and live art. Benefits more than 20 area non-profits. Tickets: \$5. Info: lordandtaylor.com

■ **"Confluence" Opening Reception** — 6 p.m. April 3, Schmidt Center gallery on FAU's Boca Raton campus, 777 Glades Road. Showcases the work of Linda Behar, Misoo Filan, Raheleh T. Filsoofi, Stephen Futej, Isabel Gouveia and Kandy G. Lopez in sculpture, printmaking, painting. On display through summer. Info: 297-2966.

■ **Palm Beach International Film Festival** — April 3-10, Hollywood comes to The Palm Beaches with award-winning films, hosted filmmakers, actors, industry professionals and press from around the globe.

Friday, April 4

■ **International Gay Polo Tournament** — April 4-6 at the Grand Champions Polo Club, Wellington.

■ **Outside the Box2** — 7:30 to 10:30 p.m. April 4-5, Whitespace-The Mordes Collection, 2805 N. Australian Ave., West Palm Beach. Curated by Lisa Rockford, the exhibit features 37 innovative contemporary artists who will interact with the unique landscape and outdoor environment. Admission: \$10. A portion benefits arts education in Palm

Beach County. Free parking. Info: 561-842-4131; whitespacecollection.com

■ **The Tech Revolution: An Evening with Steve 'Woz' Wozniak** — April 4, The Breakers, Palm Beach. An interactive presentation and conversation with Wozniak, Silicon Valley icon and philanthropist, benefiting the South Florida Science Center and Aquarium. Tickets: \$650. Info: Marci at 370-7738 or mhoffman@sfspacecenter.org

■ **"Rhinceros"** — April 4-13, Studio One Theatre. Eugene Ionesco's absurdist play about the journey of the 'everyperson' in the face of conformity and the political animal. Directed by Richard Gamble. Showtimes: Fridays at 7 p.m.; Saturdays at 1 and 7 p.m.; and Sundays at 1 p.m. Tickets: \$20 adults; \$12 students, faculty, staff, alumni and younger than age 12. Info: 800-564-9539 or fauevents.com

■ **Photos with the Easter Bunny** — 6 to 7 p.m. April 4, in the Grand Court at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. An "eggstravaganza" with butterfly stilt walkers, jugglers, magicians, DJ. A \$10 donation is requested, which benefits the Boys & Girls Clubs of Palm Beach County, \$10 is requested for admission (per family). Photos will be taken in the Enchanted Garden at the Bloomingdale's Court immediately following the party, and during mall hours through April 19. FastPass available. Info: thegardensmall.com.

Saturday, April 5

■ **TurtleFest** — April 5, Loggerhead Marinelife Center, 14200 U.S. Highway One, Juno Beach. Close-up encounters with loggerheads, green and leatherback turtles, plus music and art. Info: 627-8280.

■ **Black Gold Jubilee** — April 5. Annual end-of-harvest family festival celebrating the dark, rich soil of the Belle Glade agricultural region, with food and entertainment.

■ **Ginger's Dance Party** — 8 to 10 p.m. April 5, on the Waterfront, 1 N. Flagler Drive, West Palm Beach.

Sunday, April 6

■ **Free Concert and Open House** — Doors open at 10 a.m. with the concert at 1 p.m. April 6, Temple Sinai, 2475 W. Atlantic Ave., Delray Beach. Cantorial Soloist Margaret Schmitt joins the Temple Sinai Shabbat Choir and Junior Choir with Dr. Keith Paulson-Thorp at the organ for a program of traditional and contemporary sacred music, and also selections from their recent Pops Concert, featuring music of Irving Berlin Refreshments will be served. Info: 276-6161, Ext. 100.

Monday, April 7

■ **A Salute to the Heroes of Caridad** — 6 to 9 p.m. April 7, International Polo Club, 3667 120th Ave. S., Wellington. The event will honor the 400 volunteers who help 26,000 patient visits each year and celebrate Caridad's 25 years of serving the working poor. Tickets: \$250. Info: 561-853-1638; caridad.org

Tuesday, April 8

■ **The 28th annual Student Art Exhibition 2014 Opening Reception** — 5:30 to 8 p.m. April 8. On display through May 7. In the BB Building at PBSC's Eissey Campus Gallery, 3160 PGA Blvd., Palm Beach Gardens. Info: 207-5015.

■ **Lecture Series With Historian Jason O'Connor** — 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.

■ **The Symphonia / Boca Raton performs** — April 8, PBSC Eissey An all-Mozart program (Mozart's Serenade No. 9 in D Major, K 320, "Posthorn," Mozart Clarinet Concerto in A Major, K 622 and Mozart's Symphony No. 41 in C Major, K 551, "Jupiter") featuring conductor Gerard Schwarz with Jon Manasse as the clarinet soloist. Tickets: \$35-\$55. Info: 207-5900. Symphonia info: thesymphonia.org

■ **Choreographed In History: A Fundraising Event** — 6:30 p.m. April 8, at the Historical Society of Palm Beach County, 300 N. Dixie Highway, West Palm Beach. Features guest speaker Wes Chapman, the former principal dancer at the American Ballet Theatre and Director of ABT II. Tickets: \$50, includes cocktails and hors d'oeuvres. Info/tickets: balletpalmbeach.org

■ **Palm Beach Dramaworks' Dramalogue Series: Federico Garcia Lorca** — 2 and 7 p.m. Tuesday, April 8, Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach. The series explores working in the theatre through conversations and presentations spotlighting iconic theatre artists and professionals. Lorca was a liberal who rebelled against Spanish society and was captured and killed by Franco's brigade. Tickets: \$20. Info: 514-4042; palmbeachdramaworks.org

Wednesday, April 9

■ **Caroline Seebom Book signing and lecture reception** — 6 p.m. April 9, Ann Norton Sculpture Gardens; 2051 S. Flagler Drive, West Palm Beach. Spotlights Seebom's "Monumental Dreams: The Life and Sculpture of Ann Norton," where the artist Annie Weaver Norton will be brought to life. Tickets: \$50 or \$75 per couple nonmembers, or \$35 or \$50 per couple for members, which includes a copy of "Monumental Dreams." Info: 832-5328; ansg.org.

■ **A Titanic Experience** — 6 p.m. April 9, at the South Florida Science Center and Aquarium, 4801 Dreher Park North, West Palm Beach. The Harvard Club of the Palm Beaches and the Princeton Club of the Palm Beaches co-host an evening featuring the acclaimed interactive Titanic exhibit, a special planetarium show, and staff guided tour of the recently enlarged aquarium. The film "Night of the Titanic" will be shown at 7:30 p.m. \$60, includes museum entrance fee, copious hors d'oeuvres, and wine. Tickets, info: harvardclubpalmbeaches.org

■ **Farm to Table** — An Artists Interpretation, 5:30-7:30 p.m. April 9 at A Unique Art Gallery, 226 Center St., No. 8, Jupiter. A portion of proceeds from

sales of artworks created by the Artists of AAOJ, 50/50 Raffle and donations of nonperishable foods will benefit the St Peter's Food for Family Ministry. Free; 529-2748 or email info@artistsassociationofjupiter.com.

■ **"The Charlie Pierce Series and Florida History"** — Lecture by Harvey E. Oyer III, 7 p.m. April 9, 3rd Floor Courtroom inside the historic 1916 Palm Beach County Courthouse, 300 N. Dixie Highway, West Palm Beach. A reception will immediately follow the presentation. Books will be on sale. Admission: Free to members of the Historical Society of Palm Beach County; \$20 to nonmembers; 832-4164, Ext. 101.

At B.B. King's

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

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

■ **Trampled Under Foot** — April 12

At The Bamboo Room

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

■ **Chris Duarte Group** — April 4. \$17, \$20 day of show

■ **Across the Universe Tribute to the Beatles** — April 5. \$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

■ **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; thecolonyalmbeach.com.

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

Cabaret in the Royal Room

■ **Marilyn McCoo & Billy Davis Jr.** — Through April 12

■ **Bill Charlap & Sandy Stewart** — April 15-19

At Dramaworks

Palm Beach Dramaworks at The Don & Ann Brown Theatre, 201 N. Clematis

WHAT TO DO, WHERE TO GO

St., downtown West Palm Beach. Call 514-4042, Ext. 2; palmbeachdramaworks.com.

■ **"Dividing the Estate"** — Through April 27

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

At The Duncan

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

■ **Jesse Cook** — April 7

■ **Jazz Ensembles (student performances)** — April 10

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 eisseycampus theatre.org.

■ **Indian River Pops presents "Carmina Burana"** — April 6. Features the Robert Sharon Chorale. Tickets: \$25.

■ **Treasure Coast Youth Symphony presents American Frontier** — April 7. The youth orchestra plays music by Copeland and Dvorak and featuring Timothy Nicholas, 2014 Concerto Competition Winner Tickets: \$15 general, \$7 students. Info: treasurecoastyouthsymphony.org

■ **The Symphonia, Boca Raton** — April 8. Program: Mozart "Serenade No. 9 in D major," K. 320, "Posthorn." Mozart "Clarinet Concerto in A major," K. 622. Mozart "Symphony No. 41 in C major," K. 551, "Jupiter." Tickets: \$35-\$55. Info: thesymphonia.org

■ **Ballet Palm Beach "Don Quixote"** — April 4-5. Tickets start at \$15 and can be purchased at balletpalmbeach.org or 561.207.5900.

■ **Forever Motown** — April 9. Benefits the Max M. Fisher Boys & Girls Club. Eight vocalists backed by lively band pay tribute to the music of Motown: The Four Tops, The Temptations, The Supremes, Smokey Robinson, Lionel Ritchie, Marvin Gaye, Stevie Wonder. Also features a pre-show silent auction. Tickets: \$50 orchestra, \$35 balcony.

■ **The Benjamin School Spring Music Festival** — April 10. The upper and middle school music students perform chamber, vocal and instrumental music. Tickets: \$5. Info: 472-3476.

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, which he built as a wedding present for his wife. Tickets: free for members; \$18 adults, \$10 youth (13-17) with adult; \$3 child (6-12) with adult; younger than 6 free. 655-2833; flaglermuseum.us.

Ongoing:

■ **Lunch in Café Des Beaux-Arts** — 11:30 a.m.-2:30 p.m. Tuesdays-Saturdays, noon-3 p.m. Sundays until April 19. 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:

■ **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

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

■ **Tribute to Ella Fitzgerald, with Smithsonian Jazz Masterworks Orchestra** — April 3

■ **Get the Led Out: American Led Zeppelin** — April 3

■ **Gospel Gala, with Israel Houghton and New Breed** — April 4

■ **Paul Anka** — April 5

■ **"Romantics at the Kravis"** — The Palm Beach Symphony performs its 40th Anniversary Concert — April 6

■ **DuoSF** — April 7

■ **"Evita"** — April 8-13

■ **The Second City: Happily Ever Laughter** — April 8-13

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

At The Playhouse

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

■ **At the Stonzek Theatre** — "7 Boxes," "Grand Piano," "Journey to the West," "When Comedy Went to School."

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** — 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.

■ **Hike Through History** — April 5 and May 3. Discover the topography and natural history of Jupiter's National Conservation Lands historic site on this 2-mile trek. Minimum age 5, ages 13 and younger must be accompanied by an adult. Wear sun protection and bring water bottles.

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

At MacArthur Park

John D. MacArthur Beach State Park and Nature Center, 10900 Jack Nicklaus Drive, North Palm Beach. Info: 624-6952 or 776-7449; macarthurbeach.org.

■ **Turtle Talk & Walks** — Reservations open for members on May 5 for walks from June 14 and 28 and July 12 and 26. Info: 776-7449, ext. 102. Nonmembers register for walks June 2-July 26, online beginning May 28, \$10, through macarthurbeach.org.

■ **Speakers Series: "Florida Hawks Bill Project"** — 11 a.m. April 5, Larry Woods, Sea Turtle Biologist, speaks.

■ **Learn to Kayak!** — 10 a.m. April 6. Representatives from Adventure Times Kayaks teach a land-based course for beginners. Free with park admission. Reservations.

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.

At JCC

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

■ **April 3:** Duplicate Bridge Games. ACE Classes: Is there an American Jewish Culture? Memoirs of a Jewish Southern Belle; Impressionism and its After Effects.

■ **April 4:** Create Better Paintings Class begins; Bridge Supervised Play Class; Duplicate Bridge Games.

■ **April 5:** Kids Night Out: Spring Fling

■ **April 6:** Stayman Memorial Pro Am Bridge Tournament with brunch; Children's Puppet and Doll Making Class presented by the Armory Art Center.

■ **April 7:** Adults' Pouring Paint Class;

Canasta 101 Class begins; Workshop: Losing Trick Count Bridge; Bridge Advanced Beginners Class; Supervised Bridge Play Sessions; Mah Jongg & Canasta Play Sessions; Duplicate Bridge Games; Timely Topics Discussion Group.

■ **April 8:** Art Exhibit Opening Reception--Dr. Selig Schwartz's Remember; Alzheimer's Support Group; Internet Shopping; Supervised Bridge Play Sessions; Duplicate Bridge Games. ACE Classes: The Impact of Being Jewish on Several Hollywood Actresses; Men Let's Talk; Navigating the Later Years of Life.

■ **April 9:** Painting Existentially; Duplicate Bridge Games; Mah Jongg & Canasta Play Sessions; Pinochle or Gin, and Mingle!

■ **April 10:** Duplicate Bridge Games. ACE Classes: Is There an American Jewish Culture? Memoirs of a Jewish Southern Belle.

At The Morikami

The Morikami Museum and Japanese Gardens, 4000 Morikami Park Road in Delray Beach. Hours: 10 a.m. to 5 p.m. Tuesday through Sunday. Exhibits are free with paid admission. Adults, \$14; seniors, \$13; students, \$11; children 6-17, \$9 and free for members and age 5 and younger. Info: 495-0233; morikami.org

Exhibits:

■ **"Genji's World in Japanese Woodblock Prints"** — Through May 18

■ **"Keeping in Touch: The Culture of Letter-Writing in Japan"** — Through May 18.

At The Mos'Art

700 Park Ave., Lake Park. Info: 337-6763; mosarttheatre.com.

■ **Films** — April 3: "The Past," "The Rocket," "Honey." April 4-10: "Elaine Stritch: Shoot Me," "Honey."

At Palm Beach Improv

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

■ **Nick Swardson** — April 3-4

■ **Yannis Pappas** — April 5

■ **Drew Carey** — April 11-12

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. April 6 and 13

■ **Maserati U.S. Open Polo Championship** — April 20

WHAT TO DO, WHERE TO GO

At The Plaza Theatre

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

■ Through April 13: "Dirty Blonde"

■ In Club Plaza: April 3-5, 10-12: "A Tribute to Judy Garland," performed by Melissa Jacobson

At Showtime

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

■ "Sleeping Beauty" — Through April 26

■ Return to Broadway — May 3-4 (in the Willow Theatre)

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. Tour & Luncheon (off-season): \$38. Groups are by appointment only.

■ "Steel Magnolias" — April 3-May 3

Fresh Markets

■ **Boynton Beach Boutique Market** — 10 a.m. to 2 p.m. Sundays through April 27, Dewey Park, 100 N.E. Fourth Street and Ocean Avenue, Boynton Beach. Fresh local produce and gourmet fares, handmade products by local artists. Info: 600-9096.

■ **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; pbgl.com/greenmarket.

■ **Green Market at the PB Zoo** — 11 a.m. to 5:30 p.m. the following Saturdays: April 5 and 19, May 3, 17 and 31, June 14 and 28, Palm Beach Zoo, 1301 Summit Blvd., West Palm Beach. Learn how buying local produce protects wildlife. Info: Vendors wanted at 585-6085; kgardner@palmbeachzoo.org.

■ **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; harrismarkets.com.

■ **Royal Palm Beach Green Market & Bazaar** — 9 a.m.-2 p.m. Sundays, until April 27, Commons Park, 11600 Poinciana Blvd., Royal Palm Beach. Fruits and vegetables, flowers and plants, baked goods and arts and

crafts. Info: rpbgreenmarket.com.

■ **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.

■ **Tequesta Green Market** — 9 a.m.-1 p.m. Feb. 15, March 15, April 19, Constitution Park, 399 Seabrook Road, Tequesta. Locally grown vegetables, fruit, meat, farm products, arts and crafts. Info: 768-0476.

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

■ **West Palm Beach GreenMarket** — 9 a.m.-1 p.m. Saturdays at Waterfront Commons, downtown West Palm Beach (through May 31). Includes vendors selling the freshest produce, baked goods, plants, home goods and more. Admission is free. Parking is free in the Banyan and Evernia garages during market hours. Info: wpb.org/greenmarket

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. every second and fourth Monday, 110 Mangrove Bay Way, Jupiter. Call 747-7104 or email mbusler@comcast.net.

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

■ **The Audubon Society of the Everglades hosts three events.** Info: Valleri at 385-9787 (evenings) or by email at valleribrauer@gmail.com. Or Linda at 742-7791 or hlindaase@aol.com

■ **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** — 705 Lucerne Ave., Lake Worth. Through April 10: Artist Joe Horton's "Extremes — Lake Worth to Santa Fe" features oil paintings which contrast the two regions: Florida and New Mexico. A portion of the proceeds from sales will benefit the Compass Community Center of the Palm Beaches. Info: (561) 582-1045; webbergallery.com. Artist info: hortonart.com.

■ **Cultural Council of Palm Beach County** — 601 Lake Ave., Lake Worth. Gallery hours are 10 a.m.-5 p.m. Tuesday through Saturday. Barbara Macklowe Solo Exhibition — Through April 19. Her work exhibits captures emotion and raw beauty of an object using light, space color. Cynthia Maronet Solo Exhibition — Through April 19. The lush and tropical landscape is her muse and a perpetual source of inspiration for her paintings. Info: cynthiamaronet.com.

Free. Info: 471-2901; palmbeachculture.com

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

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

■ **The Face of Beauty: The Photographer's Quest for the Inspired Portrait** — April 5 through May 10, Holden Luntz Gallery, 332 Worth Ave., Palm Beach. Diverse and emotional photographic portraiture featuring the work of Albert Watson, Herb Ritts, Dana Gluckstein and William Ropp. Info: 805-9550; holdenluntz.com

■ **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.

■ **Yoga in the Park** — 9:30 to 11 a.m. Sundays at Phipps Park, 4715 S. Dixie Highway, West Palm Beach. Under the banyan trees. Led by Yoga Path Palm Beach. Free, but donations benefit Palm Beach County's Guardian ad-Litem program. Info: Look for us near the banyan trees! Info: 557-4026; yogapathpalmbeach.com/

■ **Le Cercle Francais** — Francophiles and Francophones meet at 6:30 p.m. the second Thursday of the month, in members' homes. Call 744-0016.

■ **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 561-748-8737; 746-3101; lighthousearts.org.

■ **Member & Art Student Exhibition** — Through April 22.

■ **44th Annual Kindergarten through 12 Grade Exhibition** — April 30 to May 21.

■ **The Art of Association** — June 2 — Aug. 14.

■ **Workshops: Intensive Painting** — 9 a.m. to 4 p.m. April 3. Instructor Ted Matz. Tuition: \$150 members; \$195 nonmembers.

■ **At Lighthouse ArtCenter Midtown Gallery** — 4877 PGA Blvd., Palm Beach Gardens. Info: 746-3101.

■ **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 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 June 22: "Industrial Sublime: Modernism and the Transformation of New York's Rivers, 1900-1940." Through Aug. 31: "Faux Real," by Mickalene Thomas. Admission: \$12 adults, \$5 students with ID, and free for members and children age 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. "Keys To The Cure" by artist Kelly Milukas and "The Art of Science: Under the Surface" — Through May 31. "Keys" features more than 50 multimedia artworks and "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. 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.

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

COLLECTOR'S CORNER

scottSIMMONS
Art and Antiques Across Florida



A lot of vendors from across the state may well be in Texas for the Marburger Farm Antique Show in Round Top. But those who hang around will be out in force on the east coast:

■ **West Palm Beach Antiques Festival** — The next show should draw several hundred dealers with a variety of antiques and decorative items. I will have a booth there as well; ask for my number at the gate. It 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.

■ **West Palm Beach Antique & Flea Market** — Show is 9 a.m.-3 p.m. Saturdays on Narcissus Avenue, north of Banyan Boulevard in downtown West Palm Beach; 561-670-7473.

■ **The Lincoln Road Outdoor Antique & Collectible Market of Miami Beach** — This long-running market is 8 a.m.-6 p.m. April 6 along Miami Beach's Lincoln Road. We like

the idea of a day trip and lunch in South Beach. Admission to the market is free; antiquecollectiblemarket.com.

■ **Naples Spring Auction** — The auction, set for April 11 by Leslie Hindman Auctioneers, will feature paintings, contemporary art glass, mid-century design, 19th-century bronzes and French provincial furniture, among other things, from some prominent Naples-area estates. Preview is 10 a.m.-4 p.m. through April 4, 10 a.m.-2 p.m. April 5; 10 a.m.-4 p.m. April 7-9 and 10 a.m.-3 p.m. April 10 at Hindman's auction facility, 1300 Third St. S., Suite 201, Naples. Catalog is at lesliehindman.com. Info: 239-643-4448 or naples@lesliehindman.com.

■ **Auction** — Clinic for the Rehabilitation of Wildlife, or CROW, the non-profit 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. ■

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

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JUPITER OPEN!

KRAVIS CENTER FOR THE PERFORMING ARTS

Get The Led Out The American Led Zeppelin

TONIGHT!

Thursday

April 3
at 8 pm

Dreyfoos Hall

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.

Tickets start at \$15*

Sponsored by



Gospel Gala with Israel Houghton and New Breed Opening Act: Voices of Sweet Home Sweet Home Missionary Baptist Church

A Kravis Center Community Outreach Event

Dreyfoos Hall • Fri., April 4 at 7 pm • Tickets start at \$15

Israel Houghton and band and vocal ensemble, New Breed, have created gospel-praise songs including "Friend Of God," "You Are Good," "Again I Say Rejoice" and "Alpha and Omega."

With support from WMBX 102.7

Beyond the Stage: Join us for a free musical presentation by *Justified* in the Dreyfoos Hall lobby at 6:15 pm.

Young Artists Series

DuoSF

Christopher Mallett, Guitar • Robert Miller, Guitar

A Florida Debut

Rinker Playhouse • Mon., April 7 at 7:30 pm • Tickets \$30

In 2010, these two classical guitarists met in San Francisco and quickly realized how well their musical tastes and playing styles complemented each other. As soloists, each toured extensively. Together, they are becoming one of America's most-recognized duos.

Music by Albeniz, Granados, Piazzolla, and Sergio Assad

Series sponsored by Harriett M. Eckstein New Art Fund

With support from The Raymond and Bessie Kravis Foundation

DuoSF appears by arrangement with Price Rubin & Partners

The Second City: Happily Ever Laughter

Rinker Playhouse • Tues. through Sun., April 8 - 13 • Tickets \$35

Tues., Thurs., Fri. at 7:30 pm • Wed., Sat. at 1:30 pm and 7:30 pm • Sun. at 7 pm

Whether it's ripped from the morning headlines or a classic gem from their 50 year archives, *The Second City* is always a laugh out loud hit.

Sponsored by Donald and Linda Silpe

One Night of Queen performed by Gary Mullen & The Works

Dreyfoos Hall • Sat., April 19 at 8 pm • Tickets start at \$15*

Along with his band, The Works, Mullen delivers the look, sound, pomp and showmanship that were the hallmark of Queen, arguably the greatest rock band of all time.

The All Of Me Tour An Evening with John Legend

Dreyfoos Hall • Wed., April 23 at 8 pm • Tickets start at \$31

The nine-time Grammy winner will perform selections from his latest release, *Love in the Future*, along with fan favorites like "Ordinary People," "Save Room" and "Everybody Knows."

Choose your seat at the Center's official website kravis.org or call 561-832-7469 or 1-800-572-8471
Group sales: 561-651-4438 or 561-651-4304



*Also available through
ticketmaster



FESTIVAL

From page 1

That film, about a woman of history, is typical of the festival's fare: a well-reviewed film that might not have broad distribution.

The festival closes with "Cas & Dylan," directed by Jason Priestley, who is expected to appear at the screening.

A highlight of this year's festival: a screening of Rick McKay's "Broadway: Beyond the Golden Age," with the story of Broadway in the '60s and '70s from 1959-81, in Part II of Mr. McKay's Broadway Trilogy.



EMERMAN

"We did the world premiere of 'Broadway: The Golden Age' over 10 years ago, then to have Rick coming back with his next film is just so thrilling. He was invited to every major festival you can imagine and he came here," Ms. Emerman said. This year's festival will honor Mr. McKay with its Visionary Award. The festival also will honor Tony Award-winning actor Robert Morse, who is one of the legends featured in Mr. McKay's film.



PRIESTLEY

But there are some changes with this year's festival. "We've done a few different things. We're working with the Toronto International Film Festival. They've scheduled a sidebar of Canadian films that were in Toronto last year," Ms. Emerman said.

There also will be The Jewish Experience, a new Jewish/Israeli-centric program presenting cutting-edge films of the genre, including four world premieres, three U.S. premieres, 15 Florida premieres and five Palm Beach premieres. Three of the features are best film nominees for OPHIR (Israel's equivalent to the Academy Awards).

And get set to laugh: The Music and Merriment Film Showcase, set for 8 p.m.-10 p.m. April 6 at South Shores Tavern in Lake Worth promises an evening of videos, docs and shorts that will bring music and merriment to eyes and ears.

There also will be opportunities for career development, with the seminars Trials and Tribulations of Healthcare and Benefits for the Independent Filmmaker and Making Movies — How Do They Do It?, set for 10 a.m. and 11 a.m. April 5 at the Hyatt Place Delray.



COURTESY PHOTOS

This year's Palm Beach International Film Festival will honor director Rick McKay, who led a trilogy of Broadway documentaries, and actor Robert Morse.



Jason Priestley's film "Cas & Dylan" stars Tatiana Maslany and Richard Dreyfoos.

The festival follows that with a look at some South Florida films, Voices of Local Films & Student Showcase of Films, set to screen at 7 p.m. April 6 at Downtown at the Gardens Cobb Theatre.

It pleases Ms. Emerman to bring those locally produced films to the fore.

"We're getting a little bit more Florida in general, but it's very international," she said.

The level of films has risen over the years that she has been involved with the festival, too.

"The quality of the international films

we're receiving is very, very good and you look at all the countries that are represented, and that's grown. Our reach around the world has grown."

She points to returning directors, like Ian Vernon, who was last at the festival with "Best Little Whorehouse in Rochdale."

"He's back again with 'The War I Knew,'" she said.

"We've got someone coming from Turkey. We've got 42 countries' movies that we're playing, but 20 are actually attending on their own dime," she said. "Seeing these returning filmmakers is

so exciting because they had such a good time that they come back."

The galas, which honored a variety of stars, are a thing of the past.

Instead, look for Toast of the Town — A Tribute to Classic Hollywood, set for 9 p.m. April 5 at Eau Palm Beach in Manalapan. It is billed as the festival's main fundraiser.

"I loved the gala, but times have changed. It did help with the raising of funds for the festival, but the focus was on the gala and not on films and filmmakers," Ms. Emerman said, adding that she runs the festival with the help of volunteers and credit cards.

If she is lucky, the 6,000 or so individuals who attend the festival will cover her bills.

After all, movies are all about the collective gathering of people as an audience.

It almost is a spiritual experience for some.

"Not everybody is going to read the newspaper or have in-depth conversations or watch the news but through films we can come together as one," Ms. Emerman said. "When will people ever meet someone from Turkey or Croatia? They're coming in from Hong Kong and Japan. I know a lot of people stay in touch with people they meet at the festival."

Film is the great equalizer. "It's not expensive to go see a movie. It's \$10 and change, so it's something everyone in our community should experience and can experience." ■

in the know

>>What: The Palm Beach International Film Festival

>>When: April 3-10

>>Where: Screenings will be held at Muvico Parisian 20 and IMAX at CityPlace in West Palm Beach, Cobb Downtown at the Gardens, Lake Worth Playhouse Stonzek Theatre in Lake Worth and Cinemark Palace 20 in Boca Raton.

>>Cost: Platinum passes are available for \$450, which include priority admission for 1 for the Opening Night Film and Party, all regular festival screenings, closing night, the Toast of the Town — A Tribute to Classic Hollywood party at the Eau Palm Beach and the Special Presentation Spotlight Screening of Broadway: Beyond the Golden Age; Premiere passes are available for \$325, which provide admission to the opening and closing night film and party, as well as all regular festival screenings and the Special Presentation Spotlight Screening of "Broadway: Beyond the Golden Age"; Gold passes are available for \$225, which provide admission to all films and seminars. Individual tickets for special events are also available. Individual screening tickets, which are \$10.50 general admission and \$8 for seniors and students also are available online or at the theaters' box offices during the festival.

>>Info: 362-0003 or pbifilmfest.org

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CONTRACT BRIDGE

Famous hand

BY STEVE BECKER

France won the 1992 World Team Olympiad, defeating the United States in a 96-deal final. Today's deal provided the French with a substantial pickup in the match.

When France's Alain Levy and Herve Mouiel held the North-South cards, the bidding went as shown, and West led a heart. No doubt many declarers would have taken the first heart and played the A-K of diamonds without giving the matter much thought. But when the diamond queen failed to fall and the club ace later proved to be offside, they would have gone down, unable to reach the A-K of spades in the closed hand.

However, this was the final of the world championship, and Mouiel, as would be expected, spotted the virtually sure way to make nine tricks. After taking the first heart in dummy, he led the diamond deuce to his ten. This lost to West's queen, but the diamond nine was established as an entry to the closed hand, and there was no way the defenders could stop South from scoring five diamonds, two hearts and two spades for a total of nine tricks.

At the other table, the U.S. North-South pair of Michael Rosenberg and Seymon Deutsch reached five diamonds. Rosenberg, North, won the opening heart lead and played the A-K of trumps. He then cashed his other high heart and ruffed a heart in dummy. Next came the A-K of spades, declarer discarding two clubs, followed by a

West dealer.

Both sides vulnerable.

NORTH

♠ —
♥ AK 2
♦ AKJ 8 6 2
♣ 9 8 5 4

WEST

♠ Q 8 6 5
♥ Q 9 6
♦ Q 7 3
♣ A J 2

EAST

♠ J 10 7 4
♥ J 10 8 5 3
♦ 5
♣ Q 10 3

SOUTH

♠ A K 9 3 2
♥ 7 4
♦ 10 9 4
♣ K 7 6

The bidding:

West	North	East	South
Pass	1♦	Pass	1♠
Pass	2♦	Pass	3♦
Pass	3♥	Pass	3NT

Opening lead — six of hearts.

spade ruff. Rosenberg then exited with a diamond to West's queen.

Had West started with precisely a 3-3-3-4 pattern, he would have been forced to return a club at this point, allowing dummy's king to score the game-going trick. As it was, though, West was able to exit with his last spade. Rosenberg had no choice but to ruff and lead a club to the king, and when West produced the ace, the contract was down one, giving the French a 12-IMP gain on the deal. ■

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8PM: BOXELDER	2PM: BROOKE EDEN	2PM: NOVEAUX HONKIES
	5PM: PETTY HEARTS (TOM PETTY TRIBUTE BAND)	5PM: TURNSTILES (BILLY JOEL TRIBUTE BAND)
	8PM: BLUES BROTHERS SOUL BAND	

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Organized by the Hudson River Museum. The exhibition and accompanying catalogue have been made possible by a generous grant from the Mr. and Mrs. Raymond J. Horowitz Foundation for the Arts, Inc. The exhibition catalogue is supported, in part, by Furthermore: a program of the J. M. Kaplan Fund.

This exhibition at the Norton is partially underwritten through the generosity of Mrs. Anne B. Smith. With additional support provided by the Mr. and Mrs. Hamish Maxwell Exhibition Endowment and The Priscilla and John Richman Endowment for American Art. image: Leon Kroll (American, 1884-1974), *Queensborough Bridge*, 1912. Oil on canvas. Collection of The Fralin Museum of Art at the University of Virginia. Bequest of Mrs. Leon Kroll, 1979.72.1

www.norton.org

Jupiter Seafood Festival returns to Abacoa April 4-6

SPECIAL TO FLORIDA WEEKLY

It's time, once again, to whet your appetite. The 3rd Annual Jupiter Seafood Festival will return to Abacoa Town Center on Friday, April 4, Saturday, April 5, and Sunday, April 6, for three days of fresh seafood, live music, nautical vendors, family rides and entertainment.

The event features some of Northern Palm Beach County's favorite seafood, including conch salad, fresh oysters, seafood paella, fish tacos and more. Visitors can stroll down Abacoa's Main Street and check out the nautical vendors, arts and crafts and apparel, and kids can enjoy the rides, games and arts

and crafts tent.

Admission is \$10 for adults; children 12 and younger are free. The benefiting charity is Cancer Alliance of Help and Hope, a nonprofit organization dedicated to improving the quality of life of local individuals and their families who are touched by cancer by providing need-based financial assistance, information resources and access to services and support groups in our community.

Hours are: Friday, April 4, from 4 to 10 p.m.; Saturday, April 5, 10 a.m. to 10 p.m.; and Sunday, April 6, from 11 a.m. to 7 p.m. The place is Abacoa Town Center (Main Street & Amphitheatre Area); info@jupiterseafoodfestival.net or call 847-2090. ■

'En Plein Air' exhibition opening at Cultural Council

SPECIAL TO FLORIDA WEEKLY

The Cultural Council of Palm Beach County will bring the outdoors indoors during its "Art Outside the Walls: En Plein Air" exhibition, opening to the public on April 11. The exhibit features the work of Palm Beach County artists who have embraced the French expression "en plein air" - meaning to paint in the open air.

The Council's main exhibition space will show off the results of a series of "paint-outs" the Council organized through the Plein Air Palm Beach artist group at 10 locations from Boca Raton to Jupiter.

Admission to the preview party on Thursday, April 10 at 5:30 p.m. is free to Cultural Council members, \$10 for non-members, and includes admission to the artist trunk show featuring Liz-Kat Designs and Cheryl Edwards. The exhibition is free and open to the public from April 11 to June 7. To RSVP, call 472-3341 or email dcalabria@palm-beachculture.com.

Two artist lectures connected to the exhibition will be held April 29 at 3 p.m. and May 6 at 3 p.m.

For information, call 472-3341 or go to palmbeachculture.com.

The "En Plein Air" exhibition is sponsored by The Gardens Mall. ■

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The Gardens Conservancy is proud to present an evening with noted author Caroline Seebohm to debut

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The historic Ann Norton Sculpture Gardens, Inc. is a nonprofit foundation established in 1977 by the prominent sculptor Ann Weaver Norton (1905-1982).

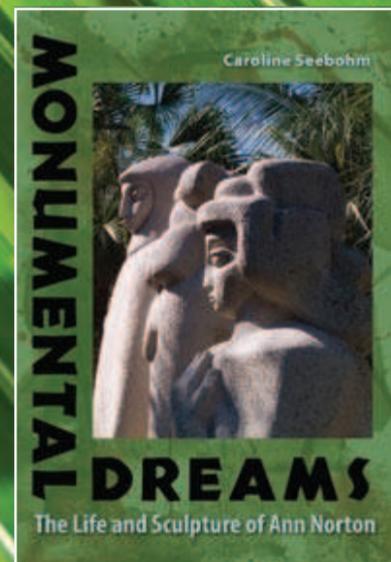
The Gardens Conservancy is dedicated to preserving the historic beauty of the Ann Norton Sculpture Gardens.



Caroline Seebohm

Ann Norton

"Who was the spirit behind the Gardens? That was my question when I embarked on the book. But I had no idea what a dramatic tale I would find...in fact, it's a modern fairy story, one of a talented young woman's steely determination to make art and find her ultimate fulfillment. How many times may we stumble upon such a happy ending?" Caroline Seebohm, author



FLORIDA WRITERS

Greed, jealousy, revenge and murder under the glitter of Newport, R.I.



philJASON

pkjason@comcast.net

■ **“Murder at The Breakers” by Alyssa Maxwell. Kensington Books. 304 pages. Trade paperback \$15.00.**

This first entry in a new historical mystery series takes us to the world of the Vanderbilts and other late 19th century families of wealth who enjoyed as one of their special enclaves the delights of Newport, R.I. Alyssa Maxwell’s recurrent and detailed tracing of the street map as her protagonist moves back and forth across the town is one ingredient that lends authority to this highly imaginative novel. Her story borrows and reimagines historical characters while providing us many others who only live in these pages.



MAXWELL

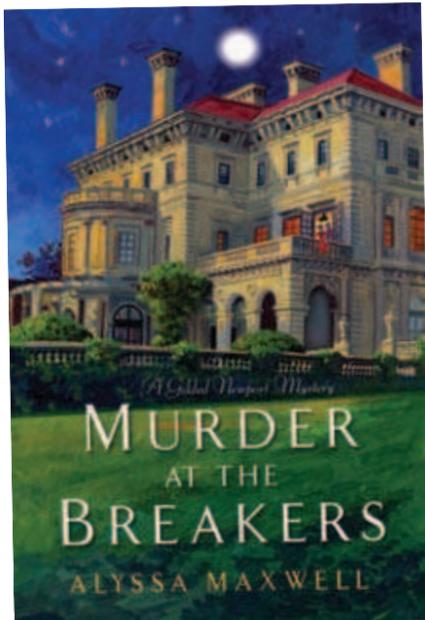
The central character is young Emma-line Cross, a woman with Vanderbilt blood in her veins but only limited financial resources. She carefully manages a modest inheritance while working as a society reporter. Well bred but straining against the harness of upper-crust propriety, Emma is trying to find her equilibrium as an independent woman to be defined not only by her family relationships. Sure, it’s nice to be the niece of Cornelius Vanderbilt II, but that is not how she wants to be measured.

When there is a murder at The Breakers, the splendid residence of the Vanderbilts, Emma is about the closest of anyone to being a witness. When her half-brother Brady is arrested, jailed and treated like the sole suspect, Emma’s sense of justice and her journalist instinct drive her to find the truth.

Alvin Goddard, Vanderbilt’s financial secretary and advisor, was found bludgeoned and pushed off a second floor balcony at The Breakers to his death. Emma, outside the mansion at the time, saw the body fall but not much else. The police find Brady in a very compromising position and take him into custody. Because he has often been in trouble in the past, only his dearest relatives have any confidence in his innocence in this case. Indeed, Brady is a drinker, and he hardly knows what happened.

His story is that he had stolen some papers connected to a railroad deal, put up to it by someone else. Taking advantage of the turmoil of a grand social event, he attempted to return the papers to their secure place in Vanderbilt’s office. The suspicion is that Goddard caught him in the act, perhaps threatening him, and Brady felt forced to murder him.

To Emma, such violence does not accord with her sense of Brady’s character. She plunges forward to find out who else might have had reason to murder Goddard. One



candidate is Ted Mason, long-time loyal butler to the Vanderbilts, who had been dismissed after Goddard accused him of stealing some art objects. His reputation in tatters, Mason could have sought the ultimate revenge.

Other candidates include Cornelius III (cousin Neily) and people involved in the manipulation of stock prices and other doings related to the impending railroad deal. Among these is the strikingly handsome Jack Parsons, a good friend of Emma’s parents. Other Vanderbilts, and even Emma’s maid Katie, come under scrutiny as Emma asks endless questions and takes chance after chance in her effort to expose the true murderer and exonerate Brady. Her sometimes accomplice in this pursuit is an investigative reporter who calls himself Derrick Anderson. This man is quite a charmer and clearly has designs on Emma, but his sincerity is questionable. Also more than cordial is family friend Jesse, one of the policemen on the case, who must balance his professionalism against his affection for Emma.

Emma’s headstrong actions provide opportunities for the author to fully elaborate the world in which the young sleuth moves: its architecture, technology and values. We see the grandeur of Newport residences and their furnishings. We hear the rustle of Victorian fabrics and the sounds of Emma’s horse-drawn carriage. We eavesdrop on meal preparations and social gossip. We understand the power of the pecking order in this community of bluebloods, scoundrels and servants.

All along, Ms. Maxwell effectively paces the events and peels away false assumptions so that an increasing sense of danger and the orchestration of shocking surprises keeps readers turning the pages.

A first-time novelist who lives in Coral Gardens, Ms. Maxwell has the second title in her Gilded Newport Mystery series, “Murder at Marblehouse,” slated for October publication.

Mark your calendar for that release and enjoy this fresh new voice. ■

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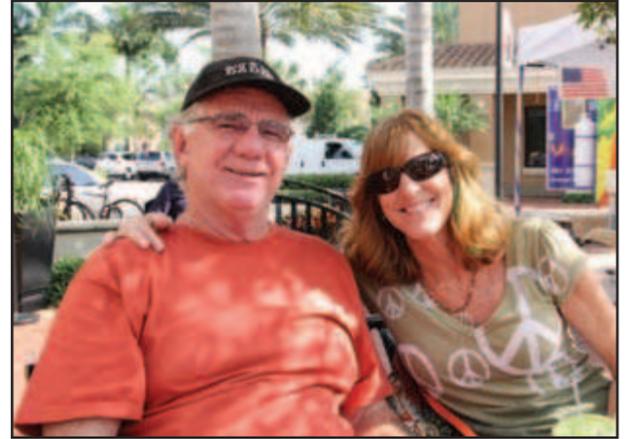
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more society and networking photos at area events than we can fit in the newspaper. weekly.com and view the photo albums from the many events we cover. everyone in the picture. E-mail them to society@floridaweekly.com.

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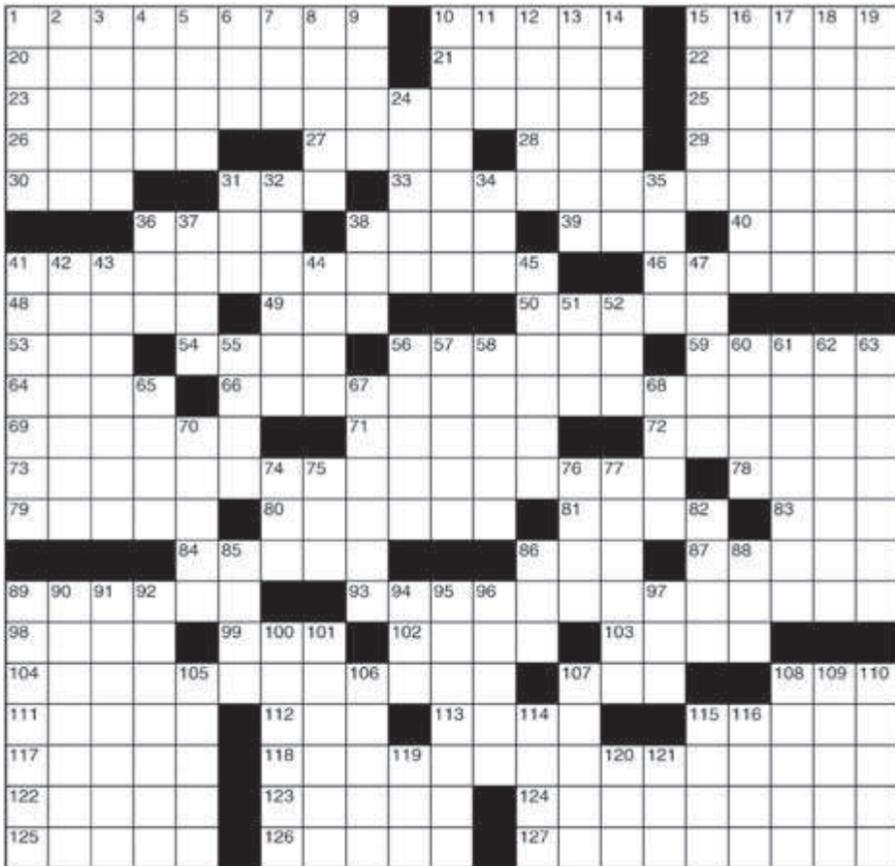
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PUZZLES

COMPONENTS IN COMMON



- ACROSS**
- 1 Precede all others
 - 10 At the apex
 - 15 Family of the 27th U.S. president
 - 20 In a harshly insulting way, say
 - 21 Opening installment of a series
 - 22 Nebraska's most populous city
 - 23 Arrangement of a troop in war
 - 25 Football great Grier
 - 26 Have — (dine)
 - 27 Celtic speaker
 - 28 Cock-a- — (hybrid dog)
 - 29 Rations (out)
 - 30 Young guy
 - 31 "— all good!"
 - 33 It might be repaired in a hangar
 - 36 Fey of "30 Rock"
 - 38 Hollywood's Hathaway
 - 39 — out an existence
 - 40 "Come Back, Little Sheba" playwright
 - 41 Puck-pushing squad
 - 46 Roast VIPs
 - 48 "Just — you know ..."
 - 49 Prior to
 - 50 Prefix with marathon
 - 53 Everything
 - 54 Re
 - 56 White-as-a-ghost look
 - 59 Granters of three wishes
 - 64 Molokai necklaces
 - 66 It may have a helipad on its roof
 - 69 Foist (upon)
 - 71 — nous (between us)
 - 72 Vitamin B3
 - 73 Café or bistro, often
 - 78 "Take — your leader"
 - 79 Short line holding a fishhook
 - 80 "The Bronze Bow" author
 - 81 Elizabeth George —
 - 81 Appear on the horizon
 - 83 Fish with bobbing bait
 - 84 Occupy, as a table
 - 86 Vegas action
 - 87 Set — (aspire to something)
 - 89 Ziti and rotini
 - 93 Bird on a dollar bill
 - 98 Maui, e.g.
 - 99 Bleating female
 - 102 Little — ("Hairspray" girl)
 - 103 Throw out
 - 104 Place for Broadway performers
 - 107 Perch in church
 - 108 Experiment site
 - 111 Terre —, Indiana
 - 112 Cry in Köln
 - 113 Out there
 - 115 Met offering
 - 117 Prefix with venous
 - 118 Theme of this puzzle
 - 122 Upper sky
 - 123 Old skating star Sonja
 - 124 Phrase on an invoice
 - 125 Climbs
 - 126 Pledge
 - 127 Events for bargain hunters
 - 1 Plotting band
 - 2 He defeated McCain
 - 3 Toned down
 - 4 This, to José
 - 5 Pervade
 - 6 "— got your number"
 - 7 Match arbiter
 - 8 Walks through mud
 - 9 Fashionable
 - 10 Iridescent
 - 11 Rebellion figure Turner
 - 12 Linda in 1998 news
 - 13 Peter of "Becket"
 - 14 Tree with small acorns
 - 15 Singer Mel
 - 16 Like some single-celled organisms
 - 17 Dirty trick
 - 18 Risky thing to live on
 - 19 Gives assent
 - 24 Signified
 - 31 Mag for an entrepreneur
 - 32 Become fond of
 - 34 Stephen of "Blackthorn"
 - 35 — -do-well
 - 36 Much-used article
 - 37 Sorority letter
 - 38 "For" vote
 - 41 Stresful type?
 - 42 Big name in camping gear
 - 43 Oval
 - 44 Greek god of love
 - 45 Person cogitating
 - 47 Bruno — (shoe brand)
 - 51 Arcing throw
 - 52 Capote, to his friends
 - 55 Silverstein of kid-lit
 - 56 1492 vessel
 - 57 Flower-petal perfume
 - 58 Western film actor Lash
 - 60 Mild Dutch cheese
 - 61 "Good boy, Rover"
 - 62 Primary
 - 63 Dishonorable
 - 65 Spirit
 - 67 Pre-euro Spanish coin
 - 68 See 105-Down
 - 70 Dip for chips
 - 74 Q-U string
 - 75 Green org.
 - 76 Baldwin of "30 Rock"
 - 77 Write music
 - 82 Ginnie and Fannie
 - 85 "So it is"
 - 86 "That's show —!"
 - 88 Ozone, e.g.
 - 89 More meaty
 - 90 1979 Caine/Ustinov film
 - 91 Private eyes
 - 92 Tall myrtle-family shrub
 - 94 "Mamma —!"
 - 95 Employee hirer, e.g.
 - 96 Atoll features
 - 97 This instant
 - 100 Furies
 - 101 Avoid
 - 105 With 68-Down, really yells at
 - 106 "To — own self be true"
 - 107 — ballerina
 - 108 Netman Ivan
 - 109 Have a spat
 - 110 GIs' places
 - 114 Absent
 - 115 Possesses
 - 116 Gyro bread
 - 119 Actress Long
 - 120 Craggy peak
 - 121 Certain cabinet dept.

SEE ANSWERS, B16

HOROSCOPES

ARIES (March 21 to April 19) Professional relationships grow stronger. But you might still need to ease some problems with someone in your personal life. One way could be to try to be less rigid in your views.

TAURUS (April 20 to May 20) You might be too close to that perplexing personal situation to even attempt to make a rational decision about it right now. Stepping back could help you gain a wider perspective.

GEMINI (May 21 to June 20) Being asked to choose between the positions of two friends is an unfair imposition on you. It's best to reject the "demands" and insist they try harder to work things out on their own.

CANCER (June 21 to July 22) A change of mind about a workplace decision might be called for once you hear more arguments, pro and con. A personal event suddenly takes an unexpected (but pleasant!) turn.

LEO (July 23 to August 22) Romance once again looms large for single Leos and Leonas, with Cupid favoring Taurus and Libra to inspire those warm and fuzzy Leonine feelings. Expect another workplace change.

VIRGO (August 23 to September 22) A surprise gift -- and, happily, with no strings attached -- could come just when you need it to avoid a delay in getting your project done. Expect education to dominate the week.

LIBRA (September 23 to October 22) Someone close to you might ask for your

support as she or he faces a demanding personal challenge. Offer it, by all means. But be careful you don't neglect your own needs at this time.

SCORPIO (October 23 to November 21) An unexpected development could put your relationship with a partner or spouse to an emotionally demanding test. But your determination to get to the truth should save the day.

SAGITTARIUS (November 22 to December 21) A recent agreement appears to be coming apart over the surfacing of unexpected complications. You might need to have expert advice on how to resolve the situation.

CAPRICORN (December 22 to January 19) Your keen business sense helps you get to the truth about a suspicious business deal. Expect to have many colleagues rally to support your efforts in this important matter.

AQUARIUS (January 20 to February 18) Someone who once moved in and out of your life through the years might now want to come back in on a more permanent basis. Give yourself a lot of time to weigh your decision.

PISCES (February 19 to March 20) Showing frustration over a delayed workplace decision might get someone's attention, but not necessarily make him or her move any sooner. Best advice would be to be patient and wait it out.

BORN THIS WEEK: You are drawn to excitement and enjoy fast-tempo music, with the more brass, the better.

By Linda Thistle

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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, B16

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CityPlace "Hop Hop Hooray" part of Family Fun Fest

SPECIAL TO FLORIDA WEEKLY

CityPlace in downtown West Palm Beach invites friends and families to attend "Hop Hop Hooray" on Sunday, April 13, from 1 to 4 p.m. as part of its popular CityPlace Family Fun Fest series.

The free event has a number of action-packed activities, including bounce houses, arts and crafts stations, face painting, balloon animals, games and live entertainment. And this month's

theme will also feature a meet-and-greet with the Easter bunny, a 'Bunny Hop' relay, egg coloring stations and more, throughout the plaza.

Parents and children who show their free Family Fun Fest sticker at participating CityPlace businesses will receive exclusive shopping and dining incentives.

Family Fun Fest will return in October.

For more information, visit cityplace.com 366-1000. ■

Egg Extravaganza!

SPECIAL TO FLORIDA WEEKLY

The whole family is invited to the City of Palm Beach Gardens Annual Egg Extravaganza on Saturday, April 19, starting at 9 a.m. at Gardens Park, 4301 Burns Road, in Palm Beach Gardens.

There is no cost to attend the event, for which children are divided into age groups (2 years and younger, 3-5 years, and 6-7 years) for a traditional egg hunt, featuring prizes, children's activities and a visit from The Bunny.

New this year, the city is partnering with Forgotten Soldiers Outreach to support service members of the Unit-

ed States military who are currently deployed overseas.

Families that attend the event are asked to bring a donation for the "We Care" packages that will be shipped to the men and women serving abroad.

Children will also be able to write letters and draw pictures to be added to the "We Care" packages, which will include snacks, hygiene products and comfort items.

Visit www.pbgfl.com for a list of acceptable items to bring. Sponsoring the event is Walgreens.

For more information, email recinfo@pbgfl.com or call 630-1100. ■

The Easter Bunny is Arriving...

SPECIAL TO FLORIDA WEEKLY

The Easter Bunny is hop, hop, hopping down the Bunny Trail — and announcing his arrival at The Gardens Mall with a spring "eggs-travaganza" celebration. The Mall invites everyone to join the Bunny and his friends — butterfly stilt-walkers, jugglers, magicians, DJs and more — on Friday, April 4, from 6 to 7 p.m. in the Grand Court.

To benefit the Boys & Girls Clubs of Palm Beach County, \$10 (per family) is requested for admission. The Easter

Bunny will be available for photos in his Enchanted Garden at the Bloomingdale's Court immediately following the party, and also during mall hours through Saturday, April 19.

FastPass is available for purchase online at bunnyfastpass.com/view/1857/the-gardens-mall.

The Gardens Mall is at 3101 PGA Blvd., Palm Beach Gardens. The mall is open from 10 a.m. to 9 p.m., Monday through Saturday, and from noon to 6 p.m. on Sunday. For more information, visit thegardensmall.com. ■



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DIVIDING *the* ESTATE

by Horton Foote

Director **William Hayes** | Producer **PNC BANK**

March 28 - April 7, 2014

Times are tough for the Gordon Family in this funny, astute play, but the matriarch of the clan has no intention of dividing her 100-year-old estate — even if her greedy children have other ideas.

Theatre To Think About

pbd

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Ballet Palm Beach hosts "Choreographed in History"

SPECIAL TO FLORIDA WEEKLY

Ballet Palm Beach will host the fundraising event "Choreographed in History" at The Historical Society of Palm Beach County 6:30 to 8:30 p.m. April 8. The event will feature a private tour of the museum and historic Palm Beach County Courthouse, as well as a performance by Ballet Palm Beach.

Wes Chapman, former American Ballet Theatre principal dancer and director of ABT II, will appear as a guest speaker. Among his many achievements, in 1996, Chapman was named artistic director of Alabama Ballet.

During his leadership, the company grew from 16 to 44 professional and apprentice dancers. He also founded the Alabama Bal-

let School, the apprentice pre-professional training program, Alabama Ballet Summer Program and Gorham's Bluff Summer Residency.

Mr. Chapman has recently served as a special coach for Ballet Palm Beach dancers prior to their performances of "Don Quixote."

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

Tickets for "Choreographed in History" are \$50 per person. The Historical Society of Palm Beach County is at 300 N. Dixie Highway, West Palm Beach. For tickets, go to www.balletpalmbeach.org. ■



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PUZZLE ANSWERS

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PALM BEACH SOCIETY

11th annual Women with Wings and Wisdom Luncheon at the Mar-a-Lago Club



Carol Sussman and Donald Sussman



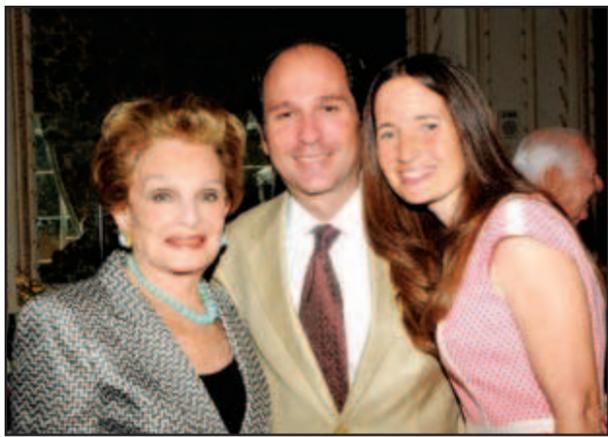
Debra Porreco, Irma Anapole and Jan Ellis



Anita Sims, Irma Henneberg, Bernie Henneberg and Joanne Tyson



Laura Gallo, Samantha Lande and Mara Perkons



Dorothy Lappin, Jon Lappin and Jeanine Lappin



Christine Pitts and Vernon Pitts



Sylvia Vitali, Sarah Pietrafesa, Sally Robinson and Marion Cammarata



Dorothy Sullivan, Barbara Sherry, and Mary Ellen Pate



Elizabeth Fago and her granddaughters



Laurel Sauer, Rhoda Warren and Anne Penny



Herme de Wyman Miro and Tova Leidesdorf



Nicholas Perricone and Debra Tornaben

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PALM BEACH SOCIETY

Kravis Center's Helen K. Persson Society donor's luncheon, Gimelstob Ballroom



Jane Mitchell and Brian Wodar



Evan Deoul and Judy Mitchell



Alex Dreyfoos and Renate Dreyfoos



Margaret May Damen, Rachel Sommer, Barbara Reifler and Irving Reifler



Catherine Ziemann, Donald Ephraim, Diane Bergner and Caroline Harless



Fruma Klorfein, Elliot Klorfein and Nettie Birnbach



Jerry Kelter and Elinore Lambert



Harriet Miller and Ilene Arons



Debra Elmore and Maureen Gardella

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PALM BEACH SOCIETY

Sportsman's Grand Jamboree benefiting Boy Scouts' Gulf Stream Council, Rybovich Marina



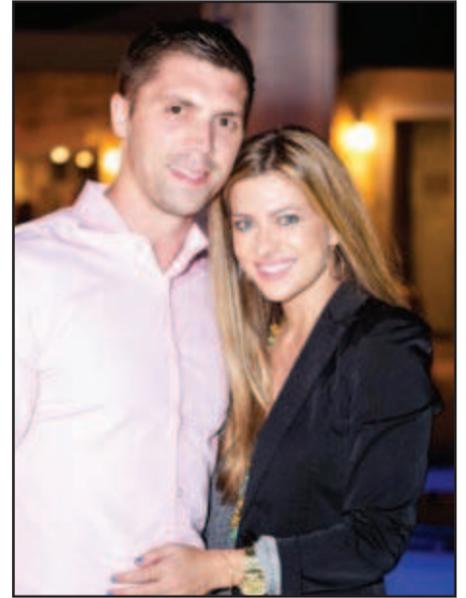
Bob Dunkin and Debbie Dunkin



Michelle Henry and Gary Lickle



Dack Patriarca and Hilary Jordan



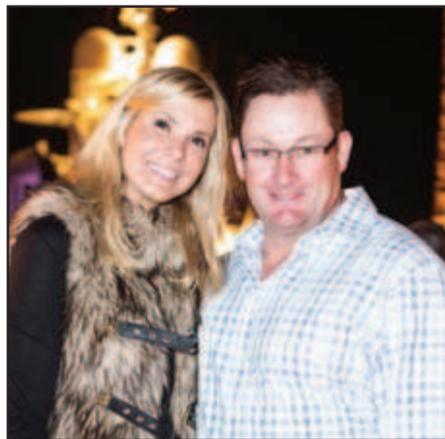
Jeremy Myers and Emily Mateer



Dale Hedrick, Cathy Hedrick and Burk Hedrick



Carin Acree, Derek Acree and Audrey Sutton



Erica Bauman and Doug Vine



Brooke Paggetti, John Tinnemeyer and Sally Tinnemeyer



Rachel Eshelman and Steve Eshelman



Britton Core and Shani Core



Andrea Diamond and Jonathan Diamond



Julie Rudolph and Howard Rudolph

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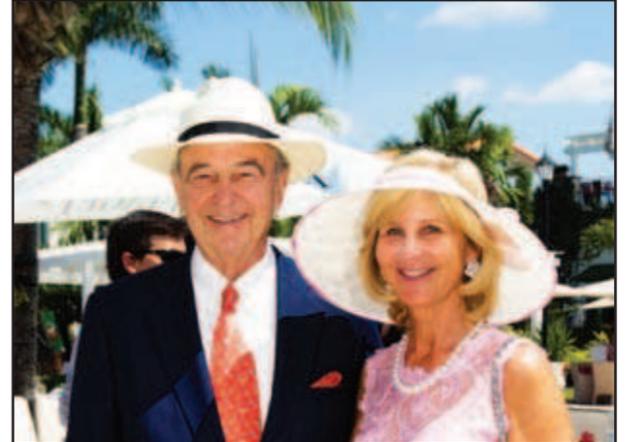
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Dante Colussy and Helga Piaget



Larry Bolan, Michelle Hall and Jeff Hall



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Tonia Solis, Maggy Garcia and Angie Solis



Oliva Giamanco, Michele Jacobs and Wendy Yallaly



Nico Pieres, Facundo Pieres and Gonzalito Pieres



Chris McKenna, Sharonah Abraham, Melissa McLain, Jackie Cornish, Carolina McCain and Branden Cornish

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“EVITA”

From page 1

have always been destined for the stage. “I think it’s always been my passion and I can’t see myself doing anything else and I love it so much,” she said during an interview at the Kravis Center.

Evita is a role that she always admired. “I love the story and I think people, at least I think with our production, people leave very affected by it and it’s very authentic and you get to see inside the life of this woman who lived this fascinating very full life in a very short time,” she said of the show.

Some critics have called the show Mr. Lloyd Webber’s best.

“It’s also a very quick show. You’re on the edge of your seat the whole time,” Ms. Bowman said.

Despite the controversy surrounding the first lady — Eva Peron and her husband, Juan, were fascists who lived lavishly — Ms. Bowman said she finds the character to be very human.

“I love her, but I think as an actor I always fall in love with my characters that I’m playing. I think that it’s split down the middle just like it is in real life,” she said of Peron. “I think half of the audience is going to love her and the other half is doing to dislike her, or not approve of her choices. That’s how it was in real life.”

There is some common ground. “My goal is to get the love of the people,” Ms. Bowman said, adding, “I try to relate to her. I can relate to her ambition. I can relate to her drive. I can relate to her passion. I try to mesh Evita and Caroline together. Yes, she was an over-the-top woman. She didn’t take no

for an answer, she stood up for herself. She had a lot of qualities that I hope to possess.”

And they are qualities that evolve with each performance.

“It’s been great. Every week or so we go to a new city, so it’s a new opening night and a new audience and a new feel and theater, so it just keeps it new and alive,” Ms. Bowman said. “The audiences are never the same and you never get the same reactions.”

The touring company is strong. “I have a ridiculously talented cast. My costars always keep it fresh.... We’re very active in just listening to each other,” she said. “I keep saying once this role stops being a work in progress, then I’m done.”

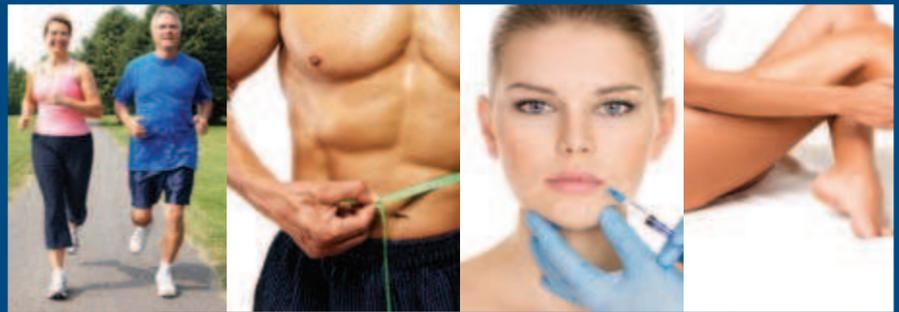
The role continues to evolve. “I’m growing and still growing. I’ll come off the stage and say, ‘Oh, that was different.’ Or ‘That was angry,’” she said. And she tries to analyze what changed those nuances of her performances.

After all, she’s human. So was Eva Peron.

“I think people forget that about her too. They see her as this manipulative political figure, and they forget that she was a young woman who moved out of her mien in the slums of Argentina and became this huge success, this star, then became the first lady,” she said. “It’s just a really cool story to tell.” ■

in the know

- >>What: “Evita”
- >>When: 8 p.m. April 8, 2:00 p.m. and 8 p.m. April 9, 8 p.m. April 10-11, 2 p.m. and 8 p.m. April 12 and 2 p.m. April 13.
- >>Where: Kravis Center, 701 Okeechobee Blvd., West Palm Beach
- >>Cost: Tickets start at \$25.
- >>Info: 832-7469 or kravis.org/evita





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“A Pair to Remember – Girls’ Night Out” at The Gardens Mall, benefiting Easter Seals



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Cole Gottlieb and Jennifer Gottlieb



Jay Cashmere, Kelly Cashmere, Sally Severeid and Mo Foster



Kimberly McCarten and Jim McCarten



Michelle McGann, Tracy Collins



Robin Smith and Deann Prince



Sally Chandler and Eddy Taylor



Terri Parker and Felicia Rodriguez



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FLORIDA WEEKLY CUISINE

VINO

Here's to wines that are good for us and that taste good, too

jimMcCRACKEN

vino@floridaweekly.com



Despite the makers' claims of it being healthier for us, sustainable wines got off to a sluggish start.

Wines classified as organic, biodynamic, vegan or sustainable all fall under this category; making them involves employing practices that are more beneficial to the planet and the consumer.

While consumers embraced such practices to a point, they also found that many of the early products just didn't taste all that great. And, because most use fewer preservatives, broad distribution proved challenging.

But since winemakers have found solutions to these and other roadblocks, demand for — and satisfaction with — such wines has grown to the point that retail stores and restaurants are serving increasing numbers of them.

What do the terms organic, sustainable and biodynamic mean? According to Wine Spectator, neither sustainable nor biodynamic have legal definition in the U.S. Only the term organic is regulated, and a wine can only be termed organic if it's made from certified organically grown grapes and no sulfites have been added (although there will be some naturally-occurring ones present.)

Biodynamic farming is similar to the organic process but involves concepts about a vineyard as an ecosystem, and generally means the winemaker didn't manipulate yeast or acidity levels with additives.

Sustainability covers a range of practices. As Wine Spectator explains it, sustainability practices "are not only ecologically sound, but also economically viable and socially responsible. (Sustainable farmers may farm largely organically or biodynamically but have flexibility to choose what works best for their individual property; they may also focus on energy and water conservation, use of renewable resources and other issues.)"

Some third-party agencies offer sustainability certifications, and many regional industry associations are working on developing clearer standards."

Heather Smith of the multi-state distribution company Opici Wines says the product appeals to consumers because "they know that sustainable farmers are more careful with how they work. Whether they use organic or biodynamic farming practices, they use fewer chemical fertilizers and they usually provide better working conditions for their help."

Prices tend to be reasonable, as most producers want to encourage people to try them.

"The production level really determines the price point instead of the cost of a marketing campaign," Ms. Smith says.

Wine Picks of the Week

■ Clayhouse Adobe Red Central

Coast 2010 (\$14): Sustainably produced. A blend of mostly zinfandel, petite sirah and syrah, this medium light red shows raspberry and dark fruits on the nose, joined by dark cherry on the palate. With a medium finish, it's smooth and softer in the mouth due to the well-integrated tannins.

■ **De Martino Sauvignon Blanc Estate Organic Maipo Valley Chile 2013 (\$15):** Light yellow in color with aromas and flavors of apples and lemon, this one has a touch of earthiness that leads to a crisp, clean finish.

■ Julia James California Pinot

Noir 2012 (\$13): Sustainably produced. Medium red in color, this pinot noir/syrah blend has raspberry and blackberry aromas and flavors, with a touch of earthiness and light tannins on the medium finish.

■ **Mettler Cabernet Sauvignon Lodi 2010 (\$18):** Made with organic grapes. Dark red in color with cherry and oak on the nose, followed by plum and cherry on the palate. The fruit is layered with vanilla and spice notes, leading to a lingering finish in the mouth.

■ **Primosole Sangiovese Marche (Italy) 2012 (\$12):** Made with organic grapes. Reddish purple in color with fruity nose and palate of dark fruits and berries, it has a dry finish with balanced tannins and acids.

■ **Two Princes Riesling Nahe Germany 2012 (\$14):** Made with organic grapes. Lighter in body, this one has a touch of sweetness and aromas and flavors of nectarines and peaches. The finish has a wet stone minerality and acid to balance the residual sweetness. ■



Primosole Organic Sangiovese.

Raise a glass to Brew at the Zoo

SPECIAL TO FLORIDA WEEKLY

Palm Beach Zoo and Conservation Society wants you to relax with a beer — after all, it's good for what ails you.

Hence Brew at the Zoo, set for 5:30 p.m.-9:30 p.m. April 12.

The unique craft beer festival brings together more than 25 craft breweries, live music, food and animal encounters. The event supports local South Florida breweries, especially those that support its sustainability model and reduced impact on the environment.

Attendees must be age 21 and older.

Admission: VIP, \$75, which includes early admission, with live music by Steve Chumley. General, \$35, which includes a collectible sampling mug and lanyard, unlimited samples from 25 brewers, and up-close animal encounters. Designated Driver, \$15.

There will be food for purchase, live music by Making Faces and Salty Pirates. Free water and soft drinks at the Tropics Café Snack Bar. Some restrictions apply. Volunteers needed.

Palm Beach Zoo and Conservation Society is at 1301 Summit Blvd., West Palm Beach. Info: 533-0887 or palm-beachzoo.org.



Hot stuff in Lake Park: The Lake Park Chili Cookoff is set for 11 a.m.-6 p.m. April 5, at Kelsey Park, 601 U.S. 1 at Lake Shore Drive, Lake Park. An International Chili Society-sanctioned event with live music by County Line Road and with performances by the Chili Chicks. Plus a kids' area with bounce houses, Blackbeard's Pirate Ship, Pirates of the Treasure Coast, sidewalk chalk art, exhibitors, arts and crafts vendors. Info: lakeparkchilicookoff.com.

Pairing at Del Frisco's: One of the newer restaurants on the Palm Beach scene, Del Frisco's Grille Palm Beach will host a wine pairing dinner with PlumpJack Wines of Napa Valley on April 10. The wine will be served alongside a customized five-course menu by Del Frisco's Grille's culinary team. Pairings have been selected by the restaurant's sommelier, Elissa Pablo.

The dinner is \$159 per guest, plus tax and gratuity. Reservations are required,

as seating is limited; call 557-2552. Del Frisco's Grille is at 340 Royal Poinciana Way, Suite 300, Palm Beach; visit Del Frisco's Grille online at delfriscosgrille.com.

Wine and beer tasting at

Rooney's: Rooney's the Gastropub will host a Spring Wine/Beer Tasting at 7 p.m. April 3. Menu includes Chick Pea Polenta fries, Gorgonzola fondue, The Dreaming Tree Crush Red Wine, North Coast California, 2011, or Rooney's Old Irish Style Ale, Penn Brewery, Pittsburgh. Shrimp and grits, red-eye gravy with Butterfly Kiss Pink Pinot Grigio, Sonoma California 2011 or Rooney's Lager, Penn Brewery, Pittsburgh.

Sliced whole roasted New York strip loin, bolongere potato and roasted cauliflower, with Franciscan Estate Cabernet Sauvignon, Napa Valley California 2010 or Guinness Draught, Dublin, Ireland. Banana-caramel bread pudding, cinnamon-vanilla ice cream, Bailey's Irish Cream, "The Original" Product of Ireland, caramel cream ale, Due South Brewery, Boynton Beach. Costs: \$57 food and beer, \$64 food and wine, \$45 food only, \$12 beer only, \$20 wine only. Rooney's the Gastropub is at 1153 Town Center Drive, Jupiter. Menus: Reservations for parties of 6 or more. Info: 694-6610; RooneysGastropub.com.



Carmine's opens Crab Shack: Carmine Giardini's CG Burgers space has been transformed from a burger

and pizza joint to Carmine's Crab Shack.

The restaurant, which opened April 2, has a casual New England Crab Shack atmosphere. The menu has Northeastern classics, as well as new creations by Executive Chef Carlos Velasquez.

Unlike CG Burgers, Carmine's Crab Shack offers a full bar — look for there to be specialty Crab Shack Cocktails on the drink menu.

Carmine's Crab Shack is open 11 a.m.-11 p.m. seven days a week. It's at City Centre Plaza, 2000 PGA Blvd., Suite 5502, Palm Beach Gardens; 275-2185 or CarminesCrabShack.com. ■

THE DISH

Highlights from local menus

The Dish: Mediterraneo pizza

The Place: Allora Pizzeria & Ristorante, 420 U.S. Highway 1, North Palm Beach; 296-9295

The Price: \$14.95 for a medium

The Details: This is a pizza that tastes like spring and summer.

The recipe is something like this: combine roasted peppers, artichokes and sun-dried tomatoes, then top them with a basil pesto, feta cheese and mozzarella and bake atop a crisp, light-as-air crust.

Then enjoy.

Allora has a full menu of salads, sandwiches and pasta, but the pizza made a perfect lunch for two, and provided a perfect excuse for returning. ■

— Scott Simmons



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SHEN YUN 2014 神韻晚會

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WITH LIVE ORCHESTRA

APRIL 15 – 16
KRAVIS CENTER



Presented by Florida Falun Dafa Association, Inc.

THE SHEN YUN ORCHESTRA

FROM THE MOMENT the gong is struck to herald the beginning of the show, you know you are in for something musically memorable.

The Shen Yun Orchestra masterfully blends two of the world's greatest classical music traditions, Chinese and Western. Ancient Chinese instruments such as the soul-stirring erhu and the delicate pipa lead the melody on top of a full orchestra of Western strings, percussion, woodwinds, and brass. The Western orchestra with its energy and grandeur, and the Chinese instruments with their distinct tones and styles, create a dramatic new sound.

EXQUISITE COSTUMES

Apparel has always been an essential part of China's five-millennia-old culture, and Shen Yun Performing Arts brings this heritage to life on stage. From radiant golden-hued Tang Dynasty gowns to elegant Manchu chopine shoes, each costume is designed and tailored with meticulous care.

STUNNING BACKDROPS

Shen Yun's breathtaking dynamic backdrops bring classical Chinese dance into the 21st century, adding visual depth and grandeur. Each backdrop is custom designed to exactly match the costumes, storyline, lighting, and even choreography of each dance.

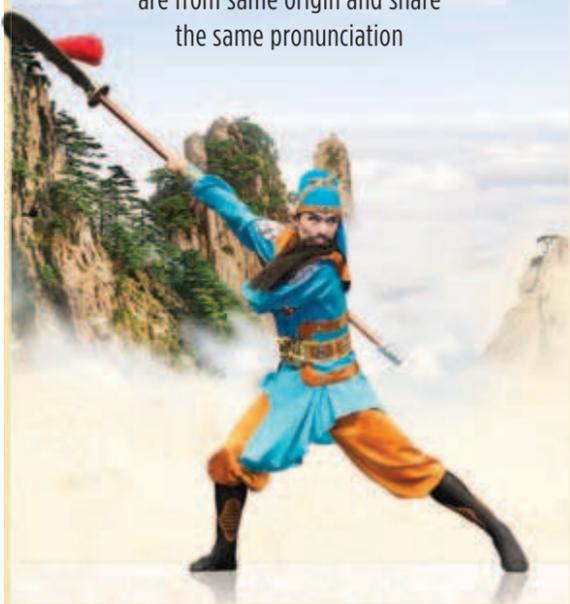
神韻

THE NAME SHEN YUN

"Shen Yun" is an elegant Chinese name that can be translated as "the beauty of heavenly beings dancing." Shen (神) means "divine" or "divine being," and Yun (韻) refers to a dancer's bearing and the meaning behind his or her movement. Together, the name expresses what Shen Yun aspires to achieve: an experience so beautiful and joyous that it evokes a sense of the heavens.

Dance 舞 and Martial Arts 武

are from same origin and share the same pronunciation



Music 樂 is Medicine 藥

Do you know that 樂, The Chinese character for "music" and "happiness" was also the character for medicine?

Live music by the Shen Yun Orchestra
Melodies by ancient Chinese instruments
Music written exclusively for the show

Stories & History

Shen Yun dances recount ancient myths, bygone heroes, or celestial paradises. Whether set in the past or in contemporary China, every dance embodies traditional Chinese values. Ideals of loyalty, filial piety, and veneration for the divine are cherished and celebrated. Heroes are extolled for their compassion and tolerance as much as their courage or determination when facing adversity.



Ancient Chinese instruments lead the melody on top of a full Western orchestra.

"The love that they emit awakens your own heart. It's so highly cultured, so deeply artistic, so born of the spirit of the people."

Dr. Obadiah Harris, president of the Philosophical Research Society of LA

THIS YEAR, YOU MUST NOT MISS IT!

MILLIONS OF PEOPLE have seen Shen Yun. Sold-out shows and standing ovations at the world's top theaters have made Shen Yun a global phenomenon. Thousands of hours of training and rehearsals culminate each

winter in a remarkable achievement—a completely new production every year. **The divine culture now returns! We invite you to join us, and be part of this moment.**

3 SHOWS ONLY IN WEST PALM BEACH !

DATES & TIMES

TUE April 15 7:30pm
WED April 16 2:00pm
WED April 16 7:30pm

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\$200	\$120
\$100	\$80
\$70	\$50

