

PALM BEACH GARDENS & JUPITER
FLORIDA WEEKLY[®]
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WEEK OF JANUARY 15-21, 2015

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Vol. V, No. 14 • FREE

CUBA



A new chapter opens in our tumultuous relationship with our Caribbean neighbors



TOP: Recent discussions between Raul Castro and Barack Obama may open U.S.-Cuban relations

MIDDLE: Fidel Castro (right) with fellow revolutionary Camilo Cienfuegos entering Havana in 1959.

Bottom: Wreck of the USS Maine in Havana Harbor, Cuba, in 1912.

BY BILL CORNWELL
 Florida Weekly Correspondent

CUBA.
 So near yet so remote.
 So beloved yet so reviled.
 So romanticized yet so misunderstood.
 So steeped in manners, culture and civility yet so brutalized by the harsh hands of tyrants.
 Cuba, confounding and confusing.
 And now this vexatious island nation — which has bedeviled and baffled American politicians, diplomats, intelligence experts and

SEE CUBA, A10 ►



INSIDE



A world of film

The Palm Beach Jewish Film Festival opens. **B1** ►



Networking/Society

Who was out, about. **A18-19, 21, 24, 28. B10-11, 15-17** ►



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The remodeling industry is booming. **A26** ►



An event with wheels

Making tracks to SuperCar Week SuperShow. **A30** ►



Meow!

How to understand what your pet is trying to say. **A6** ►

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COURTESY PHOTOS: ILLUSTRATION BY ERIC RADDATZ / FLORIDA WEEKLY

Girl Scouts bake up a tradition

SPECIAL TO FLORIDA WEEKLY



OK, South Florida. You're one week out from that annual culinary tradition that expands waistlines and leaves the Girl Scouts' coffers just a little fuller.

Yep. It's almost cookie time. From Jan. 22 through Feb. 15, local troops

will be selling the \$4 boxes of Thin Mints, Trefoils, Do-si-dos, Tagalongs and Savannah Smiles.

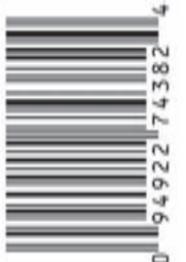
In addition, we'd be crumbs if we didn't tell you the Samoa is marking its 40th anniversary of wrecking diets in the name of caramel-coated goodness.

SEE COOKIES, A16 ►

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COMMENTARY

We, the people

leslieLILLY

lilly15@gmail.com



Having lived in Mississippi for a few years, and the South most of my life, I have a decidedly regional view of national events, never more plainly rendered than when it comes to the issue of race.

It is a humbling point of view, given the sweep of the region's history and its profound and often negative influence in shaping the nation's regard of racial matters in terms starkly black or white.

The South is a region of states expert in defending the indefensible, whether it is wage slavery, separate and unequal schools, denying the right to vote of legitimate citizens, or corrupting the rule of law to achieve unlawful purposes.

Most of us would agree this is no way to run a state, much less a nation. But this is where we are now. The Republican Party, the Party of Lincoln, thought it would change the South; but what really happened is that the South changed the Republican Party. If you have ever wondered what the nation would be like if the South won the Civil War, you are about to find out. The region is the source of GOP dominance in national politics and the engine room of the party's extremism.

The ascent of southern lawmakers to dominance over federal policy is thus worrisome.

Many of these lawmakers may appear to have joined the 21st century but their mindset harkens back to attitudes and beliefs deeply rooted in the region's history of racial apartheid.

It is no wonder that Representative Steve Scalise of Louisiana, the third ranking House leader, flirted with the state's white supremacists. The South pioneered the states' right approach to governance, compromising on the promise of racial equality and equal opportunity when the interests of a powerful few found it lucrative to do so; and it has been too lucrative for too long for the newly powerful to quit now.

The 50-year anniversary milestones of the Civil Rights Movement are rolling by, celebrated as artifacts of the past; but, in fact, these are battles waged in a war not yet fully won.

Racial conflict is again in the news. The rallying cry of those challenging new versions of old injustices is "Black lives matter!"

This full-throated affirmation of black humanity has permeated, by the power of its insistence, contemporary civic discourse. The bucolic slumber is disturbed of a society grown too complacent about the deep racial inequality that continues to affect the lives of people of color.

We, the people, like to envision ourselves as having outgrown these dysfunctional behaviors and attitudes and

achieved enlightenment concerning issues of diversity.

We profess publicly and often that we love and treat equally all our neighbors as ourselves; but racial injustices peel back a veneer grown thin and exposes the decay beneath. The hatred and violence revealed is as disturbing as the church burnings, bombings and racially motivated murders once commonplace in the South.

Though the anniversaries of the Civil Rights Movement commemorate events of a half-century ago, their memory is not about the past. They are tolling bells that somberly herald the racial issues that transcend the past; and, to this long, sorrowful peal of historical sound and fury, we continue to add new martyrs and milestones.

Trayvon Martin, an unarmed black teenager, went to his grave, shot dead, the act enabled by Florida lawmakers who gave individuals the legal right to act as your judge, jury and executioner without consequence.

The killing of Michael Brown, an unarmed, black teenager in Ferguson, Missouri, became the next lightning rod for racial unrest and violence.

A staccato followed of more black males dying, one a boy just 12, at the hands of police; and then, of Eric Holder, who died from asphyxiation, a result of a police officer's illegal chokehold that extinguished Holder's last vestiges of breath. Millions of Americans viewed the video tape of the killing and heard Holder, who was unarmed, cry out 11

times, "I can't breathe."

The grand jury's acquittal of the officer of any wrongdoing provoked massive demonstrations.

Then an assassination took place of two police officers randomly selected by a black crazy person, said he, to revenge the deaths of Holder and Brown, while also murdering his ex-wife in the killing spree; and the wheels came off of any pretense we are all in this together.

When racial trouble stalks our present, we affirm hope by pointing to the racial progress we have made.

We recall the acts of moral courage required. Their memory fills our sails. We reflect on the terrible price paid historically to come this far; but we also know, because of the events of the last few months, the balance of payment due for sustaining a systemic pattern of racial injustice will be paid by the nation as a whole.

Let us pray and hope that in 2015, we will achieve the kind of social change that will close the book on at least some racial injustices forever. ■

— Leslie Lilly is a native Floridian. Her professional career spans more than 25 years leading major philanthropic institutions in the South and Appalachia. She writes frequently on issues of politics, public policy and philanthropy, earning national recognition for her leadership in the charitable sector. She resides with her family and pugs in Jupiter. Email her at lilly15@gmail.com and follow Lilly on Twitter @lilly15.

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OPINION**When Obamacare came to Harvard****richLOWRY**

Special to Florida Weekly

Obamacare has come to Harvard, and the faculty is in a state of shock and dismay.

In what has to be considered an early contender for the most hilarious and enjoyable news story of the year, *The New York Times* recounts the tumult over Obamacare in Cambridge.

"For years," the *Times* writes, "Harvard's experts on health economics and policy have advised presidents and Congress on how to provide health benefits to the nation at a reasonable cost. But those remedies will now be applied to the Harvard faculty, and the professors are in an uproar."

In other words, they are getting the change they believed in — good and hard. As a wag commented on Twitter, karma is a pre-existing condition. The Harvard imbroglio is a little like the famously free-market University of Chicago economics faculty launching a revolt against tax cuts or deregulation.

The enrollment guide from Harvard's

human-resources department explains that rising health-care costs, some caused by Obamacare, account for the changes hitting the pocketbooks of the custodians of learning at Harvard. It cites specifically free preventive services and the extension of coverage for younger adults up to age 26 (as well as the impending "Cadillac tax" on pricey health plans).

The obstructionists on the Faculty of Arts and Sciences voted by a lopsided margin against the health-care changes, but they were too late.

According to the *Times*, history professor Mary D. Lewis is a leader of the faculty opposition, which makes her practically the Mitch McConnell of Harvard University. Let's hope she has a plausible repeal-and-replace plan and isn't merely campaigning on the power of sheer, nihilistic rejectionism.

Richard F. Thomas, a Virgil scholar, said the health-care changes are "deplorable." (Quoth the poet, "Each of us bears his own Hell.") They are "deeply regressive." ("It never troubles the wolf how many the sheep be.") And they are "a sign of the corporatization of the university." ("O accursed hunger of gold, to what dost thou not compel human hearts!")

Don't worry, Harvard faculty, Texas

Sen. Ted Cruz is coming to the rescue. Who better than a Harvard Law graduate to swoop in to save professors at his dear old alma mater from the consequences of their own folly?

Actually, the changes Harvard is experiencing are quite mild. By any measure, the school's plan is still incredibly generous. Faculty will, for instance, now have an annual deductible of \$250, which is hardly exorbitant. Perhaps the Harvard faculty foolishly believed that other alum, President Barack Obama, when he said Obamacare would save the average family \$2,500?

In a properly constructed market, consumers — even including Harvard professors — should indeed bear more of the costs of their health care directly. But in today's system, consumers tend not to have free choice of their plans, and Obamacare layers on top of that system costly mandates that make no sense.

The Harvard faculty can whine and stew all it likes, but the president has sent an unmistakable message to such malcontents: The law is the law. Harvard won the health-care debate years ago, and there's no going back on it now. ■

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

Close Guantanamo — then give it back to Cuba**amy GOODMAN**

Special to Florida Weekly

This week marks the 13th anniversary of the arrival of the first post-9/11 prisoners to Guantanamo Bay, the most notorious prison on the planet. This grim anniversary, and the beginning of normalization of diplomatic relations between the U.S. and Cuba, serves as a reminder that we need to permanently close the prison and return the land to its rightful owners, the Cuban people. It is time to put an end to this dark chapter of United States history.

"The detention facilities at Guantanamo for individuals covered by this order shall be closed as soon as practicable," President Barack Obama wrote nearly six years ago, in one of his first executive orders, on Jan. 22, 2009. Despite this, the prison remains open, with 127 prisoners left there after Kazakhstan accepted five who were released on Dec. 30. There have been 779 prisoners known to have been held at the base since 2002, many for more than 10 years without charge or trial. Thanks to WikiLeaks and its alleged source, Chelsea Manning, we know most of their names.

Col. Morris Davis was the chief prosecutor in Guantanamo from 2005 to 2007. He resigned, after an appointee of George W. Bush overrode his decision forbidding the use of evidence collected under torture. Davis later told me, "I was convinced we weren't committed to having full, fair and open trials, and this was going to be more political theater than it was going to be justice." Obama did create a special envoy for Guantanamo closure, although the person who

most recently held the position, Cliff Sloan, abruptly resigned at the end of December without giving a reason. In a just-published opinion piece in *The New York Times*, Sloan wrote, "As a high-ranking security official from one of our staunchest allies on counterterrorism (not from Europe) once told me, 'The greatest single action the United States can take to fight terrorism is to close Guantanamo.'"

The U.S. has imposed a crushing embargo against Cuba for more than half a century, ostensibly to punish the small country for its form of governance. What kind of alternative does the United States show Cubans on that corner of their island that the U.S. controls? A hellish, military prison beyond the reach of U.S. laws, where hundreds of men have been held, most without charge, and many beaten and tortured.

President Obama rightly chastises Egypt for imprisoning three Al-Jazeera journalists, Peter Grete, Mohamed Fahmy and Baher Mohamed. "They should be released," Obama told reporters last August. Yet, sadly, Egypt only needs to look to the U.S. to determine acceptable treatment of Al-Jazeera journalists. Sami al-Hajj was a cameraman for the network. He was covering the U.S. invasion of Afghanistan in 2001 when the Pakistani military picked him up and handed him over to U.S. forces. After 17 brutal days at Bagram Air Field, he was transferred to Guantanamo Bay, where he was held without charge for more than six years. He was tortured, beaten and humiliated. Al-Hajj went on a hunger strike for 480 days, and was subjected to forced feeding through nasal tubes. He was released in May 2008.

I sat down with Sami al-Hajj in December 2012 at Al-Jazeera's headquarters in Doha, Qatar, where he was heading the network's Human Rights

and Public Liberties desk. He said the U.S. tried to coerce him into spying while he was imprisoned:

"They (offered) to give me a U.S.A. nationality and take care about my family if I work with them in CIA to continue my job being journalist with Al-Jazeera, just send them information about the link between Al-Jazeera and al-Qaida and the terrorist people and some people in the Middle East. Of course, I refused to do that. I told them, 'I'm journalist, and I will die as a journalist.'"

The United States knew he was innocent, but wanted him to spy on Al-Jazeera, so it subjected him to years of harsh imprisonment in an attempt to break him?

The United States took Guantanamo Bay by force in 1898, during the Spanish-American War, and extracted an indefinite lease on the property from Cuba in 1903. Returning Guantanamo Bay to Cuba will begin to right more than a century of wrongs that the U.S. government has perpetrated there. Most importantly, the return of the Guantanamo Bay prison and naval base will make it harder for any future war criminals, whether in the White House, the Pentagon or the CIA and their enthusiastic cheerleaders in Congress, to use Guantanamo as their distant dungeon, to inflict torture and terror on prisoners, many of them innocent, far from the eyes of the people of the United States, and far from the reach of criminal courts. ■

— 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

Cat Talk

Your cat's vocalizations and body language tell you and other cats what he's thinking

BY KIM CAMPBELL THORNTON
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When I was a kid, I loved Dr. Dolittle. I had a recording of the music from the 1967 movie, and I would sing along with it: "I can walk with the animals, talk with the animals, and they can squeak and squawk and talk to me."

As Dr. Dolittle discovered from his wise parrot, Polynesia, most animal languages are a mixture of sound and movement. But Dr. Dolittle notwithstanding, it has been only recently that we have started to look at and understand communication and emotion in animals.

At the World Small Animal Veterinary Association conference, which I attended last September, veterinary behaviorist Dr. Kersti Seksel spoke on understanding feline communication. For communication to exist, she says, there must be a sender, a means of sending the message and a receiver.

"The receiver doesn't have to be present when the message is sent," Dr. Seksel says, "but the receiver does have to receive and understand the message. That's where most issues start."

Our cats are sophisticated communicators, despite not being able to speak English. Their vocalizations, for instance, are highly individualized and specific. The sounds they use to communicate with each other, such as those between a mother and her kittens, are different from the vocal commands they issue to people. Owners, the ones who are paying attention, anyway, soon learn to

recognize and interpret what their cats are saying.

Cats not only have a language they use only with humans, they also use different body language with humans than with other cats, Dr. Seksel says. Body language encompasses the position of the eyes, ears, tail and head, body posture and facial expression.

Communication between cats is subtle and quick. It often goes unnoticed by people. Often, owners think cats are getting along, when in reality violence is simmering just beneath the surface.

For instance, you might think that one of your cats has merely entered a room. But often, that cat has signaled to the other cat or cats in the room with a twitch of the ear or switch of the tail that he wants something — maybe the chair another cat is in or the food bowl he's snacking from — and he's in no mood to be trifled with. When the other cat gets up and leaves, in a seemingly casual manner, he's not being nonchalant. Cats leave the presence of aggressive cats very slowly because they don't want to draw attention to themselves, Dr. Seksel says.

When feline tension turns into an all-out fight, the combatants don't just kiss and make up. Cats can stay highly aroused for two to seven days afterward, Dr. Seksel says. She recommends separating cats for at least a week after a fight.

Scent is another way in which cats communicate, both among themselves and with people. When your cat gives you an affectionate head butt or rubs up against your leg, he's using pheromones secreted from glands



Cat behavior is complex and interesting. Learning how cats communicate can help us better understand them.

in the cheeks, chin and paw pads to mark you as a member of his community. When he scratches, he's leaving pheromonal messages for other cats.

Pheromones are an important form of communication between cats. Among other things, pheromones signal reproductive status and social rank and indicate danger.

"Veterinary hospitals are full of pheromones all the time because cats aren't happy to be there," Dr. Seksel says.

When you can learn to understand lingua felinica, you are well on your way to earning your cat's respect, not to mention heading off behavior problems before they become serious. And in the immortal words of Dr. Dolittle:

"If we could talk to the animals, learn their languages, think of all the things we could discuss." ■

Pets of the Week



>> **Bella** is a 1½-year old 60-pound mixed breed. She's active and it takes a while for her to get used to people. She knows how to sit and shake.



>> **Dominic** is a 2-year-old domestic shorthair. He's happy-go-lucky and trots around happily saying hello to all visitors.

To adopt:

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

>> Jenny is a

spayed female calico, approximately 3 years old. She's high-spirited, like most calicos, and very friendly. She gets along well with her companions, both human and feline.



>> Max is a

neutered male tabby with muted colors, approximately 2 to 3 years old. He's a friendly boy who enjoys interacting with people, and he gets along well with other cats.



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Adopt A Cat is a free-roaming cat rescue facility located at 1125 Old Dixie Highway, Lake Park. The shelter is open to the public by appointment — please call 848-4911. For additional information, and photos of other adoptable cats, see our website at www.adoptacatfoundation.org, or on Facebook, Adopt A Cat Foundation. For adoption information, call 848-4911.



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COURTESY PHOTO

The Rooney's Golf Foundation Committee members are front row: Sue Buechele, Maureen Copeland, Sue Tomlinson, Dick Gordon, Anne Dichele, Renee Lampman and Theresa Hume, and back row: Kaitlyn Decker, Janice Meeks, John Buechele Jr., Duane Meeks, Sarah Mears, Dick Busto, Alexis Barbish, Patrick Rooney Jr., Patrick Rooney III, Kyle Henderson, Bill Dunn, Beverly Kelly, Diane Reeves and Jeff Buller.

Rooney's Golf Foundation tournament raises \$52,000 in most successful year

SPECIAL TO FLORIDA WEEKLY

The 13th Annual Rooney's Golf Foundation Charity Tournament at PGA National in October is benefiting five local charities.

A record-high total of \$52,000 was distributed to the Autism Project of Palm Beach County, FAU Honors College, Pathways to Independence, Potentia Academy and Gold Coast Down Syndrome.

Local Rooney family businesses — Palm Beach Kennel Club and Rooney's Beer Company — coordinated the tournament with a committee of volunteers.

The honorary chair was Evan Cohen, of ESPN West Palm.

The official sponsors included 1st United Bank and Preferred Air Conditioning & Mechanical Inc.-Carrier.

"We enjoyed a beautiful day at the PGA Resort and want to thank our generous sponsors, hard-working committee and volunteers and the many participants and contributors," said Alexis Barbish, director of the foundation. "Without them, the tourna-

ment would not be possible."

Funds were also raised through the tournament raffle, featuring vacation getaways, an HD TV, golf outings, dinners, sports and concert tickets and more.

Rooney's Golf Foundation has donated \$546,990 to local Palm Beach County charities since 2001.

The funds are raised through the golf tournament, a 5K run, poker and luncheon events.

The 5th Annual Charity Poker Tournament is scheduled for Jan. 17 in the Poker Room at Palm Beach Kennel Club. The 8th Annual RGF 5K will be held on Saturday, April 11, at Palm Beach Kennel Club, the 14th Annual RGF tournament is scheduled for Thursday, Oct. 29, at Old Marsh Golf Club and the 2nd Annual "Overcomer" Luncheon will be held Thursday, Nov. 19, at the National Croquet Center.

For more information on RGF events call 683-2222 — Kaitlyn Decker at Ext. 142 or Alexis Barbish at Ext. 146 — or see rooneysgolffoundation.org. ■

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“Enchanted Evening Under the Sea” theme for Loggerhead center gala

SPECIAL TO FLORIDA WEEKLY

“An Enchanted Evening Under The Sea,” is the theme of Loggerhead Marinelife Center’s Eighth Annual Lights Out Gala, on Friday, Jan. 30 from 6:30 p.m. to 11 p.m.

The premier fundraising event will take place at Loggerhead Marinelife Center, overlooking one of the most densely nested and biodiverse sea turtle beaches in the world, the center said in a prepared statement.

The Lights Out Gala is held every year to celebrate the start of sea turtle nesting season, when residents along the ocean are asked to turn out their bright lights to protect nesting sea turtles and hatchlings. The gala is also one of center’s most important funding sources.

This year’s theme, “An Enchanted Evening Under The Sea,” will showcase the ocean’s magical creatures as replica sea turtles and jellyfish grace the center’s gala structure. The gala will welcome over 300 guests with outdoor cocktails alongside the center’s Florida Power & Light Sea Turtle Recovery Yard and its sea turtle patients. Attendees will also be able to take a behind-the-scenes tour of one of the world’s most advanced sea turtle hospitals. Afterwards, guests will enjoy ocean-inspired artwork by 2014 ArtiGras poster winner, Kelly Tracht, and a plated dinner prepared by Sandy James Catering.

Guests will also have the chance to participate in a silent auction featuring deluxe prizes, as well as purchase a “Buried Treasure” bag. The bags are

marine-themed and feature a luxury towel, a bottle of Champagne, and the chance to win an extravagant mystery prize.

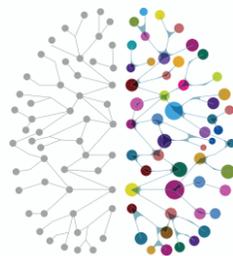
The night will close with dancing to the hottest hits spun by DJ Adam Lipson. Suggested attire is coastal chic.

This year the gala will honor past Lights Out Gala co-chairs Dawn Hoffman and Alice Waxman. Members serving on the 2015 Lights Out Gala Committee are Kelly Cashmere, Tracy Christian, Giovanni Di Stadio, Nadine Fite, Tamra FitzGerald, Tarry Graziotto, Damiann Hendel, Tina Hutchings, Lauren Jennings, Camilla Kihlberg, Ann Miller, Betsy Munson, Hillary Oswald, Shana Peterson Sheptak, Catherine Tolton, Kristin Turner and Telby Turner.

The presenting sponsor for the third consecutive year is PNC Bank. Additional sponsors include Loggerhead Marina, Ross Johnson, Susan Johnson, PGA National Resort & Spa, Dr. Jack Lighton, Palm Beach Illustrated, Florida Power & Light, Fite Shavell & Associates, Gordon Gray, Patricia Gray, Jupiter Medical Center, Elizabeth Neuhoff, Tequesta Insurance Advisors, The Gardens Mall, Tire Kingdom, Damiann Hendel, Ed Lundsford, Kim Lunsford, Jones Foster Johnston & Stubbs, Rippey Art, Florida Weekly, Tito’s Vodka and Interiors by G.

A limited number of tickets and sponsorships to the gala are still available, starting at \$275.

To learn more about sponsorship opportunities or for tickets, contact Veronica Clinton, at 627-8280, Ext. 103, or vclinton@marinelife.org. ■



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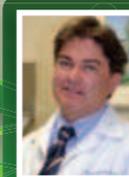
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CUBA

From page 1

military commanders since the USS Maine blew sky-high in Havana Harbor on February 15, 1898 — returns as a topic of raging national debate. Actually, the problem of how to deal with Cuba has never left us, but President Obama's announcement last month that he seeks to "normalize" relations with this long-time foe has simply rekindled a fire that was never extinguished.

The reaction to President Obama's initiative has been as schizophrenic as it

ANALYSIS has been fierce. For some, any accommodation, however slight, with the Castro brothers' dictatorial regime is appeasement that borders on treason. To others, it is simply a recognition that the American policy of attempting to isolate Cuba (a policy rooted in the geopolitics of the long-gone Cold War era) has failed and that both countries have suffered as a result.

It is not a matter that will be settled simply. No surprise there, for nothing involving Cuba is settled simply. Consider this: No one can say with absolute assurance what caused the explosion aboard the Maine. Conventional wisdom at the time held that it was a mine — most likely deployed by the Spanish — that sank the battleship. In 1976, investigators for the U.S. Navy re-examined the evidence and concluded that a fire probably — but not certainly — ignited the ship's ammunition stores. In other words, it most likely was an accident, not an act of war. But to this day — almost 117 years after the fact — the tragedy is still open to debate and interpretation. Even Cuba's possible involvement in the assassination of President John Kennedy in 1963 remains a matter of intense speculation, although no conclusive link has ever been uncovered.

So, given that backdrop, do not expect quick and easy answers and solutions to this business of "normal" relations with Cuba. Our relations with Cuba have never been normal, so we really have no reference point in that regard.

Still, we can speculate on where — if anywhere — we go from here and what the future of Cuban-American relations might look like.

All of this is vitally important to the state of Florida — home to an estimated 1.2 million Cuban-Americans, many of whom came here to flee oppression in their native land. Because of its ethnicity and proximity (90 miles of water, the Florida Straits, separate Key West from Cuba's shore), Florida might be the biggest beneficiary of loosened trade and travel sanctions. But nowhere do passions about Cuba run higher than in Florida, and if changes are in the offing they will face determined opposition and unrelenting scrutiny.

"Nobody in Florida has wanted to finesse the issue (of Cuban-American relations)," says Darryl Paulson, professor emeritus of political science at the University of South Florida, St. Petersburg.



PEGGY FARREN/ COURTESY PHOTO

Classic cars that predate the Communist revolution populate the streets of Havana.

"Cuba, like a state income tax, is the third rail of Florida politics," Dr. Paulson adds. "Nobody wants to touch it. But it's going to be increasingly difficult now to avoid the issue. It's on the table."

Before we look to the future and what normalization might hold for the United States, Florida and Cuba, let's first examine where we have been.



"It has been a splendid little war."

That was how John Hay, secretary of state under presidents William McKinley and Theodore Roosevelt, described the Spanish-American War. "Splendid" is the sort of adjective one only applies to a war in which one does not personally take to the battlefield, as was the case with Secretary Hay. In truth, there was nothing splendid at all about the conflict.

The sinking of the Maine was a *casus belli* that William Randolph Hearst, the press lord, and a host of power-grubbing politicians used to justify American military involvement in Cuba. The war was portrayed as a noble effort by the United States to free Cuba from the yoke of Spanish tyranny (a 19th Century version of our latest Iraq War, if you will), but it was little more than a heavy-handed



COURTESY PHOTO

Che Guevara and Fidel Castro in 1961.

land grab that (through the Treaty of Paris in 1898) netted the U.S. Guam, Puerto Rico and the Philippines. Spain did indeed renounce its claim to Cuba, but that really was superfluous, from the viewpoint of the United States.

For decades thereafter, Cuba was something of a playground for hedonistic tourists — a fine place to gambol and gamble. Ernest Hemingway had a home there, and he was renowned for drinking his companions under the tables at the Floridita (where he favored the daiquiris) and the Bodeguita del Medio (where he swilled mojitos).

Under the rule of strongman Fulgenio Batista, Cuba was an anything-goes kind of place. As the great British writer Graham Greene observed in his memoir, "Ways of Escape," Havana, in the ring-a-ding-ding days before the Cuban Revo-

lution, was a city "where every vice was permissible and every trade possible."

Batista especially favored investments by American organized crime, and in 1946, the leaders of the Mafia convened in Havana to plot strategy. All the American mob bigwigs were there (Lucky Luciano, Meyer Lansky, Santo Trafficante and the like) and Frank Sinatra flew in to croon the goons. (The crime lords prospered under Batista, but when Fidel Castro came to power, their ill-gotten assets were seized. The mobsters were so incensed by the Cuban leader's effrontery that they later volunteered to help the CIA bump him off.)

Batista was brutal and oppressive to anyone who dared to challenge him. He was a son of a bitch, to be sure, but — in the view of the United States — he was OUR son of a bitch because he was not a communist. Then, in January of 1959, Fidel Castro, the scruffy leader of the Cuban Revolution, marched triumphantly into Havana, and Batista was history. Fidel Castro was a son of a bitch, too, but he not only was NOT our son of a bitch, he was a Marxist-Leninist son of a bitch who made goo-goo eyes toward Moscow, and therein lay a deep, deep problem for the United States.

Ever since Fidel and his brother Raul (who now runs the country) took over, it has been one headache after another for the United States. The disastrous Bay of Pigs invasion, the near-apocalyptic Cuban Missile Crisis, the Cuban Embargo, the Mariel Boatlift — the list goes on.

Lord knows that the United States tried everything it could think of to depose the abhorrent Fidel. The Bay of Pigs fiasco was the most noteworthy example, but there were numerous plots and plans, dreamed up by a flummoxed CIA, to either kill or discredit the des-



COURTESY PHOTO

A Cuban Tourist Commission poster aimed at luring American travellers before Castro's revolution.

pot. Some of these clandestine efforts — embarrassingly exposed later — were pathetically comical and involved things like providing the dictator with lethal cigars or surreptitiously smearing a salve containing the hallucinogenic drug LSD on the steering wheel of his automobile in the hope that he would “trip out” in public and appear loonier than he already was. Obviously, the United States had no clue how to handle the growing menace less than 100 miles to the south. And so, after every hare-brained initiative and covert action had been considered and discarded, it was decided that the best policy was simply to sever diplomatic and trade ties (hence the embargo) and act as if Cuba did not exist. And that, in a nutshell, is where it stood until President Obama announced his plan last month.

Things have changed in Cuba over time, but not necessarily for the better. There is “new” leadership. President Raul Castro assumed the reins of power from an obviously ill Fidel in 2006, but the brothers are merely flip sides of the same coin. Under Raul, Cuba remains a place of destitution and despair. Still, it was President Raul Castro who negotiated with the United States regarding normalization. No one believes that Raul Castro’s basic political stance has changed or softened. It was, as *The New York Times* noted, “an economic decision at its core.” As one expert on Cuba told the newspaper, the decision to discuss normalization with the United States reflected a desire on the part of the Cuban leadership to see “what works best while still maintaining social and economic controls.”

President Obama’s overture toward Cuba is constrained by the economic embargo that has been in place for 50 years. There are a number of obstacles to ending the embargo, whose removal would, naturally, greatly enhance trade between the two countries. Only Congress can lift the trade ban. With Republican majorities in both the House and the Senate, that seems unlikely. (Mr. Obama also favors reopening an American embassy in Havana, but the Republican-led Congress probably would not authorize the funds needed to accomplish even this symbolic step.)

“I don’t see the embargo being lifted anytime soon,” says William A. Messina, an agricultural economist at the University of Florida who studies Cuban affairs. “It will be very difficult to do.”

Mr. Messina points out that the Helms-Burton Act of 1996 codified and strengthened the embargo. But he notes that subtle pressures ultimately may erode opposition to increasing trade with Cuba. Many large agricultural interests in the United States would like to see more robust economic activity between the two countries.

“It will be interesting to see how Republican senators and representatives from farm states react to pressure from their constituents,” he says. “There will be pressure to ship more of what we produce (to Cuba).”

Mr. Messina, who has visited Cuba, is convinced that the island’s suffering economy is what has motivated this latest round of talks with the United States.

“(The Cuban leadership) recognizes that it can’t go on the way they are now,” he says. “But I wouldn’t expect that the Castro regime is going to make significant political changes. There is a lot of bureaucratic rigidity in Cuba.”

Mr. Messina says a softening of trading barriers between the two countries would “in the long-term be a good thing for Florida. We are natural trading partners.”

“(The United States has) good products, good prices and we’re right next door,” Phil Peters, head of the Cuba Research Center, said in an interview with *The New York Times*. “I’m opti-



COURTESY PHOTOS
The proximity of the U.S. and Cuba make the two countries natural trade partners.

At right, Ernest Hemingway in Cuba.

mistic but it does require a partner. It’s one thing to say we’ll sell, but the Cubans have to want to buy.”

Travel is another area in which Florida might benefit from some sort of rapprochement with Cuba.

Roy Ramsey, director of operations at Betty Maclean Travel in Naples, says there is a “huge pent-up demand” for travel to Cuba, especially among baby boomers.

“For the past two years or so, we’ve been sending about 20 to 30 people to Cuba,” he says.

Mr. Ramsey estimates that about 85 percent of the travelers he deals with would like to see all travel restrictions to the island lifted.

In 2013, Mr. Ramsey and his wife, Mary Ann, visited Cuba as a part of a “people-to-people” program. While unrestricted travel to Cuba is forbidden, exchange programs and journalistic visits — all of which require approval from the United States government — have continued. Mr. Ramsey says he found Cuba to be “a mysterious island” of much allure.

“For 50 years we have been hearing just one side of the story,” he says. “When you travel there, you see the other side.”

Mr. Ramsey says the Cuban people are warm, friendly and “very literate.”

The island’s economic woes are evident, according to Mr. Ramsey, but he notes that the “medical care is free, although not the quality of care we get in the United States. But, still, everyone is provided with health care.”

According to the World Health Organization, life expectancy in Cuba (78 years) virtually matches that of the United States (79 years).



Any real and lasting moves to bring about normalization with Cuba are probably years down the road. But the political and cultural effects are already beginning to be seen and felt within Florida.



COURTESY PHOTO
John F. Kennedy has long been the source of ire for many Cuban-American exiles who believe the president abandoned them during the Bay of Pigs invasion.

One of the most dramatic consequences of a new Cuba policy could be a shifting of emphasis, within Florida’s Cuban-American community, from Miami to Tampa.

Miami has long been the epicenter of Cuban-American power within the state, but that is beginning to change, and President Obama’s recent overtures are accelerating the change.

In terms of size, the Miami metropolitan area is supreme, with nearly one million Cuban-Americans living there, compared to 80,000 or so in the Tampa Bay region.

But the Cuban-American community is fracturing, with younger members showing more interest in fostering relations with the island, while their older

counterparts — many of whom fled Castro’s tyranny — remain largely resistant to such change.

In a nationwide poll of 400 Cuban-Americans conducted last month for the *Miami Herald*, *El Nuevo Herald* and the *Tampa Bay Times*, the fault lines were already beginning to reveal themselves.

Cuban-Americans living in Florida opposed normalization by a 56-35 percent margin. Cuban-Americans living outside of Florida favored normalization by 61-32 percent.

The *Miami Herald* said the poll indicated that Cuban-Americans in Florida “are far more conservative than in other states, where they’re more likely to resemble more liberal-leaning non-Cuban Hispanics.”

Still, even in Florida, younger Cuban-Americans are more likely to welcome changes involving the relationship between the United States and Cuba.

“The poll shows there are two Cuban-American communities,” said Fernand Amandi, the pollster who oversaw the study. “There is the older exile community that has dominated the discussion about Cuba policy for years, and there is the emergence of the younger generation, the Cuban-American community of the present and future.”

Raul Moas is a 26-year-old Cuban-American living in the Little Havana area of Miami. Mr. Moas, whose grandparents fled Cuba after Castro’s takeover, is executive director of Roots of Hope, a private organization that focuses on “youth empowerment” in Cuba.

Mr. Moas is skeptical that Mr. Obama’s move toward normalization will yield dramatic breakthroughs with the Castro government.

“To be honest,” he says, “I think all of this is a bit overblown.”

Even with his misgivings, Mr. Moas looks at the state of relations between Cuba and the United States with a hard-eyed pragmatism that often is lacking in his elders. He says the Cuban-American community — especially in Miami and its environs — cannot dismiss the notion of normalization out of hand.

“(The Cuban-American community) right now has two choices,” according to Mr. Moas. “We can sit on the sidelines and pout because there are no guarantees that the Cuban government will change its ways or we can jump on the train and help drive it by recommending changes that we would like to see in our Cuba policy. We must have a say in how we can capitalize on any opportunities (that arise) as we move forward.”

In Florida, the exile community is strongest (and hence most intractable when it comes to Cuba) in the Miami area. To the north, in Tampa, the Cuban-American population is smaller but also more removed from its native Cuban roots. Many of the Cuban-Americans living in the Tampa Bay region are descendants of immigrants who came there in the 19th century as part of the cigar-making industry that prospered in Ybor City, which remains to this day as a vital and colorful center of Cuban culture and heritage. To these Cuban-Americans, the Castros and their dictatorship evoke less visceral reactions and economic realism is the order of the day.

Following Mr. Obama’s announcement, there were public protests and demonstrations in Miami. Notable Republican South Florida politicians — such as U.S. Sen. Marco Rubio and

CUBA

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former Florida governor (and likely presidential aspirant) Jeb Bush — firmly denounced Mr. Obama’s outreach. Such denunciations were to be expected; the Cuban-American exile community, particularly in Miami, has long supported the Republican Party and its candidates.

By contrast, in the Tampa Bay region they were talking about how to parlay diplomacy into hard cash. U.S. Rep. Kathy Castor, a Democrat whose district includes parts of Tampa and St. Petersburg, was quick to seize the economic initiative.

“We will engage the entire community (to) work toward positive change that America’s policy shift will provide — whether it’s travel, trade or cultural exchange opportunities,” Rep. Castor said in a prepared statement.

Other leaders in the Tampa Bay area also welcomed the policy change.

“This community is about building opportunities, and we do that best when

we come together proactively to pave a pathway towards that,” said Bob Rohrlack, president of the Greater Tampa Chamber of Commerce.

It was also announced that early this year the chamber of commerce and Tampa International Airport will host a “community forum” that will “educate Tampa Bay families and businesses on the evolving landscape tied to (President Obama’s) historic announcement to normalize relations with Cuba.”

Dr. Paulson, the political scientist at the University of South Florida, St. Petersburg, and an expert on the workings of the Republican Party in Florida, says that, in the end, economic matters and the emergence of younger, less-dogmatic leaders in the Cuban-American community may determine the extent to which normalization proceeds and how it is viewed in Florida.

“The new generation (of Cuban-Americans) never lived in Cuba, never experienced what their parents and grandparents experienced,” he says. “And these young people are less supportive of the Republican Party and its stance toward Cuba.”

Dr. Paulson points out that “all sorts of businesses and industries sense potential here — the hotel industry, the cruise industry and others see a new market and growth opportunities.”

“How this will play out politically remains to be seen,” he says. “But the definition of politics, when you get down to it, is self-interest. Somebody’s going to win and somebody’s going to lose, that’s for sure. But there is no one who can say right now who the winners or losers will be. We’ll just have to wait and see, and it’s probably going to take a good while for all of this to sort itself out.” ■



BUSH



RUBIO



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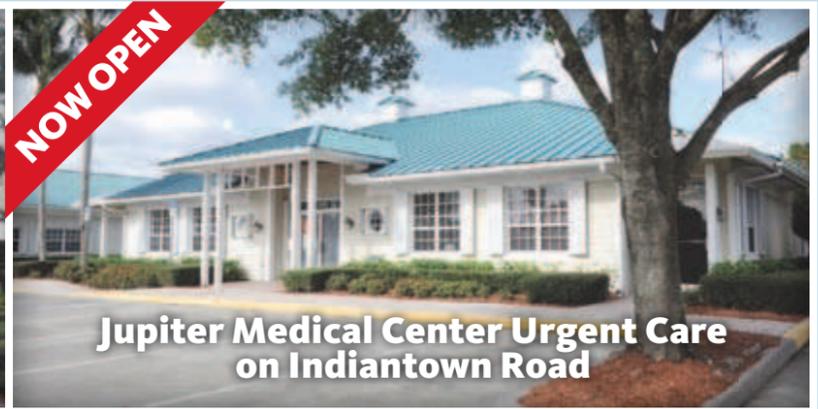
PEGGY FARREN / COURTESY PHOTO

While Havana remains a bustling capital city, many of its buildings and infrastructure have fallen into disrepair.

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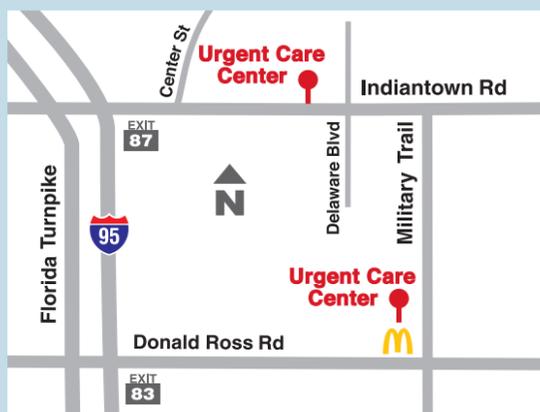
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Those to be honored at the gala include, standing from left, Wilma Bernstein, Lois Zelman, Ellen Levy, Roberta Bogen and Diane Belfer, and seated in front row, Sherry Endelson, Barbara Rothschild.

American Friends of The Hebrew University host "A Night in the Garden of Eden"

SPECIAL TO FLORIDA WEEKLY

American Friends of The Hebrew University will host its 10th Anniversary Gala Celebration Jan. 18 at The Mar-a-Lago Club. Guests will socialize and dine during "A Night in the Garden of Eden," this year's gala theme.

The 2015 honorary chairs include Roberta Bogen, Stanley Bogen, Barbara Rothschild and Richard Rothschild. The dinner chairs include Mickey Beyer, Larry Beyer, Michelle Jacobs, Joseph Jacobs, Florence Kaufman, Robert Kaufman, Judy Snyder, Robert Snyder, Robbi Toll and Bruce Toll.

The reception will honor those who have shown extraordinary support to The Hebrew University of Jerusalem. Honorees include Diane Belfer, Wilma Bernstein, Roberta Bogen, Barbara Eichner, Sherry Endelson, Ellen Levy, Barbara Rothschild, Louise Stein (of blessed memory), Joy Weinberger and Lois Zelman.

The festivities will include a cocktail reception and dinner featuring Broad-

way's Cirque Dreams company. The special performance will present an evening of acrobatics and gravity defying feats fused with musical delight and imagination.

Forging a meaningful partnership between American Jewry and the people of Israel, American Friends of The Hebrew University helps to ensure the nation's well-being by nurturing Israel's greatest asset: the intellectual strength of its people.

Today the university has a student body of 23,000, a faculty of 970 and attracts students from Israel as well as from 70 countries around the world. Proceeds from the 2015 10th Anniversary Gala Celebration will benefit American Friends of The Hebrew University and the construction of the Palm Beach Courtyard at the Edmond and Lily Safra Center for Brain Sciences at The Hebrew University of Jerusalem.

For reservations or information, contact Monica Loebel at 750-8585 or mloebel@afhu.org. ■

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Geocache in Florida state parks for a chance to win an official GeoTour Geocoin

SPECIAL TO FLORIDA WEEKLY

The Florida Department of Environmental Protection's Florida Park Service's GeoTour has officially reached 10,000 visitors at Florida State Parks within six months. The Florida Park Service launched "Operation Recreation GeoTour" on June 15, 2014.

Stretching from Pensacola to Key West, the GeoTour covers nearly 8,000 acres, 100 miles of beaches and more than 1,600 miles of trails. Since the launch, geocachers have raved about their great experiences and finds.

The GeoTour encourages visitors to explore the outdoors together, while participating in a fun and inexpensive activity. The outdoor game of geocaching is played using a hand-held GPS device or smartphone and teaches geographical and recreational skills. Participants use location coordinates to find caches.

Some caches are easy to find; others are more difficult. The biggest reward is the thrill of the search and the discovery of a place where you have never been. Geocaching should have minimal impact to the environment and conscientious land use ethics should be followed.

"Geocaching is one of the many ways in which people can explore Florida State Parks," said Florida Park Service Director Donald Forgione. "Geocaching is a great adventure combining technology and the natural resources of Florida."

In addition to the joy of finding a



cache, geocachers who visit at least 40 Florida state parks and turn in the official tracking sheet can win an Operation Recreation GeoTour Geocoin. Four trackable Geocoins have traveled to other countries including Germany, Canada and Brazil. The farthest coin left Gamble Plantation Historic State Park and traveled more than 11,501.7 miles on its journey to Germany.

The Geotour has inspired residents and visitors to get outdoors and enjoy the beauty of Florida state parks, while having fun and learning.

People interested in joining the GeoTour can visit floridastateparks.org/thingstodo/location-based/geocaching.cfm to view each of the 70 caches and download the official tracking sheet to begin their geocaching adventure. ■

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COOKIES

From page 1

New this year: The Toffee-Tastic (\$5 a box) offers a gluten-free alternative to traditional confections, and the Rah Rah Raisin combines Greek yogurt and raisins in an oatmeal cookie.

In addition to the new cookie varieties, Scouts also have new ways of selling cookies.

Digital Cookie offers a means for girls to sell cookies online, expanding their potential to sell to friends and relatives across the country.

Nationally, the \$700 million Girl Scout Cook Sale Program is the largest girl-led business in the country, according to Girl Scouts of Southeast Florida.

Locally, organizers expect area troops to sell 1.5 million boxes, or \$6 million in cookies. Last year, more than 8,400 girls raised more than \$960,000 for their troops; 132 made Extreme Team status, meaning they each sold more than 1,000 boxes.

This year, more than 7,500 girls will be selling cookies at booths outside local stores or going from door-to-door in their neighborhoods.

In addition, for the seventh year, customers can participate Cookies for the Military program, through which they donate Girl Scout Cookies to men and women in uniform around the world who may hunger for a taste of home. This year's goal is for the area council to collect donations for 50,000 boxes of cookies; Girl Scouts of South-

east Florida has sent more than 212,000 boxes of cookies to troops since 2009.

From 5 p.m. to 9 p.m. Feb. 6, the Girl Scouts will offer a "give a box, get a box" program at South Florida Duffy's Sports Grill locations. Just donate one or more boxes to the military and receive a free box of cookies.

Donations may be made at most cookie booth locations or at cookiesforthemilitary.org.

You don't have to get your Girl Scout Cookie fix from the box, either.

Grimaldi's Pizzeria at Downtown at the Gardens in Palm Beach Gardens will offer diners the choice of Thin Mint or Samoa cheesecake. They will be available for \$5 a slice. All proceeds will be donated to Girl Scouts of Southeast Florida. ■

— To find a cookie booth near you, call 866-727-GIRL or visit gssef.org.



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The Girl Scouts' gluten-free Toffee-Tastic.

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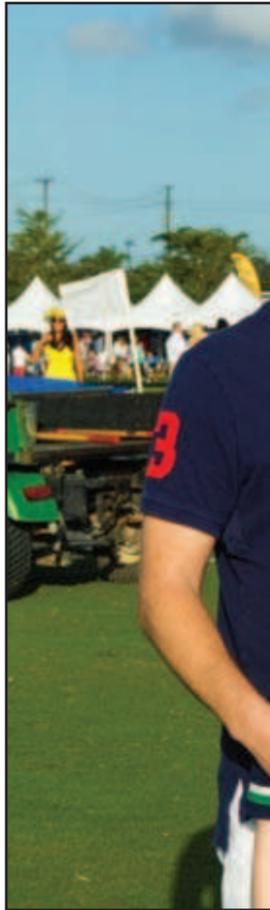
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HEALTHY LIVING

Don't put social media above interacting with family

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"Mom! Mom, look!!" Six-year-old Tyler was eager to show off the picture he'd been drawing.

But his mother, Kelly, was engrossed in her iPad. Kelly's friend had just posted vacation pictures on Facebook, and Kelly was voraciously digesting every detail.

"In a minute Tyler. I'll look in a minute." It had been Kelly's intention to enjoy the afternoon doing crafts with Tyler, giving him her undivided attention. But, somehow or other, she'd found herself actively texting her friends or poring over Facebook.

Kelly knew that the pressures of her demanding life and social connections often left her depleted and stressed by day's end, with little enthusiasm left over to attend to her family. There was no doubt that Kelly was a devoted parent. But she was so often multitasking that her children ended up with the short end of the stick.

Does the above scenario sound familiar?

Do we sometimes get so caught up we lose sight of what's really important?

Do we, as parents, miss key opportunities to develop rich connections with our families that could certainly strengthen our ties for years to come?

Dr. Ron Taffel, considered one of the country's leading experts in practical child-rearing concerns, has lectured and written several books and articles — opening up important discussions about the challenges

modern families face.

In a recent article in the *Family Therapy Networker*, Taffel expressed his concerns about the impact technology has played on the emotional world of today's families.

Few of us are immune from the dizzying allure of the high-tech world of gadgets and social media. As we sort our emails, send texts or post on Facebook, we often overlook the impact our behavior may have on those we care about the most. We may blatantly (or surreptitiously) look at our phones during dinner or interrupt important conversations to take a call or answer a text. While each of these distractions is innocent enough, the collective effect of distractions over time can be alarming.

Mental health professionals and researchers have long underscored the importance of parents forging strong attachment bonds with their children from infancy on. When parents can provide a soothing, predictable sense of security, their children have a better chance of developing the skills that will enable them to calm themselves down, handle frustrations and to develop the confidence and resilience to face life's inevitable challenges. Maintaining strong, cohesive bonds within the family should hopefully serve as an important factor in a young person's ability to develop a healthy sense of self and others.

As Taffel observes: "By the early '90s, I was aware of another increasingly potent solvent of family ties: the nonstop distraction of work and culture, which further fragmented parents' attention into tiny shards. Even when parents were physically with their children, they were often too busy to be genuinely with them. By

this time, the techie innovations that would transform our world were well on their way to becoming the ubiquitous gadgets we now can't seem to live without. But today, a growing body of research suggests that this technology and the information overload it dumps on us undermine not only our ability and desire to interact directly with real human beings, but also our capacity to focus for long on much of anything — even our children."

Taffel describes the impact of this phenomenon and how it affects the families he treats in his psychotherapy practice. "So we see in our offices a generation of late teens and young adults who've grown up getting this kind of agitated, fragmented, distracted attention from their parents. But the insidious effect of jagged consciousness on attachment from well-meaning parents is still insufficiently recognized. I'm not saying that technology lures parents away from kids: rather, I'm highlighting a redefining of connection in which hyper-aroused parents can't stop shifting focus. If love is, as has been suggested, focused interest, how can chronic distraction translate into secure attachment?"

Taffel is clearly raising concerns that young people may miss important developmental opportunities when their parents are too distracted and overwhelmed to be attuned to their most important needs.

Many of today's mental health professionals are quite sympathetic to the challenges well-intended, but beleaguered parents may face. As Taffel points out:

"Parenting research has grown exponentially, as has the number of theories and perspectives. All this knowledge is

to be commended, but in terms of secure attachment, it's also a kind of trap, instilling the idea that every move a parent makes has the power to destroy a child's chances in life before he or she even reaches toddlerhood. Naturally, wanting to do what's best for their kids, many parents are sitting ducks for this flood-tide of information, too often turning them into insecure child-rearing advice junkies, who, paradoxically, spend so much time worrying about sorting out the right move that they often don't have the conviction to be fully present in the moment."

Friends, the purpose of this was certainly not intended to chastise nor alarm you. On the contrary, we know that so many of today's parents have the best of intentions, but may be besieged by the confusing array of parenting advice. And, we can understand why so many parents second-guess themselves. They may hesitate, believing missteps can cause irreparable harm. But, it's never too late to have a wake-up call.

We can certainly turn off our technology and approach the most important people in our lives authentically and wholeheartedly. We can slow ourselves down and demonstrate by our genuine, undivided attention what's really important — and, how much they matter to us. ■

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



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TARA HOO/FLORIDA WEEKLY

Loggerhead Marineline Center's 8th Annual Lights Out Gala

Presented by PNC BANK



Friday, January 30, 2015 - 6:30 p.m.



For more info about Artist Kelly Tracht, visit: kellytracht.com

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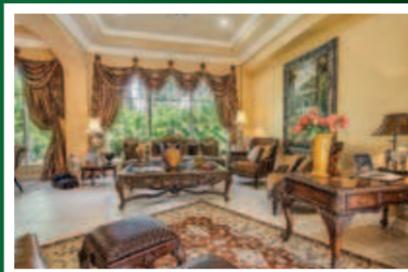
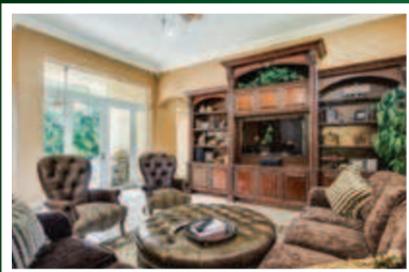
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Aging around the eyes could appear as redundant skin or as muscle and fat protruding in the upper or lower eyelid. If only redundant skin is the problem we created the "pinch blepharoplasty" in which the excess skin of the lower lid is removed. Alternatively, if there is redundant skin, fat and muscle, the redundant skin is removed together with the excess fat, followed by tightening of the eyelid muscle.

During aging the upper lip elongates and covers the upper teeth. The lip becomes thin and loses volume. To correct this we remove the excess skin to give the lip a youthful fuller appearance. The procedure takes about 30 minutes and there is no downtime associated with it.

Examples of popular minimally invasive procedures are the S-Lift, to improve sagging cheek, chin and neck skin; the J-Lift which tightens skin around the cheeks and jaw line and minimally invasive rhinoplasty which I co-invented, using a single small incision in one nostril to correct large or crooked noses. There are no external stitches and swelling is less than that of the traditional procedure.

**What Advice Do You
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A22 | WEEK OF JANUARY 15-21, 2015

**Library receives
 \$225,000 to help buy
 new bookmobile**

SPECIAL TO FLORIDA WEEKLY

The Friends of the Palm Beach County Library System Inc. received a donation of \$225,000 to be used exclusively towards the purchase of a new bookmobile. The private donor, who wished to remain anonymous, said he was inspired to donate to the library by the example of businessman turned philanthropist, Andrew Carnegie, who built public library buildings throughout the United States in the early 20th Century, according to a prepared statement.

Each bookmobile is custom built, so the process of acquiring the new vehicle is expected to take at least one year. Library Director Douglas Crane said in the statement, "The current bookmobile recently received a facelift via a wrap that makes it look brand new but in actuality, it is nearing the end of its lifespan. So the donation couldn't have come at a better time."

The bookmobile visits 42 stops, all of which are more than three miles away from a county library. The bookmobile also participates in special events like the recent Families Reading Together kickoff in November at the Palm Beach Zoo. Last year more than 50,000 items were checked out on the bookmobile.

"The donation is one of the largest that the Friends have ever received," said Friend's president, Ken Ida. The Friends of the Palm Beach County Library System is a nonprofit organization whose mission is the promotion of enhanced library services. The Friends sponsor programs such as the Writers LIVE! series, providing financial assistance for special events, and advocate for the library in the community. ■

**Executive Women
 hosts high tea**

SPECIAL TO FLORIDA WEEKLY

The Executive Women of the Palm Beaches hosts a fundraiser Jan. 15 at The Gardens Mall, from 3:30 to 5:30 p.m.

"A New Year, a New You" features speakers Kerry Diaz, Diana Wilkin, Minx Boren and Valerie Ramsey. The high tea event will be hosted by Channel 5's Roxanne Stein.

Tickets are \$35.

All proceeds go to the Executive Women of the Palm Beach Foundation in honor of immediate past president Mix Boren, to fund scholarships and grants to women in Palm Beach County. See itsawlayspossible.com for details. ■

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NEWS OF THE WEIRD

BY CHUCK SHEPHERD
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

Man's other best friends

People's love for their pets reached a new high in December when a British man paid a veterinarian the equivalent of \$500 to perform delicate surgery on a sick office goldfish (typical pet store "replacement" price: \$1 to \$5). Vet Faye Bethell of North Walsham, England, told the *Eastern Daily Press* in December that there was "nothing special" about the fish, but that the customer "just liked it a lot." In fact, the goldfish likely

did not even have a pet name — as Bethell in an interview spoke intimately of another patient by name (Cadbury, the skunk). (Bethell's procedure involved removing the patient from the bowl, flooding its gills with anesthetic-fortified water, and using a tiny scalpel to remove lumps that were causing it constipation, with the surgery guided by a miniature heart-rate monitor.)

Iraqi TV goes 'Jerry Springer'

Iraq's government-run channel, Iraqiya TV, has a reality show reminiscent of American confrontational programs, but is designed to force captured ISIS fighters to acknowledge the pain they have created. One episode of "In the Grip of the Law" (described in a December Associated Press dispatch) showed family members of car-

bombing victims on a street corner in Baghdad haranguing one of the men convicted of the crime. A young man in a wheelchair, having lost his father in the attack, faced off against the convict, screaming until the jihadist "began weeping, as the cameras rolled."

Wait, what?

■ On Nov. 6, a couple (aged 68 and 65) were hospitalized after spending almost 13 hours locked in their car inside their own garage in Alexandra, New Zealand. The night before, they had been unable to remember a salesman's tutorial on how to unlock their new Mazda 3 from the inside and had spent the night assuming they were trapped because they had forgotten to bring along the battery-operated key. The wife was unconscious when neighbors finally noticed them, and her husband was struggling to breathe. (The door unlocks manually, of course.)

■ At first, it seemed another textbook case of a wrongly convicted murderer being released after a long prison stint (15 years), based on a re-examination of evidence. Illinois officials freed Alstory Simon, who had "confessed" in 1999 to killing two teenagers (before a defendants' advocacy organization convinced a judge that the confession

had been coerced). That 1999 confession had allowed the man previously convicted, Anthony Porter, to go free, but prosecutors in October 2014 had second — or third — thoughts. They once again believe that Porter was the killer — even though a different defendants' advocacy organization had originally worked to free him. (In any event, "double jeopardy" prevents Porter's retrial.)

■ Undersheriff Noel Stephen of Okeechobee County, acknowledged to WPBF-TV in December that among the public services his office performs is supervising parents' spanking of children. After two sisters argued on Dec. 29, their father decided to administer a whipping to one and asked Deputy Stephen to drop by and make sure he stayed within the law. That's "not something we advertise to do," said the deputy, but he estimates he has monitored about a dozen spankings.

Government in action

■ The Government Accountability Office was on the job in December, issuing an emphatic ruling that the National Weather Service could not legally issue its workers disposable cups, plates and utensils on the job. Such items are "personal," GAO declared, even though most NWS facilities are in remote locations, staffed by two-person shifts that almost force employees to eat on the premises. "You can't run out" and

"grab a burger," one employee said. Nonetheless, after a lengthy deliberative process, GAO said its decision is final.

■ In a November ruling, France's minister of housing and minister of ecology jointly announced further streamlining of law books, removing bulky, out-of-date regulations. Among the rescissions, beginning Dec. 1, is the ban on installing toilets in kitchens. ■

Advertorial

Avoid these 7 critical mistakes when selling your Palm Beach Gardens home

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

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

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

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

1-866-274-7449 and enter 2000. You can call any time, 24 hours a day, 7 days a week.

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NETWORKING

PGA Corridor Association annual economic forecast breakfast, Gardens Marriott



Mark Schultz, David Norris, Vinnie Nurratore and Scott Leiten



Virginia Spencer, Carrie Browne, David Levy and Richard Calcote



Brian Seymour, Greg Leach and Jean Wihbey



Dana Middleton, Tom Clarke and Della Porter



Danny Lopez, Rosa Schecter and Brian Lamotte



John Csapo, Dodi Glas and Scott Morton



Gregory Bell, Luis Barreira and David Fishkind



Joe Rizzo, Marcie Tinsley and Sid Forbes



Michele Jacobs, Maria Marino and Dana Middleton



Don Hearing and Hal Valeche

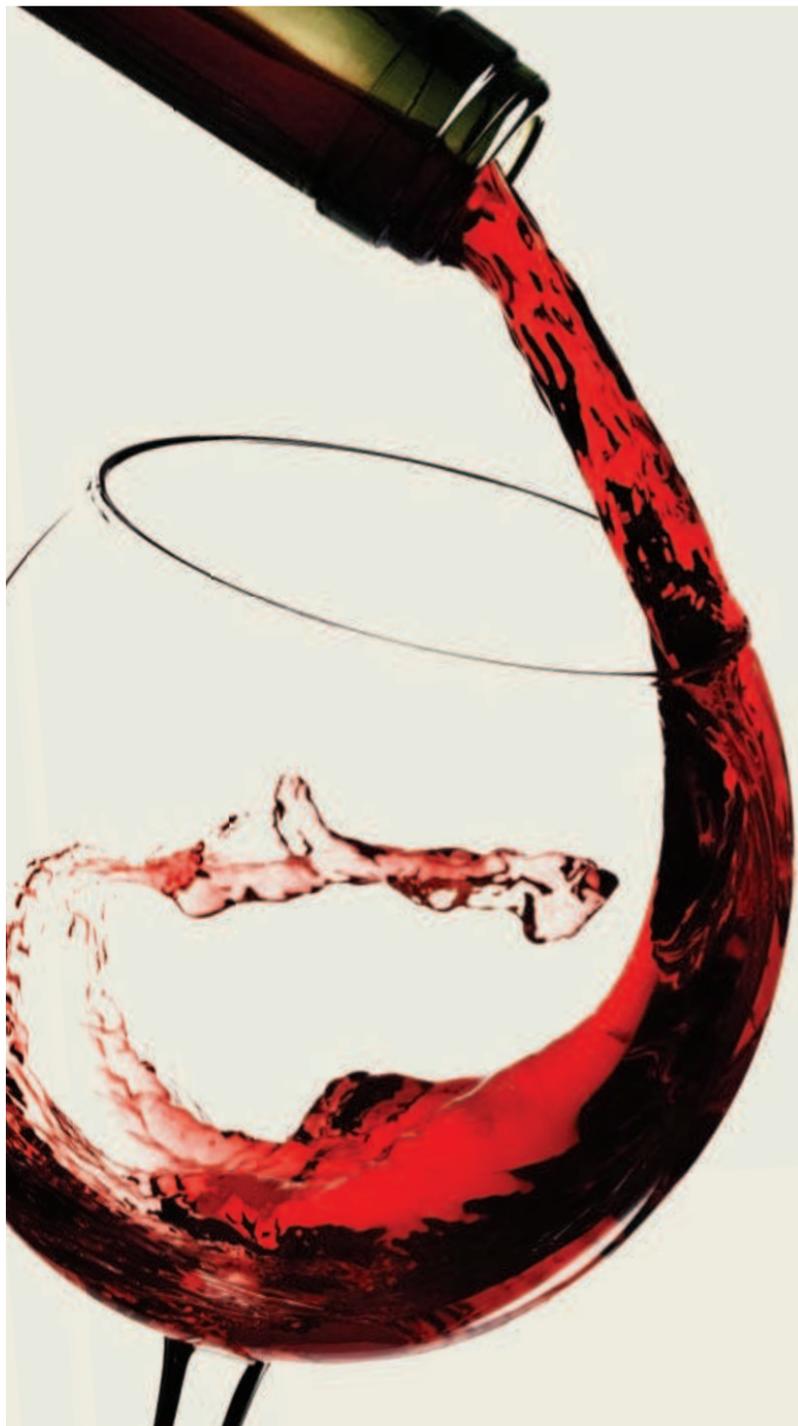


Laura Stimson and Maria Borg



Stephen Mathison and Patti Hamilton

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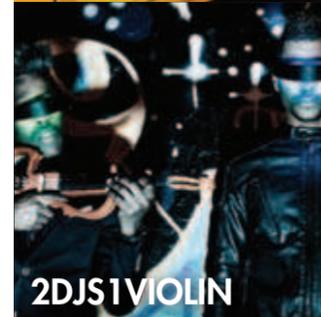


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WEEK OF JANUARY 15-21, 2015

PALM BEACH COUNTY COMMERCE

Hamilton Jewelers hosts wedding band weekend

SPECIAL TO FLORIDA WEEKLY

Hamilton Jewelers hosts the inaugural "Wedding Band Weekend" from Friday, Feb. 6, through Sunday, Feb. 8, at The Gardens Mall.

Hamilton will showcase thousands of wedding bands and commitment.

Priced from \$195, the event will showcase bands and rings in a big assortment of metals and styles, including platinum, gold, ceramic, cobalt, tungsten and titanium.

"There are now so many interesting and modern options for wedding and commitment rings," says Hamilton Vice President Donna Bouchard, in a prepared statement. "From alternative metals to diamond and gemstones to custom-designed styles, there is something for every taste and every budget. This event will showcase the breath of possibilities available for today's bride and groom."

On Saturday from 11 a.m.-5 p.m., Hamilton will provide complimentary photo portraits for any couple.

The photo can be used for entry into "The Amazing Wedding Race," where couples could win their dream wedding including a magnificent venue, wedding bands, invitations, flowers, cake, and more.

Hamilton is also offering all guests who attend the weekend a \$1,500 credit towards a wedding booking at PGA Resort, as well as a Hamilton gift card equivalent to 20 percent of wedding band purchases from this weekend. ■

Lottery sets record in 2014; more than \$5.3 billion in sales

SPECIAL TO FLORIDA WEEKLY

The Florida Lottery mark its 27th year in operation on Jan. 12 with another record year of sales and contributions to education, the agency said in a prepared statement.

In fiscal year 2014, the Lottery broke all previous records. The Lottery has contributed more than \$1 billion annually for each of the past 12 consecutive fiscal years, the statement said.

In 2014, Lottery sales increased to more than \$5.3 billion, marking the fourth consecutive year of record sales and securing the Lottery's position as the No. 2 lottery in the nation in terms of sales, the agency said. It also set the U.S. single week scratch-off sales record, reaching \$86 million and surpassing the previous record held by New York.

Reaching these milestones resulted in a record transfer to Florida's Educational Enhancement Trust Fund of \$1.47 billion — more than \$100 million every month.

Lottery education funds are appropriated by the Florida Legislature and administered by the Florida Department of Education. More than \$5 billion in lottery products are purchased per year.

For more information regarding the Florida Lottery, its games and its contributions to education, visit flalottery.com. ■

"The biggest problem now is there are no qualified workers."

— James Macholz, a building contractor in Tampa and president of Jamco Unlimited



EVAN WILLIAMS / FLORIDA WEEKLY

Apprentice installer Eddie Patino, under the guidance of operation manager Jose Miranda, of Action Automatic Door & Gate, installs a garage door at a housing development in Bonita Springs.

Remodelers are bustling

And good help is hard to find

BY EVAN WILLIAMS

ewilliams@floridaweekly.com

At a new housing development in Bonita Springs, under a sparkling blue and white winter sky, Jose Miranda worked with apprentice installer Eddie Patino to put in garage doors. Contractors such as Action Automatic Door & Gate have hired people like Mr. Patino to meet the demands of a rebounding construction industry.

"Homegrown," said operation manager Mr. Miranda about the advantages of hiring an apprentice. "We show 'em how we want it."

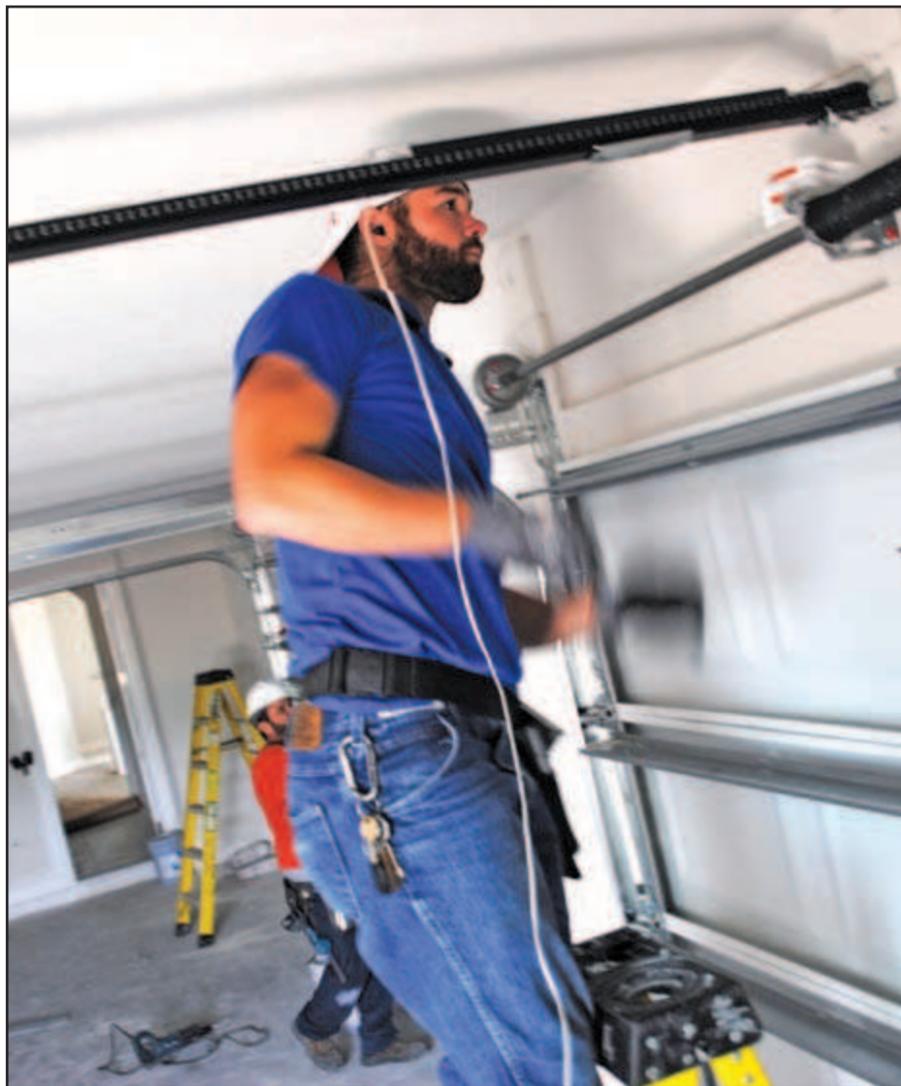
Professionals and trade associations in South Florida report an uptick in sales and hiring. That is unquestionably good news, but also means that as the construction industry continues to grow and recover from the recession, many companies find that good help is even harder to find.

"The biggest problem now is there are no qualified workers," said James Macholz, a building contractor in Tampa and president of Jamco Unlimited, a kitchen and bath design firm.

Mr. Macholz said his gross revenue was \$866,000 in 2014. That's more than in his previous best year, \$602,000 in 2007 before he felt the recession.

"And I don't see it slowing down because I'm booked out three months right now," he said.

Sales for Home Depot installs in South Florida were up 30 percent in 2013 and 2014, said field installation manager



EVAN WILLIAMS / FLORIDA WEEKLY

SEE REMODELERS, A27 ►

Chris Moore, installer apprentice with Action Automatic Door & Gate.

REMODELERS

From page 26

Francisco Rijo, and he predicts the same for 2015. Mr. Rijo oversees some 1,200 jobs per year including attic insulation, gutters and storm protection, windows and roofing on the southeast and west coasts, including in Lee, Collier, Palm Beach and Miami-Dade counties.

"We're constantly recruiting new installers to make sure we're on top of our business," said Mr. Rijo. "We have a lot of contractors that wish to work with us. Once we start testing them by allowing them to do minor services or smaller installations we realize their standards are not up to ours so we try to coach them."

The kitchen, cabinet and bath company Cornerstone Builders of SWFL has "grown by leaps and bounds for the last four years," said Joann Blankenship, accounting manager.

It has responded to a busier market by continuing to hire new employees. But like other construction and home remodeling businesses the company has also struggled to find qualified workers as demand rebounds.

"We don't have enough people. We just keep hiring," Ms. Blankenship said. "We have a lot of really good people but just trying to find new faces is a difficult thing."

Those who have come looking for a job as an installer at Eagle Windows & Sliding Glass Doors in Naples often don't have enough experience or training.

"No one's answering our ads," said Eagle owner Carolyn Kean.

Sales climb

Total sales for Action Automatic was up 26 percent in the fourth quarter of 2014 compared to the same time the year before, said CEO George Ebel.

Sales were driven especially by residential builders in places like Bonita as well as homeowners, an improving economy and demand for homes in a sunny, clement climate, he said. "It's really just the end of the recession and the pent-up demand for housing, I would think."

For his part, Mr. Ebel has had no problem finding skilled employees to install garage doors and gates, but "I see it coming," he said. "It depends on how long this upturn lasts, too."

Many contractors across the U.S. saw sales growth during the same period. An online survey by the National Association of the Remodeling Industry of 213 of its members found that about two-thirds of remodeling contractors reported higher sales in the fourth quarter. Although sales were down slightly from September, remodelers were optimistic, with 73 percent of them predicting continued growth in the next three months driven by, in order: people needing to do projects that had been postponed, more certainty about the future, economic growth, improving home prices and low interest rates.

The last 18 months has been especially strong for SandStar Remodeling and Homes in Punta Gorda, said vice president Larry J. Sandles.

"2014 was a really, really good year for remodeling."

Why?

"There's better consumer confidence," and more people updating a second home or buying property they know they'll have to remodel. "People are a lot more willing to take the chance and remodel," said Mr. Sandles.

With greater sales, designer Bob Stoebenau is planning to open a new showroom for Simply Cabinets in Punta Gorda. His cabinet designs are popular with contractors and homeowners.

"We've seen an uptick in everything—



Workers with SandStar Homes and Remodeling in Punta Gorda.

COURTESY PHOTOS



General contractor Robert Whitman of Whitman Industries on Marco Island.

new home construction, remodels," he said.

He works closely with an installer to put in the cabinets he designs, someone with a minimum of 10 to 15 years of experience and, just as important, honesty. He adds, "My installer has been looking for a qualified helper and can't find one."

General contractor Rob Whitman of Whitman Industries on Marco Island said "people are realizing that the market values are fair now. They're not so blown up. People say my house is now worth what it should be and they will put an addition on and make it worth even more money."

"People are just more comfortable spending I think that's what it comes down to. They're not holding on to their money right now. They're not necessarily buying new, they're just redoing what they have," said Ms. Blankenship of Cornerstone Builders.

Construction jobs rebound

Construction employment in Florida grew by 8 percent between November 2013 and 2014, one of the fastest rates in the U.S., showed an analysis of federal data by The Associated General Contractors of America. Florida's rate was a third-place tie with Arkansas, Tennessee, Texas and Wisconsin — while Utah's 10 percent and North Dakota's 17 were second and first.

The unemployment rate for construction workers fell to a seven-year low in the U.S. in 2014, AGC found. With demand surging, 25 percent of U.S. contractors said they turned down some projects over the summer.

A press release read in part, "(AGC) officials noted that most contractors report they are having a hard time finding qualified workers to fill key positions as demand rebounds. They cautioned that if labor conditions get even tighter, contractors will have to pass on new projects, and possibly delay existing ones, because of a lack of workers."

The association's CEO Stephen E. Sandherr said there is a need for more career and technical education programs for future workers.

"I think it's also a stigma thing, a lot of people think if you don't have a college degree you're not going to make it anywhere," said Mr. Stoebenau of Simply Cabinets in Punta Gorda, pointing out that he went to a trade school in Philadelphia. "I tried to go back to college three times. I stink at it."

While construction employment grew in most parts of the country, the recovery has been uneven. The Tampa-St. Petersburg-Clearwater division, for example, lost 2,500 jobs between November 2013 and 2014, one of four metro areas in Florida that lost jobs; 18 showed growth. Florida's southwest and southeast coasts had strong job growth.

AGC spokesman Brian Turmail pointed out that the data from the federal government could still be revised either up or down.

"It is true that Florida in particular has really begun to experience a nice rebound in construction employment during much of the past two years," he said. "But demand can vary based on the timing of local construction projects and other economic factors. This is

in the know

Florida's construction industry:

A list of employment by metropolitan area or division, November 2013 to November 2014

>> Statewide in Florida

2013: 396,400
2014: 429,400
Percent change: 8
Gain: 32,700

>> Fort Lauderdale-Pompano Beach-Deerfield Beach division

2013: 34,200
2014: 36,500
Percent change: 6
Gain: 2,200

>> Miami-Miami Beach-Kendall division

2013: 35,200
2014: 39,600
Percent change: 13
Gain: 4,400

>> Tampa-St. Petersburg-Clearwater division

2013: 59,300
2014: 56,800
Percent change: -4
Loss: -2,500

>> West Palm Beach-Boca Raton-Boynton Beach

2013: 27,600
2014: 29,600
Percent change: 7
Gain: 2,000

>> Cape Coral-Fort Myers

2013: 18,000
2014: 19,300
Percent change: 7
Gain: 1,300

>> Naples-Marco Island

2013: 11,300
2014: 12,200
Percent change: 8
Gain: 900

>> Punta Gorda

2013: 3000
2014: 3,100
Percent change: 3
Gain: 100

The total number of jobs also include a relatively small number of mining and logging jobs, 5,900 total jobs statewide, or 1.5 percent of the total.

— Source: AGC

something that isn't unique to Florida. Indeed one of the characteristics of the construction recovery has been how inconsistent it has been." ■

NETWORKING

Ribbon cutting to celebrate partnership between Mandel JCC, Jupiter Medical Center



Michael Falk, Ray Golden, John Couris, Gary Krieger and Mindy Hanken



Hal Danenberg and David Blacher



Ray Golden and Linda Golden



Michael Falk, Sherri Lewman, John Couris and Gail McCormick



Michael Falk, Ray Golden, John Couris, Mindy Hanken and Gary Krieger



Beryl Schneider and Robert Schneider



Evelyn Mayron and Vickie Bader



Mindy Hanken and John Couris



Terri Wentz and Janine Boylan



Tiffany Jones and Michael Falk

TARA HOO/FLORIDA WEEKLY

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PALM BEACH SOCIETY

Kickoff reception for Palm Beach Policemen's Ball, hosted by Jeff Greene and Mei Sze Greene



Daniel Wilkinson and Leanora Wilkinson



Kelly Moran, Tim Moran and Bridget Moran



Joel Kasewitz and Darcy Kasewitz



Mary Freitas and Mark Freitas



Mei Sze Greene, Kirk Blouin and Tasha Blouin



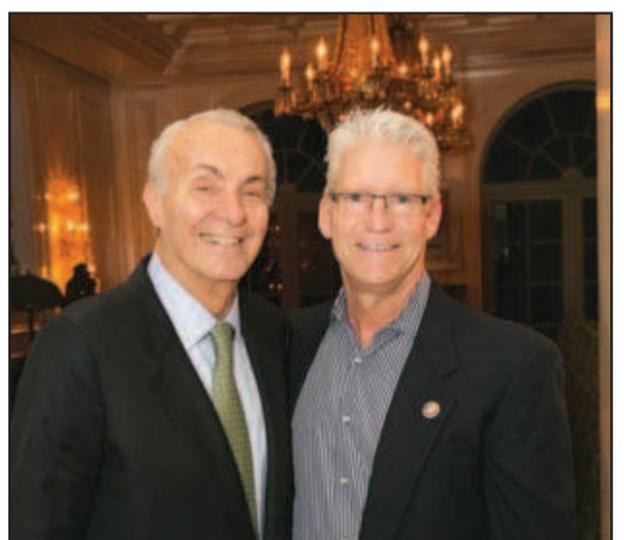
Michele Kessler and Howard Kessler



Tom Machate and Bill Bone



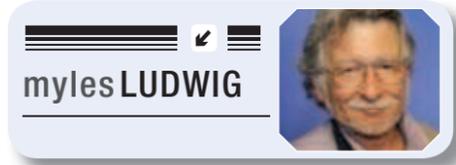
Jeff Greene and John Scarpa



David Mack and Jeff Trylch

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Cool Wheels: SuperCar Week SuperShow rolls into West Palm



Swift beasts lolled at the West Palm waterfront, a menagerie of hundreds of exotic species ogled by thousands. This was the SuperCar Week SuperShow as Tim Byrd (who reminded me he was The Byrdman) called it, an annual event that brought out family friendly Sunday park strollers and hot girls of all ages for a chance to a taste of the superluxe life.

Aspirations on parade. "It exposes people to beautiful works of art in the form of automobiles," the Byrd chirped.

I stopped inside the park's pavilion where the event owners and partners Neil London, the aforementioned Byrd, Tom Clarke, Gina Palmer and T. Michael Cappucio, who mysteriously introduced himself as "Twelve," and assorted VIPs had gathered to carouse, gobble pizza and eat cake while those outside had to settle for freshly baked bread.

Then I ambled through the aisles of slumbering Ferraris, Lamborghinis (is that singular or plural?), Bentleys, Porsches, Teslas, BMWs, Audis, et al — and all highly sheened up in vivid colors beneath the pewter sky in a sail-filling breeze. Their riotous acid greens, flame-reds, stark whites, buttery blondes and juicy oranges made the waterfront park feel a bit like a horticulturist's hallucinated garden of steel and smoked glass in full bloom.

I talked with Jasmin Walker and Fran-

cis Black and Lauren Tyler who said "It's great ... a good time."

Amidst all the gleam and glam, three unique cars captured my attention: A British racing green bullet-shaped 3-wheel Morgan, a reissue of its 1919 ancestor that Charles Sharoubim of Chariots of Palm Beach showed me, unsnapping the protective tonneau cover; a rentable, mirror-surfaced silver-plated Audi R8 from Platinum Supercars that sparkled like a Tiffany sterling place setting and drew spectators like a magnet to get a reflective selfie on wheels (though, as one practical woman pointed out, "There'll always be a handprint on it."); and an aluminum replica of the legendary Shelby Cobra, hand-built from the rivets up, said Tom Coth one of the team members at Ingo Poth's Alloy-

cars in Fort Lauderdale. They also build other cars as well as a replica of the infamous 1950 Porsche Spyder that ended James Dean's movie career, but martyred him to the gawky, mumbling rebellion of the teenagers of my generation.

"These cars cannot be reproduced," noted Coth, who assured me every one of their cars is custom-built: "No car the same."

I talked a bit with Tom Ribot, standing by a fiery streamlined 2015 Corvette Stingray, calling it, "America's dream car."

The show was the grand finale of a week of events including cocktail parties, car displays at local shopping malls and a fast and furious race night at the Palm Beach International Raceway in Jupiter.

London told me most of the cars at the waterfront were exhibited by their proud owners, though there was also a smattering of specialty dealers, customizers and performance enhancers, companies offering exhilarating high performance driving opportunities for a price and a variety of nifty accessories from T-shirts to cool multi-spoke wheels and rims.

I am not a gearhead, but I appreciate the sculptural beauty of cars and I understand the pride of owning something special and the camaraderie that goes along with it. I remember the days when foreign cars were rare in America, especially sports cars, and people who drove them would wave to each other as they passed on opposite sides of the road, acknowledging their mutual membership in an exclusive fraternity. I am not immune to their charms. When I went out to Hollywood with tinsel in my eyes, driving cross-country with my Russian Wolfhound in the back seat of the family Renault, the first thing I did was buy a black Alfa Romeo Spyder. That car made me feel like a bit of a star, rather than just another struggling black hole in the wishful actor firmament. At least I wasn't ashamed to nose it into the parking lot at Jay Sebring's to get my weekly haircut.

Cars don't make the man, but the boy inside sure thinks so.

Now I drive a foreign car, a made-in-America staid beige Toyota, sans antenna-perched tennis ball.

Just as I was leaving the park, a couple of young kids — maybe nine or 10 years-old — came running by and glanced at the aluminum ersatz Shelby, definitively declaring it: "Old school." ■

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FLORIDA WEEKLY
REAL ESTATE

WEEK OF JANUARY 15-21, 2015

A GUIDE TO THE REAL ESTATE INDUSTRY

| A31



COURTESY PHOTOS

Elite estate in Frenchman's Creek

SPECIAL TO FLORIDA WEEKLY

This deep-water estate, on arguably the best street in Frenchman's Creek, offers 127 lineal feet of deep-water frontage with a 60-foot-wide private dock. The 2-story estate home is nestled on a half-acre lot with a large custom pool with raised spa. The stunning interior features an extensive master suite on the first floor, home theater, and tranquil views down the waterway. Members of Frenchman's Creek enjoy outstanding dining, 16 Har-Tru tennis courts, a 24,000 square foot fitness center with spa, resort-style community pool and best yet, a private oceanfront beach club.

Other features of the estate include volume ceilings and a fireplace in the living room, a wet bar in the family room, a den/library with built-ins, three walk-in closets and an exercise room in the master suite, his-and-hers master baths and sauna, a large covered patio and summer kitchen, and a 34 kilowatt generator. The home at 2763 Calais Drive is listed at \$2,595,000 by Marotta Realty. Agent is Vince Marotta, 561-847-5700. ■



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KOVEL: ANTIQUES

Hester Bateman, a metal-working pioneer

BY TERRY KOVEL AND KIM KOVEL

In 18th-century England, most women married when young, had children and learned to cook, take care of the house and children, make textiles or at least create bedding or clothing, and be her husband's helper when needed. Hester Bateman was an exception. She married a man who made gold chains. He died after they had six children. He left the metal-working tools to his wife in his will so he must have known what a skillful silversmith she was. Hester became a registered silversmith in 1761 using the mark "HB" in script. By 1774 she was in her own business with two of her sons. They used the latest methods and made their silverware from thin sheets of silver rather than the Sheffield plate type made by others. They stayed with traditional styles and made everything from tea caddies to inkwells. Hester retired in 1790, and died in 1794. She was the first well-known female silversmith in England, and her work has always been popular with today's collectors. I knew about the pioneering woman. While in college I looked for, bought for \$15, and still have a pair of Hester Bateman silver sugar tongs. It was one of my first antiques. Brunk Auctions in Asheville, N.C., sold a Bateman teapot in the fall of 2014, for \$2,832.

Q: In 1960 we bought a queen-size birch bed and dresser marked "Cal Shop." I can't find any information about the maker or value. Can you help?

A: The trademark "Cal Shop" was owned by California Furniture Shops, Ltd., which was based in Los Angeles. It was in business from at least the late 1940s into the 1970s or '80s. Your bedroom set would sell as used furniture if it's in excellent shape. Try selling it locally, though, so shipping costs will not be high.

Q: I have a 300-400 pound iron anvil that was given to me almost 40 years ago. I sprayed it black because it was rusting, and it's rusting a little bit again. The anvil is dated 1917. I used it as a decoration in the past, but I have no use for it anymore. Can you give me some idea of its worth?

A: Cast-iron anvils have been made in different sizes and shapes for different uses. Anvils weighing several hundred pounds were primarily used in industry, while smaller ones were used by farmers to sharpen tools. Someone who collects old tools or vintage farm equipment might be interested in an old anvil, but a large,

heavy anvil could be harder to sell than one that's easier to pick up and display. The date on your anvil adds interest. Recent prices include \$192 for a 115-pound anvil and \$380 for a 160-pound anvil.

Q: I have several figurines (resin, I think) that range from 3 to 5 inches tall. Each is marked with "KFS" on the back. They also are marked on the front of its base with a character name, including Hans, Fritz, Prince Valiant, Popeye, etc. One of them is a man in a sailor suit and is marked "Tim Tyler." Can you tell me something about him, how many different figurines were made, and if they are collectible?

A: The initials "KFS" stand for King Features Syndicate, who owned the comic strips and the rights to the characters. A series of 24 figurines was made by Syroco for King Features Syndicate in 1944. Twelve of them, including Tim Tyler, were offered as Pillsbury Enriched Farina premiums. Tim Tyler was a cartoon strip that debuted in 1928 and was featured in newspapers, comic books and movies. The last strip ran in 1996. The figurine is shown in a Navy uniform because it was issued during World War II. Most of these figurines sell online for \$15 to \$30 each.

Q: I have a mug that reads "Ovaltine's Golden Annie-versary" in black, gold and white letters on one side. It has a big gold number "50" with a picture of Little Orphan Annie and her dog, Sandy, inside the zero. What's the anniversary and what is the mug worth?

A: This mug was issued in 1981 to commemorate the 50th anniversary of Ovaltine's sponsorship of the Little Orphan Annie radio show. Ovaltine sponsored the show from 1931 to 1940. Their advertising agency wrote the scripts for the show, which promoted Ovaltine. Ovaltine was first made in Switzerland in 1904 and originally was called Ovomaltine because it included eggs and malt. The name became Ovaltine in English-speaking countries in 1909. Ovaltine's Annie-versary mugs sell for \$5 to \$15.

Tip: Stains on crystal stemware sometimes can be removed by rubbing the stain with a cut lemon or a cloth dipped in turpentine. ■

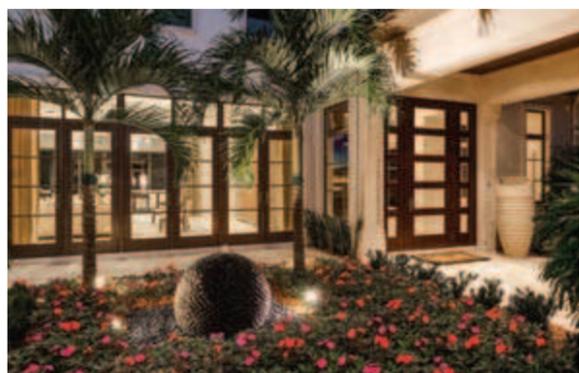
— Terry Kovel and Kim Kovel answer questions sent to the column. By sending a letter with a question, you give full permission for use in the column or any other Kovel forum. Names, addresses or email addresses will not be published. We cannot guarantee the return of photographs, but if a stamped envelope is included, we will try. The amount of mail makes personal answers or appraisals impossible. Write to Kovels, (Florida Weekly), King Features Syndicate, 300 W. 57th St., New York, NY 10019.



This sterling-silver teapot has a handle and finial made of pear wood and a silver border with floral engravings. The side has an engraved heraldic design possibly identifying the customer. Auction price, \$2,832.

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Jaime Estremera-Fitzgerald and G. Mark Shalloway



Ben Carson and Candy Carson



Joe Negron, Rebecca Negron, Ben Carson, Candy Carson, Gary Uber and Carmen Uber



Brian Mudd and Dorothy Rosch

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ASK THE SALES TRAINER



Dennis J. Giannetti
Chief Training Officer, Lang Realty
Ninja Selling Instructor
RMT Strategic Intervention Coach
Certified Mediator
Realtor

Mastering the Inner Game

Question:

What is the difference between a Super-Agent and a Secret Agent?

Answer:

When it comes to achieving your dream business or career, the decisions you make and actions you take will determine your overall chances that you have to turn your dreams into dollars and your passions into profits. But even in taking action, nothing matters more than your personal psychology. *Why?* Because to be successful at the highest levels, you **MUST Win from Within**. You have to master the *inner game*.

I have been involved in the real estate business since 1989 and since 2003, as a leader, coach, trainer and speaker. In that time, I have found one thing to be relatively consistent in this business; that is, that *80 percent of those in the business are often inconsistent*. Coincidentally (or, likely not), 20 percent of the agents in this business tend to earn 80 percent of the money—and that IS relatively consistent. But why? What are those "super-agents" doing that the rest are not? What is their secret tool or hidden trick? Honestly? They master the inner game. They have a superior mindset that pulls them up when they have been knocked down. They have the emotional fitness and the psychological strength to drive forward when it is simply easier to sit, wait, and see what happens. They act by choice, not by chance and they respond to challenges not react to situations and problems. The *Super-Agent* knows that negativity is a crime and they will not allow negative people to steal their dreams. Will you?

— Dennis Giannetti is the Chief Training Officer for Lang Realty. He is a Licensed Ninja Selling Instructor, Certified Life Strategies Coach and Go-Giver International Speaker. He has served in the Real Estate Industry as an agent, manager and consultant since 1990.

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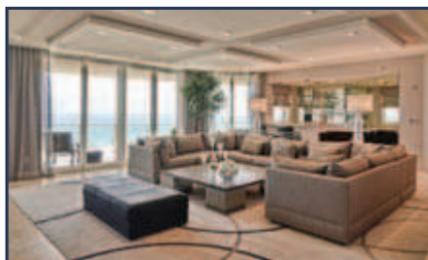
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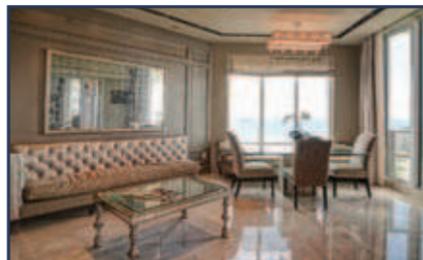
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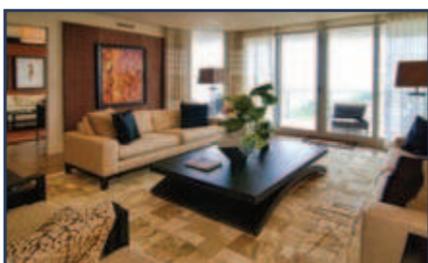
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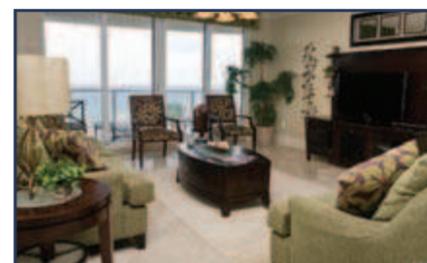
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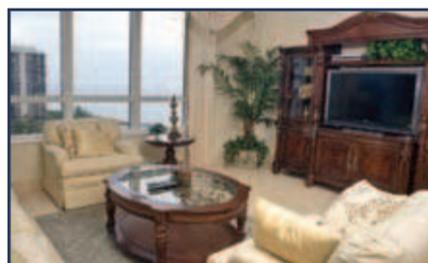
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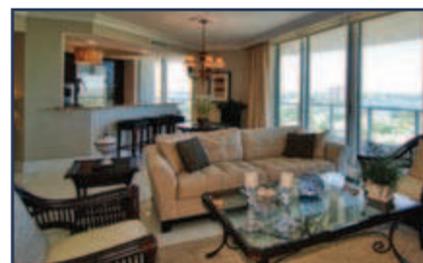
One Singer 601
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The Resort 1651
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Beach Front 1603
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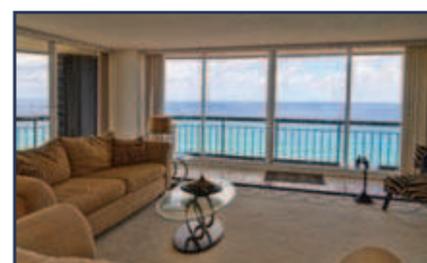
Ritz Carlton Residence 1206B
2BR+DEN/2.5BA - \$1,199,000



Martinique WT1403
2BR/3.5BA - \$879,000



Martinique ET1201
2BR/3.5BA - \$739,000



Martinique WT2201
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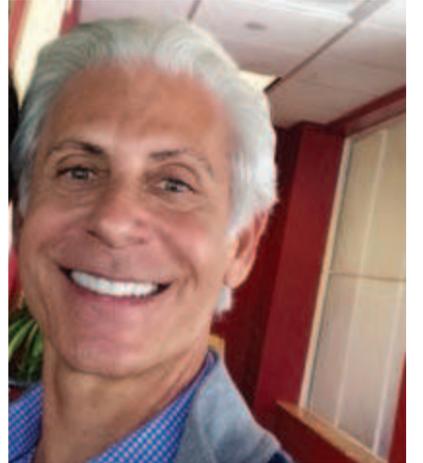
The Resort 1004
1BR/1.5BA - \$379,000



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INSIDE



Spilling it

Steve Caras stays on point while talking ballet and Balanchine. **B2** ▶



Society

See who was out and about at area social events. **B10-11, 15-17** ▶



High notes

Palm Beach Opera opens season with "La Bohème." **B8** ▶



The Dish

The Dish savors its salad days at Ta-boó in Palm Beach. **B19** ▶



FILMS SPANNING THE GLOBE

25th Jewish Film Festival explores subjects that filmmakers see around them

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

Forget having the festivities of the Donald M. Ephraim Palm Beach Jewish Film Festival crammed into 10 days.

This year's 25th anniversary edition, set for Jan. 15-Feb. 8, is lavishly spread over three weeks, offering 31 films from around the globe.

"This year, we were able to streamline a lot of the logistics," said Ellen Wedner, the festival's director.

SEE FILM, B7 ▶

Photographic Centre focuses on FOTOfusion

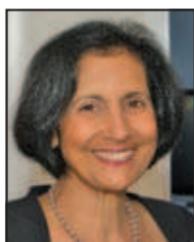
BY SCOTT SIMMONS

ssimmons@floridaweekly.com

Technology has transformed the way in which we record our lives, at least photographically.

If you want some perspective, focus on this:

When organizers at the Palm Beach Photographic Centre hosted the first FOTOfusion 20 years ago, film was standard and digital photography was rare.



NEJAME

it was a fusion of photography and digital. Very few people were doing digital

And now? "Digital has taken over in a big way. There is no film," says Fatima NeJame, who with her husband, Art, founded the Photographic Centre. "When we started FOTOfusion, it was novelty to say

20 years ago."

It was another world.

"Today, I occasionally get a phone call to ask, 'Do you do anything film?' There has been an evolution," said Ms. NeJame, whose first camera was a Kodak Brownie.

There also has been an evolution for the Photographic Centre, which five years ago moved from Delray Beach to its current digs in West Palm Beach.

FOTOfusion, set for Jan. 20-24, also

SEE FOTOFUSION, B7 ▶

SPILLING IT

'When I walk into a ballet studio I'm 30 years younger'

emilyPANTELIDES

epantelides@floridaweekly.com



Steven Caras is a former New York City Ballet dancer. Under the leadership of legendary founder George Balanchine, he would dance worldwide in more than 40 ballets choreographed by Balanchine. He is also an acclaimed dance photographer. PBS just aired an Emmy award-winning documentary about his life. We met in his West Palm Beach home.

Emily Pantelides: How did you get your start in the dance world?

Steve Caras: I was a late beginner. I grew up in a very conservative setting with zero exposure to the arts. My introduction was on TV. I was dumbfounded by these creatures from some foreign planet. I knew 'boys didn't dance,' but I sure dreamed about it. By 10th grade I mustered up the courage and dove into dance classes. Once other guys found out, however, I was bullied to the point where I had to leave that school.

EP: It must have been hard.

SC: Thank God for my mother.

She went to war with my father who was fully against this whole dancing thing. Many years later, she shared what she'd told my dad during that time: "If we don't allow Steven to do this, we may regret it for the rest of our lives!" Dance was never a choice, it was a calling. Mom got it, but Dad took most of the rest of his life to sort of catch on.

EP: You started ballet dancing at 15, which is late for a dancer. Were you good?

SC: My drive was bigger than my capability.

EP: Talk to me about George Balanchine.

SC: He was a balletic architect. His ballets have proven to be timeless masterworks. I will never forget the day when, still a student at his School of American Ballet, Mr. Balanchine and I passed in the street and he said hello. It shot me into the ozone of joy because he knew me. Several hours later, the phone rang at the school and it was a call for me. Balanchine invited me to join his company, clearly the beginning of the rest of my life.

EP: I know that Balanchine really took a liking to you.

SC: In my first class, he introduced me to his dancers, proclaiming, "This is our new Greek boy. We will



Ballet's own Prince Charming is as agile shooting a selfie as he was in front of audiences.

make him strong!" He selected dancers whom he loved looking at. In his words, we were his Fabergé eggs.

EP: How did you get into dance

photography?

SC: After losing a favorite role to a younger dancer, the writing was on the wall. Mr. Balanchine noted I had a gift in photography and he became my mentor once more — this time in photography. When I wasn't lifting my leg, I was lifting my camera.

EP: I've read that Balanchine guided you.

SC: He knew a lot about photography. His eye in photography was equal to his genius as a choreographer. My heart always beat 10 times faster when he was near me. I never lost the awe factor.

EP: After how many years?

SC: 14 years with the company. When he died, I devoted my full time to photography. Of all my images, his last bow turns out to be the most significant photograph I have ever captured.

EP: How did you get that world-famous shot?

SC: I was in the right place at the right time. I ran up to the balcony as the last ballet was beginning, hoping to catch his fleeting moment in front of the curtain. Some have said this photo paints an entire story of a life. The flowers at his feet, his emotional dancers supporting him from behind, and the near-audible rock star cheer-

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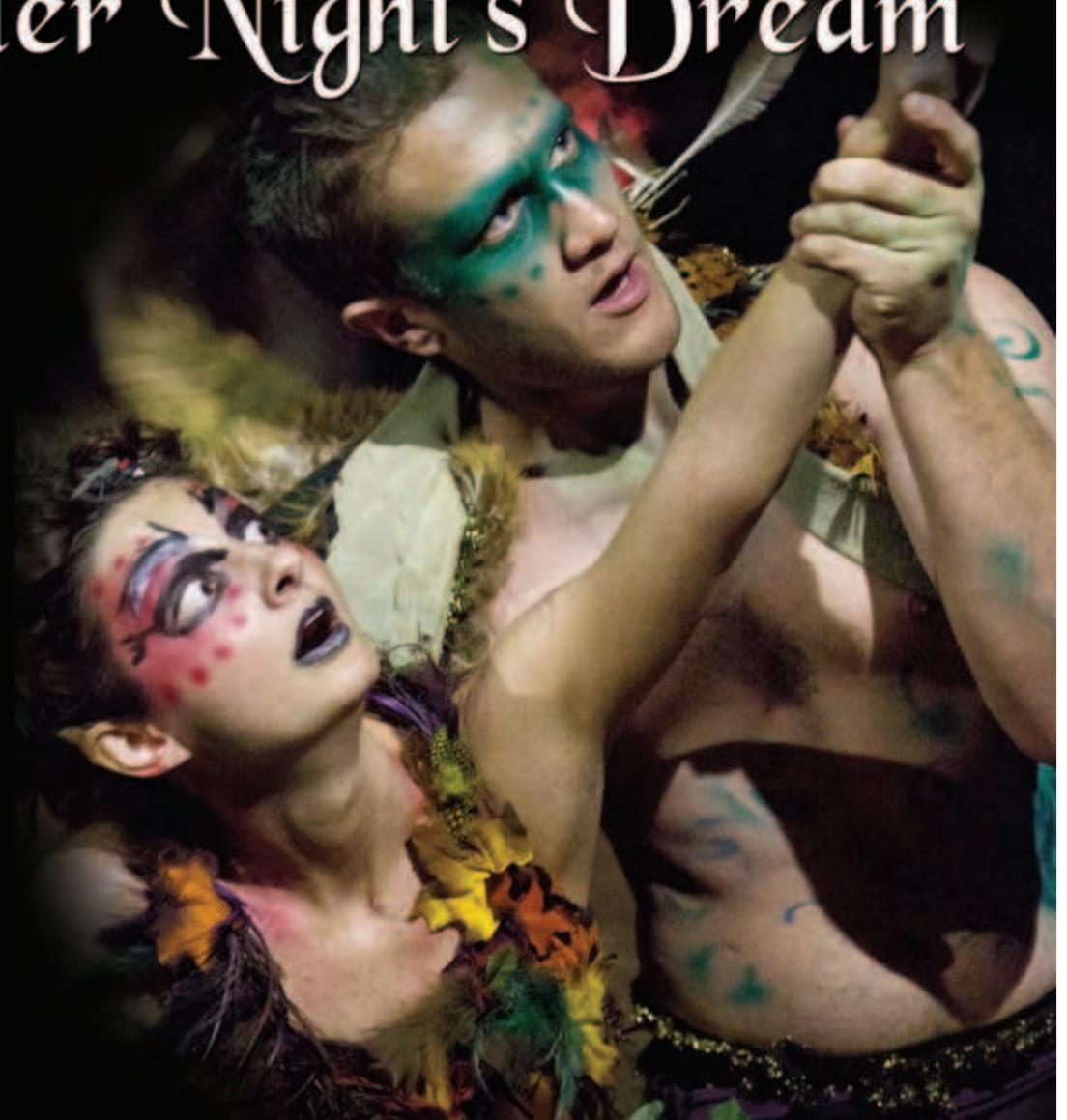
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ing of the audience.

EP: Did you know you had magic?

SC: I felt I did. They say you have arrived as a photographer when you achieve what you see through your lens.

EP: Do you sell those photos?

SC: Yes, though my website steven-caras.com.

EP: Today you're deemed by many as a Renaissance man. Former ballet master and director of development with Miami City Ballet, guest teacher and keynote speaker at the Kravis Center, photographer of course, and also your work as a trustee with a private foundation as well as serving as the co-founder of College Drive and the founding chairman of The Frank Prize — all here in Palm Beach County.

SC: Fundraising and public speaking were added ventures into the unknown. I was afraid, but embraced the challenges, understanding they were layers of knowledge I needed in a world (the arts) I had no intention of abandoning.

EP: What do you think of the arts in Palm Beach County?

SC: There are many worthwhile organizations with numerous people who encourage these entities to thrive. The Kravis Center has a lot to do with it, it opened minds.

EP: Speaking of opening minds, what would you say to little boys who live here who are like you were, as you said, different?

SC: Speak to the parents first. If their boys are already studying dance

I applaud them for listening. I tell kids to follow their passion and believe in themselves.

EP: How are your feet?

SC: NOT ready for their close-up during eight performances a week. But they've since survived and recovered!

EP: Would you ever want to perform again?

SC: You wouldn't want to buy a ticket to see this in tights now!

EP: Ever get sick of wearing tights? They are so revealing.

SC: No! I was proud of my legs! You have a very short life as a dancer. However I wouldn't mind another go at it knowing what I know now about diet. We had to stay thin and it was up to us to figure out how. We knew nothing about nutrition.

EP: Now that you can eat, what's your favorite food?

SC: Salmon cooked all the way through and steamed broccoli.

EP: What? Where's all the bad stuff?

SC: I've been hungry since 1969!

EP: Is teaching ballet fun for you?

SC: Yes! And inspiring. When I walk into a ballet studio I'm 30 years younger and ready to show the next generation how to defy gravity! ■

— *Emily Pantelides, has been a TV news anchor, and now owns a public relations firm. Emily gets local celebrities and notables to start "Spilling It" about what's hot and what's not in their lives.*

Family Fare

The Okee Dokee Brothers: Adventure Songs

Saturday, January 17 at 11 am

Their nature-inspired music has a clear message: Respect nature, Earth ... and each other.

OUTDOOR GOSMAN AMPHITHEATRE

Tickets \$12 • General Admission

Note: Picnic baskets, lawn chairs, blankets and non-alcoholic beverages are welcome in the Gosman Amphitheatre — an open air facility.



Regional Arts Concert Series

Budapest Festival Orchestra

Iván Fischer, Conductor

Monday, January 19 at 2 pm

All-Brahms, by one of Gramophone's Top 20 orchestras in the world.

DREYFOOS HALL • TICKETS START AT \$30

Series sponsored by Leonard and Sophie Davis Concert sponsored by Vicki and Arthur Loring;

Beyond the Stage: Join us for a pre-concert discussion by Sharon McDaniel in the Picower Arts Education Center at 12:45 pm.

PEAK

Zap Mama & Antibalas

Friday, January 23 at 7 pm

Traditional African drums and vocals blend with contemporary polyphony and funk.

OUTDOOR GOSMAN AMPHITHEATRE

TICKETS \$15 • General Admission

Made possible by a grant from the MLDauray Arts Initiative in honor of Leonard and Sophie Davis

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Steve Ross in **I'm in Love with Vienna**

Saturday and Sunday, January 24 and 25 at 7:30 pm

Explore the fascinating influences that German and Viennese composers, such as Franz Lehar and Frederick Loewe, had on their American counterparts, including Cole Porter.

PERSSON HALL • TICKETS \$35

Stage and Screen Legend **Lainie Kazan** and Tony Award Winner Broadway Superstar **Gary Beach** Join Drama Desk Award Winners **Eugene Pack** and **Dayle Reyfel** in **Celebrity Autobiography**

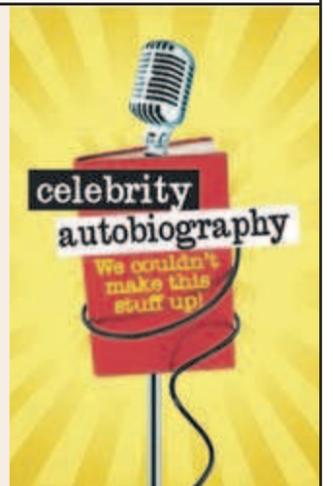
Readings also by local celebrities Leslie Streeter and Josh Cohen.

January 28 - February 1

Wednesday through Friday at 7:30 pm
Saturday at 1:30 pm and 7:30 pm • Sunday at 1:30 pm

Enjoy a night of non-stop laughter of celebrity exposés. Visit kravis.org/celebrityautobiography for a video and guest appearance updates, subject to change. For mature audiences.

RINKER PLAYHOUSE • TICKETS \$38



David Wilcox

Saturday, January 31 at 7:30 pm

The folk singer/songwriter uses his range of talents (smooth baritone, lively guitar "chops") and personality (creative open tunings) to deliver joy and inspiration.

PERSSON HALL • TICKETS \$39

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



CALENDAR

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

THURSDAY 01.15

Art After Dark — 5-9 p.m. Jan. 15, Norton Museum of Art. In conjunction with the retrospective exhibition Coming into Fashion: A Century of Photography at Condé Nast, a panel moderated by curator Tim B. Wride — From Concept to Print: Creating the Look — features experts in the fashion field who have worked with Conde Nast. Panelist include: Charles Churchward; Andrea Quinn Robinson; Alexander Vreeland; and John Barrett. A book signing with panelists Charles Churchward and Andrea Quinn Robinson is also planned. Also features live retro pop-soul by The Lovers Key, a tour of "Artist, Patron, Muse: Women in the Arts" and a screening of "Scatter My Ashes at Bergdorf's." \$12 for adults, \$5 for students, and free for members and age 12 and younger. Free for West Palm Beach residents every Saturday and free for Palm Beach County residents the first Saturday of the month, with proof of residency. Free for Florida teachers with a valid school ID every day. 832-5196, or visit norton.org.

College Admissions Seminar — 6 p.m. Jan. 15, Oxbridge Academy Auditorium, 3151 N. Military Trail, West Palm Beach. Learn application tips to win entry to college. Free. Info: 972-9600.

Masterworks Concert II Continuous Crescendo — Jan. 15, Delray Beach Center for the Arts, Old School Square, Delray Beach. Ravel: Bolero; Barber: Piano Concerto; Christopher Taylor, piano; Mussorgsky: Pictures at an Exhibition. South Florida Symphony Orchestra. Also includes a pre-concert talk by Ian Fraser at 6:45 p.m. Tickets: \$35-\$55. Info: southfloridasymphony.org.

Mark Cohen solo art exhibit: Familiar Faces — Through Feb. 26, Burns Road Recreation Center Auditorium, 4404 Burns Road. Acrylic paintings and drawings. Info: 630-1100.

FRIDAY 01.16

The South Florida Fair — Jan. 16-Feb. 1, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Features 17 days of stage shows, local and national entertainment, midway rides, shopping, exhibits and demonstrations, animals, animal shows. Tickets: \$15 age 12 and older, \$9 seniors age 60 and older, and \$8 for age 5-11. Info: southfloridafair.com.

A Midseason Night's Dream soirée — Jan. 16, at a private residence. Features cocktails, passed hors d'oeuvres, performances by the PBAU dance and symphony ensembles, plus music by DJ Ilya Tatarov, raffles, and an after-party. Hosted by The Young Friends of the Norton Museum of Art. Ticket proceeds benefit the Young Friends' Acquisition Fund and allows the group to purchase art for the Museum Collection. Info: 832-5196, Ext. 1212, or at youngfriends@norton.org.

SATURDAY 01.17

The 18th Annual Benjamin Variety Show: From Legacy to Innovation — 2 and 7:30 p.m. Jan. 17, Eissey Campus Theatre, 3160 PGA Blvd., Palm Beach Gardens. A variety show extravaganza. Tickets: \$20-\$25; thebenjaminschool.org

SUNDAY 01.18

Boca Raton Walk for Life — 8 a.m.-noon Jan. 18, FAU Boca Raton, 777 Glades Road, Boca Raton. This is a certified 5K race with AccuChip timing. \$30 for advanced registration, \$35 the day of the event, \$15 students. Info: 923-0993; giftoflife.org/

bocawalk; email mfreund@giftoflife.org.

Music at St. Patrick — 3 p.m. Jan. 18, St. Patrick Church, 13591 Prosperity Farms Road, Palm Beach Gardens. Features David Block, concert pianist, performing a program of Chopin, Ravel and the Argentinean masters. Free will offering. Info: 626-8626; alan@stpatrickchurch.org

MONDAY 01.19

School's Out Day — 7:30 a.m.-6 p.m. Jan. 19, Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. For grades K-8. Games, crafts, outdoor games. Bring lunch. \$40 residents; \$50 nonresidents. Info: 630-1100; pbgfl.com

TUESDAY 01.20

The Kretzer Kids in Concert — 7 p.m. Jan. 20, The Harriet Himmel Theater, CityPlace, 700 S. Rosemary Ave., West Palm Beach. Extraordinary young musicians perform. Tickets: \$10 adults; \$5 students. Info: 748-0036.

WEDNESDAY 01.21

ArtPalmBeach — Jan. 21-24, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. An art fair, celebrating its 18th year, dedicated to contemporary, emerging, and modern master works of art of the 20th and 21st centuries. More than 85 international galleries will be exhibiting. For ArtSynergy, local cultural institutions will offer exhibitions and events in the surrounding area. Kicks off with the First View & Collectors' Invitational on Jan. 21. Fair hours: noon-7 pm Jan. 23-24 and noon-6 p.m. Jan. 24. Tickets: \$15 in advance, \$20 at the door. Multiple days pass: \$20 in advance, \$25 at the door. Info: artpalmbeach.com

LOOKING AHEAD

An Afternoon Tea with America's Favorite Animal Stars — Jan. 22, the Chesterfield Hotel's Leopard Lounge, 363 Cocoanut Row, Palm Beach. Crystal the capuchin, star of 22 feature films including the "Night at the Museum" series, "We Bought a Zoo," and "The Hangover Part 2" and Hudson, the beloved Golden Retriever star of the 2011 Paul Rudd comedy "Our Idiot Brother" and frequent guest on "Saturday Night Live." Guests receive an autographed copy of "Animal Stars," written by president and CEO Dr. Robin Ganzert and Allen and Linda Anderson, the husband-and-wife founders of the Angel Animals Network, and the opportunity to pose for a picture (and a kiss) with Crystal and Hudson This special afternoon tea is presented by Lois Pope benefiting American Humane Association Tickets: \$150. Info: 800-227-4645; or email Jill Nizan at jilln@americanhumane.org. Info: animalstarsbook.com.

AT THE COLONY

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

Ongoing:

Motown Friday Nights with Memory Lane — 9:30 p.m. to close Fridays in Polo.

Cabaret in the Royal Room:

Clint Holmes — Through Jan. 17. The popular singer returns to the Royal Room stage.

John Pizzarelli Quartet — Jan. 20. The jazz guitarist, vocalist and bandleader performs classic standards, late-night ballads, with cool jazz flavor.

AT THE DUNCAN

Palm Beach State College, 4200 Congress

Ave., Lake Worth. Info: 868-3309; palm-beachstate.edu/theatre/duncan-theatre.

Weekend Family Fun Series — Season tickets: \$39.

- **The Ugly Duckling** — Jan. 17
- **Curious George** — May 2.

Music:

Tito Puente Jr: A Walk in My Father's Shoes — Jan. 16. \$29.

AT THE FLAGLER

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: Tea at Café des Beaux-Arts. Continues until April 4. \$22 members and \$40 nonmembers. Reservations required.

Flagler Museum Music Series: \$70 per concert.

- **Aspen String Trio** — Jan. 20

Exhibitions:

Bouguereau's 'Fancies': Allegorical and Mythological Works by the French Master — Jan. 27-April 19.

AT FOUR ARTS

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

Art Exhibits and Lectures:

American Treasures from the Farnsworth Art Museum — Jan. 24-March 29 in the O'Keeffe Gallery. \$5. Free for members and age 14 and younger.

Evening Concerts — Tickets: \$40 and up.

Julian Sands, "A Celebration of Harold Pinter" — Jan. 21

Sunday Concert Series — Tickets are \$20.

Rastrelli Cello Quartet — Jan. 18.

Chamber Music Society of Lincoln Center — Jan. 25.

Friday Film Series — Tickets: \$5 at the door. Free for members.

"The Lunchbox" — Jan. 16.

The Met Opera: Live in HD — Tickets: \$27, or \$15 for students

Franz Lehár's "The Merry Widow" — Jan. 17

The Esther B. O'Keeffe Speaker Series — In the Gubelmann Auditorium. Tickets: \$35 at the door, one hour before lecture begins.

Chef Jacques Pépin, My Life in Food — Jan. 20

Florida Voices — Discussions with Florida authors in the King Library. Free.

T.D. Allman: Finding Florida: The True History of the Sunshine State — Jan. 15.

Love in a Cold Climate by Nancy Mitford — Jan. 20-21

Campus on the Lake Workshops and Classes:

Master European Artist Workshops with Hugh O'Neill, The Magic of En Plein Air Session I — Jan. 19 and 26 in

the Philip Hulitar Sculpture Garden. \$350 per workshop, \$640 for two, \$975 for three; materials list provided upon registration.

British Theatre Immersion, Shakespeare's Women and their Men, with Barrie Ingham — Jan. 19, 26; Feb. 2, 9, 23. Dixon Education Building. \$165 per seven-class session or \$450 for all three.

Stitch Your Own Stubbs with Reed Stewart — Jan. 19, 26; Feb. 2, 9, 23; March 2, 9, 16, 23, 30. Dixon Education Building. \$200; plus materials.

Master European Artist Workshops with Hugh O'Neill, Drawing & Painting the Nude — Jan. 19, 26. Dixon Education Building. \$350 per workshop, \$640 for two, \$975 for three, materials list provided upon registration.

The Key is Key with Michael Finn and Chris Kellogg — Tuesdays Jan. 20, 27; Feb. 3, 10, 17, 24; March 3, 10. Dixon Education Building. \$150 for the 10-class series or \$20 per lecture.

Classical Shakespeare, with PBAU professors Susan Jones, Ph.D. and Beate Rodewald, Ph.D. — Thursdays: Jan. 15, 22, 29; Feb. 5, 12, 19, 26. Dixon Education Building. \$150 for eight classes.

Intermediate/Advanced Bridge with Sterling Odom, Session I — Thursdays: Jan. 15, 22, 29; Feb. 5. Dixon Education Building. \$180 per five-class session or \$360 for both sessions; includes all materials.

iLearn: From Novice to Know-How - Make Your Computer Your Friend with Bruce Taylor, Session II — Fridays: Jan. 16, 23, 30; Feb. 6, 13, 20, 27. Dixon Education Building. \$150 per session.

French Language Class for Beginners, Session II — Fridays Jan. 16, 23, 30; Feb. 6, 13, 20, 27. Dixon Education Building. \$325; includes book. Text book to be picked up upon registration.

AT THE KRAVIS

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

Palm Beach Opera:

"La Bohème" by Giacomo Puccini — Jan. 16-18

PEAK — Provocative Entertainment at Kravis:

Well-Strung — Jan. 15

Regional Arts Concert Series — Music At Eight and Music At Two:

Budapest Festival Orchestra — Jan. 19 and 20

Music:

Jimmy Webb — Jan. 14

ABBA The Concert — Jan. 21

Theater:

Broadway's Next HIT Musical — Jan. 22-23

Family Fare:

The Okee Dokee Brothers: Adventure Songs — Jan. 17

Lunch & Learn — A continuing education series of discussions co-chaired by Steven Caras and Lee Wolf. \$75 includes catered lunch.

Adults at Leisure:

The StepCrew — Jan. 20

The Writers' Academy:

The Circle Series — Jan. 19-March 30

CALENDAR

AT THE MOUNTS

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

State of the Garden Address — 6:30 p.m. Jan. 21. Allen Sistrunk, Mounts garden director, presents the garden's master plan.

The Art of Macro Photography — Butterflies: 9 a.m.-noon Jan. 24-25. Alan Lee, who led the Butterfly Rainforest exhibit project for the Florida Museum of Natural History, will teach. For amateurs and professional photographers. SLR camera preferred. \$5.

AT THE ZOO

The Palm Beach Zoo & Conservation Society — 1301 Summit Blvd., West Palm Beach. Hours: 9 a.m. to 5 p.m. every day, except Thanksgiving and Christmas. Tickets: \$18.95 adults; \$16.95 seniors, \$12.95 age 3-12, free for younger than 3. Info: 533-0887; palmbeachzoo.org.

Ongoing:

Wings Over Water Bird Show: 11 a.m. weekdays; 11 a.m. and 2 p.m. weekends.

The Wild Things Show: noon daily.

Dated events:

Story Time at the Zoo: "Mañana, Iguaña" by Ann Whitford Paul — 10:30 a.m. Jan. 17 in the Conservation Station by the Safari Train and the Wildlife Carousel.

AT THE PLAYHOUSE

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

On Stage:

"South Pacific" — Jan. 15-Feb. 1. Tickets: \$23-\$35.

At the Stonzek Theatre — Screening indie and foreign films daily. \$9 general, \$7 Monday matinee.

AT THE LIGHTHOUSE

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way, Jupiter. Admission: \$9 adults, \$5 children ages 6-18; free for younger than 6. Participates in the Blue Star Museum program that offers free admission for all active duty, National Guard and Reserve military personnel and their families from Memorial Day through Labor Day. Children must be at least 4 feet tall to climb. Tours are weather permitting, call for tour times. RSVP required for all events at 747-8380, Ext. 101; jupiterlighthouse.org.

Lighthouse Sunset Tour — Jan. 21, 28, Feb. 4, 11, 18, 25, March 4, 11, 18. Time varies by sunset. Spectacular sunset views and an inside look at the nuts and bolts of a working lighthouse watchroom. Tour lasts approximately 75 minutes. \$15 members, \$20 nonmembers. RSVP required at 747-8380, Ext. 101.

Twilight Yoga at the Light — 6:15 p.m. Jan. 19, 26, Feb. 2, 9, 16, 23, March 2, 9, 16, 23 and 30. Mary Veal, Kula Yoga Shala, leads. Donations accepted. Bring a yoga mat and flashlight. Class may be canceled due to bad weather. Check the web site for updates.

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.

Daily nature walks — 10 a.m. daily. A staff naturalist leads a one-mile nature walk. Free with park admission.

Fish Tank Interpretation — 11 a.m. Sundays. A lesson in fish. Free with park admission.

Snake Talk — 2 p.m. Sundays.

Guided Kayak Tours — Offered daily, times vary with the tide. A ranger-led exploration of the estuary, Lake Worth Lagoon, and Munyon Island. Single kayak rentals: \$25; double \$40. Call 624-6950 for times.

Intro to Geocaching — 11 a.m. Jan. 17. A bit like a high-tech treasure hunt, geocaching is a great way to get outside and explore the park using GPS enabled devices to find treasures others have hidden.

Birding at MacArthur Park — 11:30 a.m. Jan. 18. Join a Ranger-led educational walk identifying many species of birds. Reservations recommended. Free with paid park admission.

AT THE MALTZ

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

"The Wiz" — Through Feb. 1. This spirited rock, gospel and soul phenomenon follows Dorothy and her lovable friends on a musical adventure based on the classic "The Wonderful Wizard of Oz." Tickets: \$54 and up.

AT THE JCC

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

Jan. 15: International travel: Cuba: experience the Jewish culture; opening night of the 25th Annual Donald M. Ephraim Palm Beach Jewish Film Festival; Hebrew - conversational; Hebrew - beginners; duplicate bridge; at last: women artists across the centuries.

Jan. 16: International travel: Cuba: experience the Jewish culture; watercolor and pastel painting, duplicate bridge games

Jan. 17: Duplicate bridge games; international travel: Cuba: experience the Jewish culture; kids night out.

Jan. 18: International travel: Cuba: experience the Jewish culture.

Jan. 19: Canasta 101 with Tom Lindsay, Koskoff art workshop: master artist Louise Nevelson Assemblage; duplicate bridge games, mah jongg and canasta play sessions, timely topics discussion group, Brahms: his life and music, genealogy workshop — intermediate; 21st century digital photography; the latest in digital photography.

Jan. 20: Genre differentiation, music appreciation, pouring paint; duplicate bridge games; mah-jongg, bits and pieces of your life: your memoir.

Jan. 21: There were Jewish gangsters?; painting with acrylics or oil paints; creativity without limits; duplicate bridge games; mah jongg and canasta play sessions, pinocle or gin and mangle!; the life and comedy of Danny Kaye.

Jan. 22: Hebrew — conversational, Hebrew — beginners, duplicate bridge, at last: women artists across the centuries

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

A Family Affair: The Paintings Of Alan And Michael Friedlander — Through

#SFL TOP PICKS

01.16

■ **South Florida Fair** — Midway, entertainment and more Jan. 16-Feb. 1, Fairgrounds, West Palm Beach. Info: southfloridafair.com.

#SFL TOP PICKS

01.16-17

■ **"A Midsummer Night's Dream"** — Free show by Palm Beach Shakespeare Festival, 7 p.m. Jan. 16-17 Veterans Plaza, 10500 N. Military Trail, Palm Beach Gardens. Free; 630-1116 or pbjfl.com.

#HEAR IT

#SEE IT

■ **Clint Holmes** — He continues his cabaret run Jan. 13-17 at The Colony's Royal Room, Palm Beach; 655-5430.

■ **"ArtPalmBeach"** — Jan. 21-24, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Info: artpalmbeach.com

Jan. 30. Free.

AT THE MOS'ART

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

Film — Jan. 15: "My Old Lady" and "Half of a Yellow Sun." Jan. 16-22: "National Gallery" and "Girl Walks Home Alone at Night."

AT IMPROV

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

Lisa Lampanelli — Jan. 15-18. \$35.

Jeff Ross — Jan. 23-25. \$22.

AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 4801 Dreher Trail N., West Palm Beach. New pricing is in effect: Science Center AND Afterlife pricing (guests get access to both) is: \$19.95 adults, \$17.95 seniors, \$15.95 age 3-12, free for younger than 3. Members \$8. If guests want to just go to the museum, it is: \$12.50 adults, \$11.50 seniors, \$9.50 for age 3-12, free for younger than 3. Members are free. Info: 832-1988; sfsciencecenter.org

Afterlife: Tombs & Treasures of Ancient Egypt — Through April 18.

CALENDAR

Investigate how this ancient culture prepared for death and the afterlife. Visitors can step into the burial chamber of the great Pharaoh Thutmose III which is part of the largest current touring exhibition of authentic Egyptian material. Features 200 exquisite and original artifacts. Special pricing planned: Mummy Mondays — \$5 members, \$15 nonmember adult, \$11 ages 3-12 and \$13 for seniors 60 and older. Pharaoh Thursdays — \$5 members, \$15 nonmember adult, \$11 ages 3-12 and \$13 for seniors 60 and older from 4 to 8 p.m. Mummy and Me — The third Tuesday of the month is open to caregivers with children 18 months to 4 years old for story time, a special science-themed activity and socialization opportunities. \$5 members, \$10 adults, free for age 4 and younger.

FREE LIVE MUSIC

Live Entertainment on the Plaza — 7 to 11 p.m. Friday and Saturday nights on the plaza stage at CityPlace, 700 S. Rosemary Ave., West Palm Beach. Info: cityplace.com

Music On the Plaza — 6-8 p.m. Jan. 15 and every Thursday through April, Mainstreet at Midtown. 4801 PGA Blvd Palm Beach Gardens. Jan. 15 features: The Matt Farr Band (mattfarr.com.) Family friendly with goody bags for children younger than 5 and free face painting until 7:30 p.m. Bring lawn chairs. Info: 630-6110; midtownpga.com

O-Bo Restaurant Wine Bar — 7 p.m. Thursdays through Saturdays, 422 Northwood Road, West Palm Beach. Live jazz and blues by Michael Boone. Info: 366-1185.

Live Music — E.R. Bradley's, 104 Clematis St., West Palm Beach. Friday, Saturday and Sunday. Info: 833-3520; erbradleys.com

Downtown Live — 7-10 p.m. Fridays and Saturdays, Downtown at the Gardens, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Info/performers: downtownatthegardens.com

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/.

Jazz and BBQ at the Blue — 7:30-10 p.m. Tuesdays, The Blue Front, 1132 N. Dixie Highway, Lake Worth. Info: 833-6651

264 Grill — 8:30 p.m. Friday and Saturday (dance to the Switzer Trio); 7:30 p.m. Sundays (jazz jam); 7:30 Tuesday (karaoke); Wednesdays (dance to Susan Merritt Trio), 8:30 p.m. some Thursdays (Kaz Silver Trio), at 264 S. County Rd. in Palm Beach. Info: 833-6444.

The Lounge at Cafe Boulud — 9 p.m. Fridays in the Brazilian Court Hotel in Palm Beach, 301 Australian Ave., Palm Beach. Vocalist Raquel Williams performs an eclectic mix of American, Latin and Caribbean songs. Info: 655-6060; cafeboulud.com/palmbeach

ONGOING

A Unique Art Gallery — 226 Center St. A-8, Jupiter. Info: 529-2748; artistsassociationofjupiter.com

Adult Writing Critique Group — 10:30 a.m. Saturdays, at the Lake Park Public Library, 529 Park Ave., Lake Park. For age 16 and older. Info: 881-3330; lakepark-fl.gov

American Legion Post 371 — 7 p.m. on the third Wednesday of every month at VFW Post 9610 in Lake Park. For information on eligibility, meetings, and activities, call 312-2981.

The Ann Norton Sculpture Gardens — 2051 S. Flagler Drive, West Palm Beach. Through March 1: "Natural Balance: The

Sculpture of Jerzy Kedziora." Through Feb. 8: "Patricia Nix: An Icon of American Art." Info: 832-5328; ansg.org.

APBC Art on Park Gallery — 800 Park Ave., Lake Park. Info: 345-2842; artistsofpalmbeachcounty.com.

The Armory Art Center — 1700 Parker Ave., West Palm Beach. Info: 832-1776; armoryart.org. Through Jan. 10: "125 Years: Women of Vision, National Association of Women Artists Inc." Through Jan. 10: "Michael Burges & Katharina Mayer Lausberg Contemporary."

The Arthur R. Marshall Loxahatchee National Wildlife Refuge — 10216 Lee Road, Boynton Beach. Info: 734-8303; loxahatcheefriends.com

Friends Bus Tour of Hobe Sound NWR and Jupiter Lighthouse — 8:30 a.m.-5 p.m. Jan. 15. An all-day bus tour featuring a guided nature walk and talk with demonstrations, live animals, a museum and Seminole chickee hut. Purchase lunch at a local restaurant. Tour of the 1860 lighthouse and peruse local historical exhibits, and take a walking tour of a scrub pine habitat. \$50. Reservations at loxahatcheefriends.com

Artisans On The Ave — 630 Lake Ave., Lake Worth. Info: 582-3300 or 762-8162.

The Atala Chapter of North American Butterfly Association meets from 7 to 9 p.m. Jan. 15 at Pine Jog Environmental Education Center, 6301 Summit Blvd, West Palm Beach. Program: Moth Madness by Jean Evoy. Free. Guests welcome. Info: nabapalmbeach.org

The Audubon Society of the Everglades meets monthly and hosts bird walks. Info: 742-7791; Valleri at 385-9787 (evenings). auduboneverglades.org

Events: contact Linda Humphries 742-7791 or Valleri Brauer 385-9787 after 5:30 p.m. Monday-Friday:

Grassy Waters "Behind the Scenes" — 8 a.m. Jan. 17, West Palm Beach, 8264 Northlake Blvd., West Palm Beach. Leader Walt Hackenjos. Free.

STA 1E "Photographers' Special" Walk — 7 a.m. Jan. 18. Leader: Don Mulhaney. Free, but register with Linda at 742-7791 or asetripinfo@gmail.com

The Brewhouse Gallery — 720 Park Ave., Lake Park. Exhibits works by local artists. Trivia Night from 7-9 p.m. Wednesday. Live music, local food trucks on site from 8-11 p.m. Friday and Saturday. Comedy from 8-10 p.m. Sunday. Hours: 9 a.m.-11 p.m. daily. Info: 469-8930.

Bridge: Adult/Senior Club Social Lessons — 1:30-3 p.m. through Feb. 27, Lakeside Center, 10410 N. Military Trail, Palm Beach Gardens. Hosted by the City of Palm Beach Gardens. \$25 residents, \$50 nonresidents. Info: 630-1108 or email gkwright@pbgfl.com

Busch Wildlife Sanctuary & Refuge — 2500 Jupiter Park Drive, Jupiter. A nature center and wildlife hospital. Nature trails through pine flatwoods, oak hammocks, and cypress wetlands, a wide variety of native animals from American eagles to panthers. Donations welcomed. Info: 575-3399; buschwildlife.org.

Clay Glass Metal Stone Cooperative Gallery — 15 S. J St., Lake Worth. Hours: 10 a.m.-5 p.m. Sunday-Tuesday; and 10 a.m.-10 p.m. Wednesday-Saturday. Gallery openings are the first and third Friday of each month from 6-9 p.m. Info: 588-8344; email: Joyce@flamingoclaystudio.org

• **Sara McLennand's "The Nature of Sensuality"** — Jan. 16-17. McLennand turns dried and discarded seeds, fronds, leaves and twigs, into works of

art, enhanced with encaustic waxing.

Creative Writing For the Author in All of Us — 6:30 p.m. Thursdays at the Lake Park Commission Chambers, Lake Park Town Hall, 535 Park Ave., Lake Park. Writers present their work, which is read and critiqued by the class. Taught by author/journalist Donna Carbone. \$25/week. Info: at 743-9955.

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

• **Paws & Claws: Animals in Art** — Through Feb. 21. From sculpted and cast birds, a parade of papier maché puppies, to paintings of the Wild West, all pieces feature animals created by Miroslav Antich, Anthony Burks Sr., Virginia Fifield, Skip Hartzell, Bruce Helander, Binny Jolley, Sibel Kocabasi, Birds are Nice, Yvonne Parker, Agata Ren and Karla Walter.

• **Solo Exhibition:**

• **Barbara Wasserman** — Through Feb. 7.

• **Muriel Kaplan** — Through Feb. 7. Alexander W. Dreyfoos Jr. School Of The Arts — 501 S. Sapodilla Ave., West Palm Beach. Info: 802-6052; awdsoa.org. Jan. 17: "The Ugly Duckling."

Ghosts of Palm Beach — 8 p.m. Saturdays. These 1 hour, 45-minute tours led by Karen Chandler walk about a mile at a leisurely pace. Tours start at Living Wall Park. Tickets are \$26.50 available online at ghostsofpalmbeach.com. Info: 646-493-7092; info@ghostsofpalmbeach.com

The Historical Society of Palm Beach County — Johnson History Museum, 300 S. Dixie Highway, West Palm Beach. Info: 832-4164; historicalsocietypbc.org

• **Courage Under Fire: 120 Years of Fire Rescue** — Through June 27.

Il Circolo's Historic Music Event — 2 p.m. Jan. 25, Helen Persson Auditorium, Vera Lea Rinker Hall, PBAU, West Palm Beach. Soprano Virginia Zeani joins with her former student, Metropolitan Opera soprano Marilyn Mims, and Ms. Mims' daughter, soprano Virginia Mims, age 18. Donations benefit Il Circolo's scholarship fund. Info: 736-6780.

Jazz After Dark — 7 p.m. the third Friday of the month, Dan Calloway Amphitheater, 1420 West 10th St., Riviera Beach. Featuring food, drinks and live music Pocket Change. Tickets: \$10 in advance and \$15 at the gate, plus \$5 for parking. Child care is available for children ages 5-15. Info: 845-4070.

The Lake Park Public Library — 529 Park Ave., Lake Park. Super Hero Hour meets at 3:30 p.m. Thursdays for ages 12 and younger; anime group meets from 6-7 p.m. Tuesdays for age 12 and older. Free. Info: 881-3330.

Le Cercle Francais de Jupiter — 6:30 p.m. the third Thursday (usually) in a donated conference room. Members take turns hosting this club for Francophiles and Francophones. French delicacies are served and cultural, historical or traditional events are discussed. Info: Yvonne at 744-0016.

The Lighthouse ArtCenter — Gallery Square North, 373 Tequesta Drive, Tequesta. Info: 746-3101; LighthouseArts.org. Through March 7: "Contempo." Through March 28: "En Plein Air." Ongoing: meets 5:30-7:30 p.m. the third Thursday of the month. Wine and passed hors d'oeuvres reception and exhibits, concerts, lectures, art demonstrations, live performances and gallery talks. \$10; free for younger than 12. Free admission on Saturday.

Loggerhead Marineline Center — 14200 U.S. 1, Juno Beach. Info: 627-8280; marinelife.org.

• **Evening tours:** 6 to 7 p.m. Tuesday. \$20 for adults; \$12 for children. Reservations required at 627-8280 ext. 105 or kmooney@marinelife.org.

• **Children's Research Station:** Kids learn science skills by doing lab experiments at 3:30 p.m. Wednesdays and Fridays; 11 a.m., 1 p.m. and 2 p.m. Saturdays. Free.

• **Mommy and Me Paint!** — 11 a.m. Thursdays through May. Kids learn about sea turtles through hands-on activities and discussion, then paint their own sea turtle ceramic to take home! \$8 per ceramic.

• **Hatchling Tales** — 11 a.m. Wednesdays through May. Kids make ocean-inspired crafts, hear stories and music. Free. For ages 0-4.

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.

The Multilingual Society — 210 S. Olive Ave, West Palm Beach. Films, special events, language classes in French, Spanish and Italian. Info: 228-1688; multilingualsociety.org

The North Palm Beach Library — 303 Anchorage Drive, North Palm Beach. Info: 841-3383, npblibrary.org. Genealogy Club meets — 7 p.m. Jan. 20. "Half-Hour Health and Wellness" lecture — 10 a.m. Jan. 22. Friends of the Library Book Sale — Jan. 28-Feb. 1. ONGOING: Lectures from The Great Courses — 1 p.m. Tuesdays. Lunch Box Travel Videos — Noon Wednesdays. (Norway: Jan. 21.) Knit & Crochet — 1-4 p.m. Mondays. Quilters — 10 a.m.-2 p.m. Fridays. Chess — 9 a.m.-4 p.m. on the first and third Saturdays.

The Norton Museum of Art — 1451 S. Olive Ave., West Palm Beach. Through Feb. 15: Coming Into Fashion: A Century of Photography at Conde Nash. Through Feb. 15: Picasso's Muses. Through Feb. 15: Master Prints: Dürer to Matisse — A display of works on paper that showcases more than 40 masterpieces spanning 500 years of printmaking. Klara Kristalova Solo Exhibition — Through March 29. Porcelain sculpture and drawings by the Sweden based artist. Pastures Green: The British Passiown for Landscape — Through April 5. Features 65 landscapes by renowned artists such as Claude Lorraine, Salvador Rosa, Thomas Gainsborough, Joseph Wright of Derby, JMW Turner, John Constable, Claude Monet, Alfred Sisley, Augustus John, Graham Sutherland, John Piper, and Richard Long. Lobby Installation by Terry Haggerty — Through Sept. 3. Admission: \$12 adults, \$5 students with ID, and free for members and children age 12 and younger. Info: 832-5196 or norton.org.

Palm Beach International Raceway, 17047 Beeline Highway, Jupiter. Info: 622-1400; RacePBIR.com

Palm Beach Hibiscus B&B, 213 S. Rosemary Ave., West Palm Beach. 833-8171; palmbeachhibiscus.com.

The Palm Beach Photographic Centre — City Center, 415 Clematis St., West Palm Beach. Hours: 10 a.m.-6 p.m. Monday-Thursday, and 10 a.m.-5 p.m. Friday and Saturday. Free. Info: 253-2600 or visit workshop.org or fotofusion.org.

South Florida Scale Model Consortium — 12:30-3:30 p.m. on the third Sunday of the month at Wellington Branch Library, 1951 Royal Fern Blvd. (at Forest Hill Boulevard). Guests who love to build models (cars, tanks, ships, etc.) are welcomed. Info: sfsmc.org. ■

FOTOFUSION

From page 1

has evolved, and will offer more than 100 workshops, lectures, panel discussions, multimedia presentations, portfolio reviews, hands-on computer classes, demonstrations and photo shoots, many of them taught by industry leaders.

Festivities will include FOTOvision, with presentations by the noted photographers Bill Frakes, Deanne Fitzmaurice, Erika Larsen, George Schaub, Louie Palu, Ross Whitaker and Scott McKiernan, followed by audience Q&A. It will be held at 8 p.m. Jan. 23 on the Great Lawn of the West Palm Beach Waterfront.

"This year we're doing a large-screen projection on the waterfront and that's hopefully going to attract 3,000 to 4,000 people," Ms. NeJame said. Images from the Photographic Centre will be projected on the streets for Clematis by Night.

"Now we're doing not only digital, but we're doing video. It's growing because we keep adding new things."

An awards dinner, which will focus on the 20th anniversary of FOTOfusion, is set for 6:30 p.m. on Jan. 21. During the dinner, works by Joyce Tenneson, Vincent Versace, Robert Farber will be auctioned to raise money for the Photographic Centre. Cost of the dinner: \$200 per person.

But much of FOTOfusion is budget-friendly.

On tap for this installment of FOTOfusion: "Women of Vision: National Geographic Photographers on Assignment," which highlights the work of 11 female photojournalists, Lynsey Addario, Kitra Cahana, Jodi Cobb, Diane Cook, Carolyn Drake, Lynn Johnson, Beverly Joubert, Erika Larsen, Stephanie Sinclair, Maggie Steber and Amy Toensing. Several, including Ms. Cahana, Ms. Larsen, Ms. Steber and Ms. Johnson, are expected to attend the opening reception on Jan. 22 and participate in public discussions.

"It's a really beautiful show. I think it's going to have 120 images and it's huge," Ms. NeJame said of the National Geographic exhibition.

The National Geographic Society



Diane Cook and Len Jenshel — Thousands of grasses and plants were used to create Chicago City Hall's award-winning rooftop.



Stephanie Sinclair — A lieutenant in the elite female counterterrorism unit patrols the women's barracks.

assembled the exhibition as part of the festivities surrounding its 100th anniversary; this is the third stop for the show. The photographers will dis-

cuss their individual styles, passions and approaches to their art in video vignettes that accompany the exhibition.

FILM

From page 1

Translated: There's bound to be a theater near you.

"I think everyone knows that no one in South Florida loves driving," she said. "The other benefit: We spread it across the county. It is a community event."

The festival, which operates under the aegis of the Mandel JCC, will screen at four theaters, from Boca Raton to Palm Beach Gardens, and will host a bona fide movie star, Lainie Kazan, who will be recipient of the first Jewish Film Arts Award.

"I'm really happy to be doing the tribute to Lainie Kazan," Ms. Wedner said. "She's a very warm and giving person. She's not a diva. She's very approachable."

The festival also will include a screening of Ms. Kazan's 2010 film, "Oy Vey My Son Is Gay!"

It is Ms. Wedner's second year running the festival.

Before coming to Palm Beach County, she had headed the Miami Jewish Film Festival and had created two festivals, KidFlix and the Miami Gay and Lesbian Film Festival. She also was artistic director of the Fire Island Pines International Film Festival.

She sees the Palm Beach festival as one with potential for growth.

"I would like the opportunity to grow the festival and to grow the film department," she said. "I know that the people who work on the film festival, and the film department — the committee members — are very passionate about what they do."

Those passionate committee members will start gearing up for the next festival come March, when they begin reviewing submissions and seeking films for inclusion.

And it's tough to choose sometimes.

The committee tries to avoid having a number of great films that cover the same ground, she said. "We also look at subject matter. Does it bring something different? We don't have a lot of films that cover American football in Israel."

That film, "Touchdown Israel," directed by Paul Hirschberger, has its Florida premiere at the festival. It follows the 11-team Israel Football League.

Football in Israel? Who'd have thought? But that illustrates the festival's diversity.

"We're the Baskin & Robbins of the film festival world. There's a different flavor for everybody," Ms. Wedner said.

This year's festival will have a social issues section, billed as Reel Issues, which will showcase three films: "Esther

Broner: A Weave of Women," "Joachim Prinz: I Shall Not Be Silent" and "Of Many," executive produced by Chelsea Clinton and New York University.

Esther Broner created a radical new Haggadah that led to the first feminist women's seder. Joachim Prinz was a young German rabbi who helped build the state of Israel and became a prominent U.S. civil rights leader. "Of Many" focuses on the relationship between Rabbi Yehuda Sarna and Imam Khalid Latif, each of whom works as a chaplain at NYU.

The combination shows how festivals have evolved.

At one time, or so it seemed, Jewish film festivals seemed geared toward films about the Holocaust.

"We certainly have films about the Holocaust. I think we struggled a decade ago not to make this a Holocaust film festival," Ms. Wedner said. "The world changes. This year, we have '24 Days,' about anti-Semitism in France. 'Rock the Casbah' is set in 1989, but even though it's set in 1989, you were, 'Wow, this is happening now.'"

There are still films that grapple with the Holocaust, but they no longer are at the center of the festival.

"I think we reflect the world. I think most filmmakers are thinking about what is around them," Ms. Wedner said.

That leads to meaningful discussion.

"One of the things that I noticed about Palm Beach audiences — certainly, I noticed last year that there was a lot of



Beverly Joubert — A leopard's spotted coat provides camouflage in the dense forest.

That brings Ms. NeJame back to FOTOfusion.

"Our dream from the very beginning for FOTOfusion was that it was the merging of both photography and the new technologies and



TENNESON

the fine art, documentary, portraiture and nature. That is what I think made FOTOfusion so popular from year one and what makes it so popular today," she said. The year "2015 for us is celebrating women in photography.

We have five Pulitzer Prize winners coming to FOTOfusion."

The festival also will honor one of the Photographic Centre's own.

"The FOTOfusion winner is Joyce Tenneson, who has been with us from the beginning," Ms. NeJame said. Ms. Tenneson's work has been featured on the covers of such publications as *Time*, *Life*, *Newsweek*, *Premiere*, *Esquire* and *The New York Times Magazine*.

That is part of Ms. NeJame's philosophy of, well, more:

"I think that's what made it so popular from year one and what makes it so possible this year." ■

in the know

- >>What: Palm Beach Photographic Centre's FOTOfusion 2015
- >>When: Jan. 20-24
- >>Where: City Center, 415 Clematis St., downtown West Palm Beach
- >>Cost: Ticket prices vary
- >>Info: 253-2600 or workshop.org

in the know

- >>What: Donald M. Ephraim Palm Beach Jewish Film Festival
- >>When: Jan. 15-Feb. 8; tribute to Lainie Kazan is 7:30 p.m. Jan. 29 at the Kravis Center.
- >>Where: Films screen at four locations — Cinemark Palace 20 in Boca Raton, Cobb Theatres Downtown 16 in Palm Beach Gardens, Frank Theatres in Delray Beach and CityPlace Muvico in West Palm Beach.
- >>Cost: A \$118 Reel Pass allows holders to all screenings in the theater of their choice, plus the opening and closing night films. Individual show tickets are \$10.50 for morning and afternoon shows and \$13 for evening screenings. The opening night showing of "Above and Beyond" is \$25, and the ticket price for the Lainie Kazan Tribute is \$75 for the "Dessert with Lainie" reception and film or \$25 for the film only. Tickets also will be available for purchase at all venues 30 minutes prior to each film, when not at seating capacity. When at seating capacity, all wait-line tickets are cash only and limited to two per person.
- >>Info: 877-318-0071 or online at pbjff.org



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COURTESY PHOTO
Keri Alkema, who originally is from Lake Park, and Luis Ledesma rehearse for their roles as Mimi and Mearcello in Palm Beach Opera's production of "La Bohème."

Palm Beach Opera spins tragic tale with "La Bohème"

SPECIAL TO FLORIDA WEEKLY

Want to know the secret to a successful operatic production?

Any company director will tell you that sometimes it's as easy as ABC.

As in "Aïda," "Bohème" and "Carmen," easily among the most popular operas in the canon.

Palm Beach Opera is testing that theory for its next production, Puccini's "La Bohème."

The show, set to run Jan. 16-18 at the Kravis Center, was the centerpiece of the movie "Moonstruck."

And it's easy to see why the story is so popular.

Set in 1850s Paris, it follows four friends who live in the Latin Quarter — the poet Rodolfo; Mimi, who embroiders artificial flowers; the artist Marcello and Musetta, his former lover. Rodolfo and the sickly Mimi fall in love

at first sight and, of course, it all takes a tragic turn.

The Palm Beach Opera production stars several singers who performed with the company last season. Keri Alkemi, who will portray Mimi on Jan. 16 and 18, Eleni Calenos, who will sing the part on Jan. 17, Luis Ledesma, who will sing the role of Marcello, and Tobias Greenhalgh, who will sing the role of Schaunard.

In addition, Dimitri Pittas and Anthony Kalil will portray Rodolfo, Ellie Dehn will portray Musetta, Evan Boyer will sing Colline, Thomas Hammons will portray Benoit/Alcindoro and Nicholas Nestorak will portray Parpignol.

Fenlon Lamb directs.

Performances are 7:30 p.m. Jan. 16-17 and 2 p.m. Jan. 18 at the Kravis Center, 701 Okeechobbe Blvd., West Palm Beach. Tickets start at \$25. Info: 832-7469 or Kravis.org. ■



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Lyric Theatre presents "talk back" with film legend Burt Reynolds

SPECIAL TO FLORIDA WEEKLY

Nearly 40 years after cameras rolled along the historic waterfront that is Tybee Island, Georgia, legendary Hollywood star Burt Reynolds brings his 1976 hit film, "Gator," back to the screen at the Lyric Theatre in Stuart. The event, on Jan. 25 at 7 p.m., kicks off the release of the film on a blue ray special edition which will include never-before seen bonus material.

"Gator," in which Reynolds plays an ex-con forced by federal agents to nab a corrupt politician, was the first directorial effort for the man who will forever affectionately be known as The Bandit. After his release from prison, notorious ex-con and moonshine distiller Gator

McKlusky (Burt Reynolds) moves in with his father in a cabin in the Okefenokee Swamp. His bootlegging plans are cut short, however, when a federal agent tells McKlusky that he will lose custody of his 9-year-old daughter unless he helps bring down local crime lord Bama McCall. McKlusky enlists the help of reporter Aggie Maybank (Lauren Hutton) and a few local eccentrics to topple McCall's empire.

Following the screening of the movie, Mr. Reynolds will lead a "talk back" on his 55-year career in the entertainment industry.

Information and tickets are available by calling 772-286-7827 or at lyrictheatre.com ■

PUZZLE ANSWERS



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

Festival January 17-24 Cobb Theatres Downtown, Palm Beach Gardens

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Kat Rumbley and Veronica Clinton



Kelli Johnson and Janelle Jorgenson



Giovanni Di Stadio and Jack Lighton



Scott Lamberson and Karen Lamberson



Bonnie Seigfried and Brenda Nicholas



Melinda Mitchell, Jill Replinski, Kelli Johnson, Janelle Jorgenson and

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Vito Lionetti, Amy Lesh and Lynne Wells

COURTESY PHOTOS

newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover.

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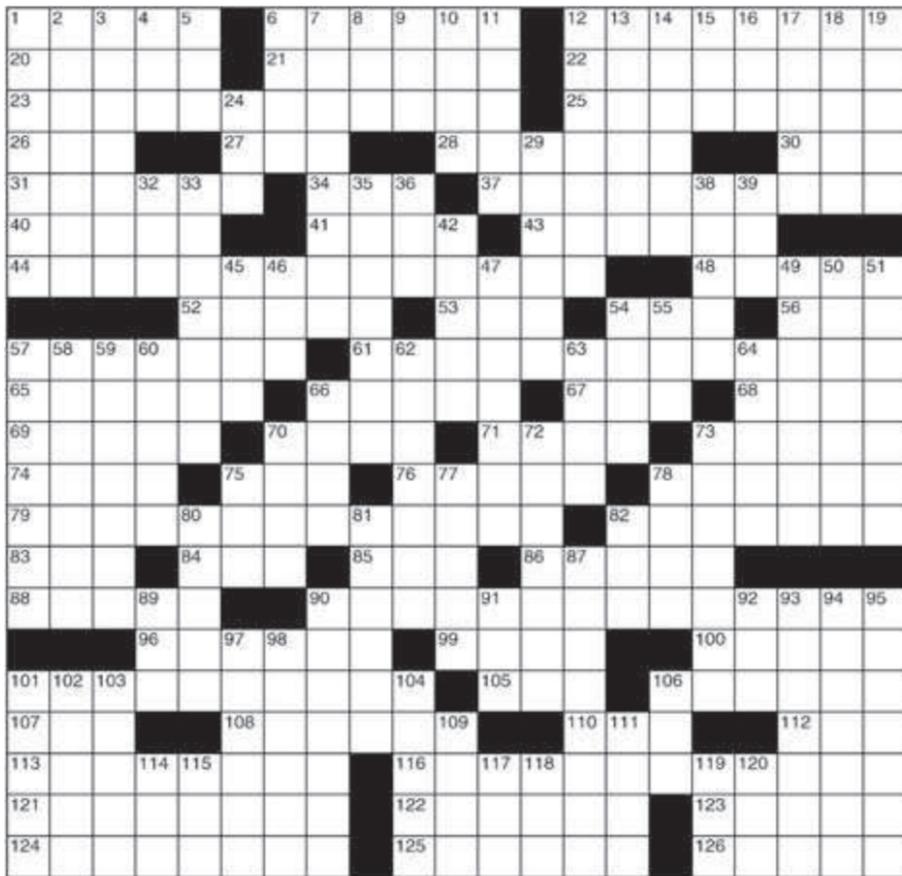
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PUZZLES

SITCOM MOMS



- ACROSS**
- 1 Lundgren of "Rocky IV"
 - 6 Bathers' scrubbers
 - 12 Like alcoves and nooks
 - 20 Mr. T's TV group, with "The"
 - 21 Approach and speak to boldly
 - 22 Loathed one
 - 23 Vinton, Eunice and Ellen's mom
 - 25 Planted again
 - 26 — Lingus (Irish carrier)
 - 27 "It's cold in here!"
 - 28 Hold together firmly
 - 30 Also
 - 31 Outpatient facility
 - 34 "Allow me, — may ..."
 - 37 Bud and Kelly's mom
 - 40 — acid (fat product)
 - 41 Garcia of fashion
 - 43 Applies, as a coat of wax
 - 44 Wednesday and Pugsley's mom
 - 48 Proficient
 - 52 Salad green
 - 53 Suffix with bureaucrat
 - 54 May honorees
 - 56 Curly's buddy
 - 57 Casino client
 - 61 Rudy, Vanessa, Theo, Denise and Sondra's mom
 - 65 Scented
 - 66 Long green
 - 67 Work with
 - 68 Milk, in Paris
 - 69 Comic Leary
 - 70 Coin of Chile
 - 71 Sped
 - 73 TV actress
 - 74 Pizzazz
 - 75 In favor of
 - 76 Pious person
 - 78 — jumping (extreme sport)
 - 79 Portrayer of 23-Across
 - 82 Big vultures
 - 83 Once — blue moon
 - 84 Outlaw Rob
 - 85 Reindeer kin
 - 86 Like single-purpose committees
 - 88 Slow, to Solti
 - 90 Portrayer of 61-Across
 - 96 How blackbirds may be baked?
 - 99 Otoscope views
 - 100 Pollen piece
 - 101 Portrayer of 37-Across
 - 105 Assembled
 - 106 Wildlife
 - 107 From — Z (thoroughly)
 - 108 Brunei ruler
 - 110 Post-op area
 - 112 Muhammad
 - 113 Whale's kin
 - 116 Portrayer of 44-Across
 - 121 Precise
 - 122 Little hills
 - 123 Physicist
 - 124 They include Saturdays
 - 125 Least crazy
 - 126 Alloy of zinc and copper
- DOWN**
- 1 Digital transmission, for short
 - 2 Literature's "Moor of Venice"
 - 3 More wary
 - 4 Bud
 - 5 "Let's see now ..."
 - 6 Oz Lion player Bert
 - 7 Wind instruments with finger holes
 - 8 Bar code scanner: Abbr.
 - 9 Dandy dude
 - 10 "Hang on —"
 - 11 Razor sharpener
 - 12 Krypton, e.g.
 - 13 Force
 - 14 Stengel and Kasern
 - 15 Summer, to Jules
 - 16 The lady
 - 17 Many a taxi
 - 18 Edit
 - 19 Pa
 - 24 Easy as —
 - 29 "A Doll's House" family name
 - 32 Louse-to-be
 - 33 Winter spikes
 - 35 Giant flops
 - 36 Ky. neighbor
 - 38 Talk big
 - 39 German for 30-Across
 - 42 "I thought we had —!"
 - 45 Street — (urban acceptability)
 - 46 Suffix with court or hotel
 - 47 Like part of Russia
 - 49 Official ban
 - 50 Less rude
 - 51 Cuts canines
 - 54 Be reflective
 - 55 Wood splitter
 - 57 Kid's sled
 - 58 "Sweet —" (barbershop song)
 - 59 Monte Carlo resident
 - 60 Very edge
 - 62 How pajamas lit
 - 63 Harm
 - 64 — flowing with milk and honey
 - 66 Feline call
 - 70 Address God
 - 72 Four roods
 - 73 Firearm storage item
 - 75 Mahmoud Abbas' gp.
 - 77 Often-sprained joint
 - 78 Churlish type
 - 80 Literary twist
 - 81 Nuke, maybe
 - 82 "— ching!"
 - 87 Purifies, as whiskey
 - 89 Even score
 - 90 Baby inkers
 - 91 "— shocked!"
 - 92 Health facility
 - 93 Biblical shout of praise
 - 94 Innocent
 - 95 Halts
 - 97 Allocate
 - 98 Took a break
 - 101 "Bam!"
 - 102 Right wrongs
 - 103 Eggy cake
 - 104 Doesn't have
 - 106 Hot dog base
 - 109 Mom's mom
 - 111 Abnormal body sac (Wrigley's gum unit)
 - 114 Plen-T-—
 - 115 Metal deposit
 - 117 Pitchman
 - 118 Pelota cheer
 - 119 Brother of George Bush
 - 120 Bobby of hockey

◀ SEE ANSWERS, B9

HOROSCOPES

■ **CAPRICORN (December 22 to January 19)** Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.

■ **AQUARIUS (January 20 to February 18)** Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.

■ **PISCES (February 19 to March 20)** The Fabulous Fish might have been out of the social swim for too long, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

■ **ARIES (March 21 to April 19)** Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let an unanswered question go by without a full explanation.

■ **TAURUS (April 20 to May 20)** Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.

■ **GEMINI (May 21 to June 20)** Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.

■ **CANCER (June 21 to July 22)** This is a good time to satisfy the Moon Child's

growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.

■ **LEO (July 23 to August 22)** You love being in the spotlight. But be careful it doesn't blind you to the truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.

■ **VIRGO (August 23 to September 22)** Isn't it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

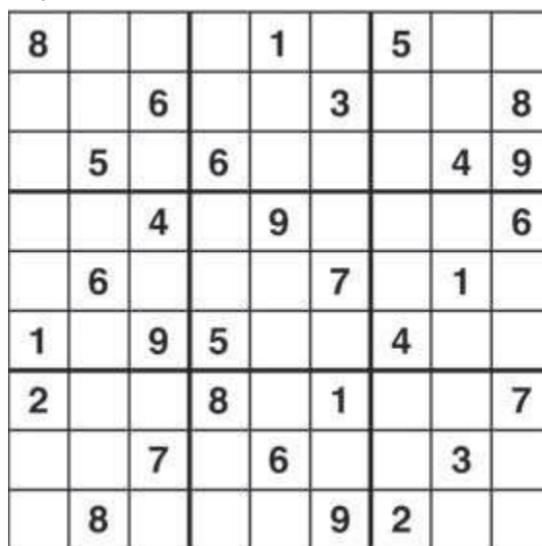
■ **LIBRA (September 23 to October 22)** A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.

■ **SCORPIO (October 23 to November 21)** Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.

■ **SAGITTARIUS (November 22 to December 21)** Someone you met in your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting job offer.

■ **BORN THIS WEEK:** Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you. ■

By Linda Thistle



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, B9

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FLORIDA AUTHENTICA

Billie Swamp Safari

An excerpt from the book, "Florida Authentica," a field guide to 52 Florida adventures ... unique, eccentric and natural marvels of the Sunshine State. By Ron Wiggins.

You've seen the Billie Swamp Safari signs and asked yourself: Is this worth doing?

After going on the Swamp Safari, my friend George was on his cell phone with his wife as we drove home. "It was a lot better than I had expected," he told her. "I thought it would be tourist-y. You know, cheesy. But it was great."

Then he turned to me and said: "I just wish you hadn't told me the story behind that demon swamp pig that charged our swamp buggy."

The charge of the demonic swamp pig happened about a half-hour into our wetlands eco-tour at the Big Cypress Seminole Reservation east of Naples. From our elevated swamp buggy, we saw a flash of movement in palmetto scrub off to our right. Piglets! Eight or 10 wild hog young, about 8 pounds each, broke into the open and crossed our path 50 feet ahead and disappeared into dense brush.

Suddenly, one crazed kamikaze piglet came charging at our swamp buggy, directly at us. It happened to be Halloween and I thought of the demon-possessed Gadarene pigs mentioned in the Bible.

"Look to your immortal soul!" I cried out to George in mock alarm. "It's a demonic Gadarene swamp pig." I was joking, of course. George

didn't get it. I explained about the wild man Jesus freed of demons by transferring them into 2,000 Gadarene pigs feeding nearby. The pigs rushed into the sea and drowned.

I suggested to him that a few of those demon-haunted pigs might have survived to breed and populate South Florida, perhaps explaining legends of the Everglades Skunk Man.

"I find that not only plausible, but disturbing," George said softly.

Old canoe trail

I thought little more about it during the rambling swamp buggy trek through 4-plus miles of swamp and scrub. Within the 2,000 acres dedicated to natural park, we followed a canoe trail that once worked all the way down from Lake Okechobee.

Once upon a time, Native Americans poled their hollowed-out cypress log canoes down this very path.

"Notice how the path bends," said our guide, Ryland Kirkland. "It was planned that way by Seminole warriors. That way if enemies tried to follow them, they could wait in ambush and catch the enemy coming around the bend, inflict casualties and move on to ambush again." ■

— For the rest of this chapter and all 52 adventures, ask your library for "Florida Authentica." Buy or download the book at amazon.com or order at floridaauthentica.com.



Advertorial

Not your typical car dealer

SPECIAL TO FLORIDA WEEKLY



COURTESY PHOTO
Bill McLaughlin started Automax in Lake Park.

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

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

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

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

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

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

"AutoMax doesn't look like your typical car lot," he said of the 1351 S. Killian Drive location in Lake Park. "It looks more like a maintenance place with 30-50 cars set up to ship to different parts of the country. Through word of mouth and friends of

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

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

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

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

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

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

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

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

Mr. McLaughlin's cars come with the CarFax and AutoCheck reports in addition to his own condition report and post-sale inventory. He recommends all car buyers purchase extended service warranties because the cars he specializes in — BMW, Acura, Porsche, Mercedes-Benz, Lexus — can be expensive to service.

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■ **Cresthaven Stamp & Postcard Show** — This show is held monthly, 10 a.m.-2 p.m. Jan. 24 at the Holiday Inn Express, 2485 Metrocentre Parkway, West Palm Beach; 561-472-7020 or 561-969-3432.

■ **Doll Show & Sale** — 10 a.m.-3 p.m. Jan. 31, St. Luke's Catholic Church, 2892 S. Congress Ave., Palm Springs. \$3 adults, free for Scouts in uniform; 965-9460 or 748-7962.

■ **41st Annual American Glass, Pottery, Dinnerware Show and Sale** — The South Florida Depression Glass Club holds its annual show 10 a.m.-5 p.m. Jan. 31 and 10 a.m.-4 p.m. Feb. 1 at Emma Lou Olson Civic Center, 1801 NE Sixth St., Pompano Beach. Tickets: \$6.50; for discount ticket, visit sfdgc.com.

■ **West Palm Beach Antiques Festival** — The biggest show of the year is noon-5 p.m. Feb. 6, 9 a.m.-5 p.m. Feb. 7 and 10 a.m.-4:30 p.m. Feb. 8 at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Tickets: Early buyer admission (gets you in the door from 9 a.m. to noon Feb. 6) is \$25 (good for all three days); \$10 adults, \$9 seniors, free for younger than 16. Two-day admission is \$12 (not good during early buyer). Info at wpbaf.com or 941-697-7475. ■

■ **West Palm Beach Antique & Flea Market** — Visit the greenmarket, then shop for antiques and decorative items from 8:30 a.m. to 2:30 p.m. Saturdays along Narcissus Avenue just north of Banyan Boulevard in downtown West Palm Beach. Admission is free. Info: 561-670-7473 or wpbantiqueandfleamarket.com.

■ **The Lincoln Road Outdoor Antique & Collectible Market of Miami Beach** — It's fun to stroll this market, which has vendors up and down Lincoln Road, right in the heart of South Beach. It is 8 a.m.-6 p.m. every other Sunday. Next market is Jan. 25. Info: www.antiquecollectiblemarket.com.

■ **Kofski Estate Sale** — The next sale, from estates up and down the county, is 9 a.m.-3 p.m. Jan. 17-18 at the company's estate sale center, at 5501 Georgia Ave., West Palm Beach; kofski.com. 561-585-1976.

■ **Palm Beach Coin Club Show** — The show is held 9 a.m.-3 p.m. the fourth Sunday of the month at the American Polish Club, 4725 Lake Worth Road, Greenacres; 561-964-8180 or pbcc@comcast.net.

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



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PALM BEACH SOCIETY

Multilingual Society's end of year party, West Palm Beach



Adrienne Broch and Angella Moore



Claudie Giosbety, Natacha Koblova, Jacques Brion and Rosilis Cuevas



Denise Marie Neiman, Natacha Koblova and Rosilis Cuevas



Mark Hollenbeck, David Van Rensburg, Uta Scarlita and Natacha Koblova



Dan Pichney, Carole Pichney and Cristina Hughes



Isabelle Pailleret and Anya Dranova



Robert Kurtz and Howard Gross



Natacha Koblova, Valeris Drake and Kim Gaultier



Irene Sokoloff and Paul Snitkin

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PALM BEACH SOCIETY

Music on the Plaza at Mainstreet at Midtown



Joshua Diaz, Jimmy Powers, Matt Calderin and Jacob Jeffries



Ruth Whalen, Diane Bartles and Dave Bartles



Belle Forino and Eric Frickel



Marsha Moulder, Criste Carter and Brenda Gruber



Todd Lynch, Kirstyn Lynch and Trevor Lynch



Toni Forbes and Valorie Fischback



Kaela Genovese and Michelle Bevacquk

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David Finckel, cello, Wu Han, piano and Philip Setzer, violin

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SATURDAYS

Lake Worth High School Flea Market — 5 a.m. to 3 p.m. Saturdays and Sundays, under the Interstate 95 overpass on Lake Worth Road. This market has been meeting in the same location for years. Info: 439-1539.

Lake Worth Farmers Market — 9 a.m.-1 p.m. Saturdays through April 25, 1 S. Ocean Blvd., Lake Worth (northwest corner of Lake Avenue and State Road A1A). Info: 547-3100; lakeworthfarmersmarket.com

Wellington Greenmarket — 9 a.m.-1 p.m. Saturdays through April 25, at the Wellington Municipal Complex, 12300 Forest Hill Blvd., Wellington. Seasonal, locally grown produce, plus prepared foods, baked goods, pet treats and other specialty products. Info: 283-5856; wellingtongreenmarket.com or email wellingtongreenmarket@gmail.com.

The West Palm Beach Greenmarket — 9 a.m. to 1 p.m. Saturdays, Waterfront Commons, downtown West Palm Beach. A new shaded Waterfront Oasis space at North Clematis Street and Flagler Drive will feature a live island band, a bar serving unlimited mimosas for just \$10, furniture, and misters to stay cool. More than 70 vendors selling the freshest produce, baked goods, plants, home goods and free kids activities from Ultima Fitness. Admission is free. Parking is free in the Banyan and Evernia garages during market hours. Info: wpb.org/greenmarket.

The Palm Beach Zoo's Produce Stand — The first and third Saturdays of the month through April 18, adjacent to the zoo, 1301 Summit Blvd., West Palm Beach. Buy fresh produce and learn how buying local protects wildlife. Vendors wanted. Info: 547-9453, Ext.

216, or email Mscrima@palmbeachzoo.org

Tequesta Green Market — 9 a.m.-2 p.m. the third Saturday of each month (Jan. 17), Constitution Park, 399 Seabrook Road, Tequesta. Longer hours, locally grown vegetables, fruit, meat, farm products, arts and crafts. Info: 768-0476.

Boca Raton Green Market — 8 a.m. to 1 p.m. Saturdays until May, Royal Palm Place, 400 S. Federal Highway at South Mizner Blvd., Boca Raton. This is the 18th season for this popular market that features more than 40 vendors selling a variety of foods and produce. Info: 299-8684.

Delray Green Market — 9 a.m. to 2 p.m. Saturdays, Old School Square Park, 95 NE First Ave., Delray Beach. Fresh produce, plants, baked goods, gourmet food products, pet supplies, and other fare from local vendors all set among the palms, with live entertainment and kids activities. Just half a block from Delray's popular Atlantic Avenue. Info: fb.com/delraygreenmarket; delraygreenmarket.wordpress.com/

SUNDAYS

Lake Worth High School Flea Market — 5 a.m. to 3 p.m. Saturdays and Sundays, under the Interstate 95 overpass on Lake Worth Road. This market has been meeting in the same location for years. Info: 439-1539.

The Gardens GreenMarket — 8 a.m. to 1 p.m. Sundays through May 3, at the City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. More than 120 vendors of just-picked, orchard-grown goods, seasonal vegetables and fruits, herbs, honey, and homemade breads, pies, cheeses and sauces, plus live entertainment.

Acreage Green Market — 9 a.m. to 2 p.m. Sundays, Acreage Community Park, 6701 140th Ave N., Loxahatchee. Produce, vendors, live entertainment. 723-3898; acreagegreenmarket.com

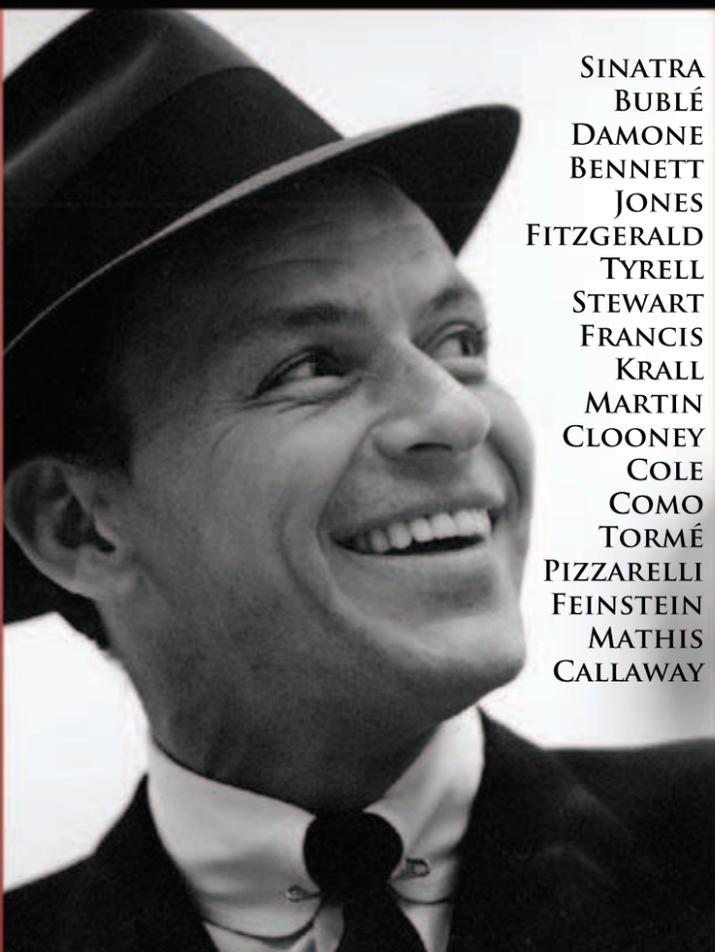
The Village of Royal Palm Beach Green Market and Bazaar — 9 a.m.-1 p.m. Sundays through April 26, Royal Palm Beach Commons Park, 11600 Poinciana Blvd., Royal Palm Beach. Vendors selling fruits and vegetables, fresh flowers and plants. Enjoy artisan foods, baked goods and a unique selection of artists and crafters. Info: rpbgreenmarket.com.

Jupiter Farmers Market — 9 a.m.-2 p.m. Sundays through spring, Harbourside Place, Jupiter. Locally grown fruits and vegetables, from kale to coconut, plus flowers and sunflowers, plus sustainably-raised chicken, turkey, and farm-fresh eggs, and artisan foods including handcrafted cheese, baked goods, jams, coffee, and tea. Info: jupiterfarmersmarket@gmail.com.

Jupiter Green & Artisan Market at Riverview Event Plaza — 10 a.m. to 2 p.m. Sundays, 150 S. U.S. 1, under Indiantown Bridge, Jupiter. This year-round market is set along the Intracoastal Waterway, where breezes rustle the palm fronds and vendors sell produce, specialty food products, apparel, accessories, jewelry, arts and crafts, plus entertainment and special activities. Pet friendly. Vendors welcome. Info: 203-222-3574; harrismarkets.com. jupitergreenmarket.com.

The North Boca Raton Green Market — 9 a.m. to 2 p.m. Sundays in The Wick Theatre parking lot, 7901 N. Federal Highway, Boca Raton. More than 50 vendors. Info: 772-345-3797 or email communitygreenmarkets@gmail.com

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FLORIDA WEEKLY CUISINE

The pleasures and perils of the 'heartbreak grape'

jerryGREENFIELD

vino@floridaweekly.com



Winemakers who decide to try their hands at making pinot noir are crazy in a very special way, because pinot is known far and wide as the "heartbreak grape." Unlike Chardonnay, which will grow just about anywhere you stick it in the ground, pinot thrives only in a narrow range of soil and climate conditions. The grapes themselves are very small, so it takes more of them to make a bottle of wine. If wine grapes can get any disease or malady at all, Pinot grapes will catch it first. And as if these reasons are not discouraging enough, the varietal is known to actually mutate on the vine, so what you plant may not be what you harvest.

But there's an upside. Of all grapes, pinot noir is capable of being turned into wines that are surpassingly elegant, silky and seductive. Which is why a pinot such as France's Domaine de la Romanée Conti sells for upwards of \$3,500 a bottle, if you can find it. (A double magnum of the 1996 vintage can be yours for a mere \$69,995). So pinot is an attractive challenge for the winemaker, who, if successful, can create a truly spectacular wine that can be sold for large dollars.

So if pinot noir grows well in only very limited areas, where are they? The first, of course, is the Burgundy region in France. Over there, they grow only two grapes: chardonnay and pinot noir, and they are mostly spectacular. They are also supremely difficult to understand, because the Burgundy region is divided up into miniscule subregions, each of which has its own name, character and winemaking traditions. On the other hand, reasonably priced wines are available, if you choose from some of the lesser-known areas, such as the Macon region and Vire Clesse.

Here in the U.S., pinot lovers turn to Oregon and California. The most familiar area in Oregon is the Willamette Valley, though don't be afraid to sample from the Umpqua and Rogue Valleys as well.

Just as Robert Mondavi put California wines on the world stage, David Lett did the same for the wines of Oregon. In 1979, at an international wine tasting competition, his Eyrie Vineyard pinot noir came in third among 600 wines, beating out a whole lineup of legendary and obscenely expensive Burgundies. It was like the American Olympic hockey team defeating the Russians in 1980. Or the 1968 New York Mets.

The French went bananas, or bananes,

the way they say it. They exclaimed, "Sacre bleu! C'est impossible!" or words to that effect. They absolutely could not accept that an American wine could compare so favorably to the best of Burgundy. So they demanded a rematch. A second blind tasting competition was held the next year, staged by Robert Drouhin, one of the most legendary figures in Burgundian winemaking. Eyrie Vineyard pinot noir did not come in third. It came in second.

Robert Drouhin immediately went to Oregon and bought as many vineyards as he could get his hands on.

Pinots tend to be extremely variable in quality and style, so select your wines by producer. Sample widely (of course), find a few producers you like, and stick with them. My favorites include:

Domaine Serene — Ken and Grace Evenstad, who spend a lot of time here in Southwest Florida, make incredible Pinots and Chardonnays from several vineyards. Their wines run in the \$55-\$60 range, and are uniformly excellent.

Beaux Freres — This vineyard is owned by wine critic Robert Parker and his brother. Mr. Parker is arguably the most influential wine critic on the planet, so his wines have to support his reputation. The wines are usually in the \$50 range, so it's a bit of a splurge.

Pali Wine Company — These wines are available locally, and they're a bargain. The reasonably priced Pali Pinot Noir Riviera fits the bill nicely, with aromas and flavors of cherry, blackberry and cranberry, and a very smooth mouthfeel. Find it in local stores or visit paliwineco.com.

Mark West — Possibly the best bargain-priced Oregon pinot on the market. Incredibly, it's under \$10 a bottle, and very drinkable. ■

— *Questions? Comments? The Wine Whisperer loves emails. Send yours to vino@floridaweekly.com. For more information about Jerry Greenfield's books and other publications, visit winewhisperer.com.*

Dennis Max opens SoHo in Delray

SPECIAL TO FLORIDA WEEKLY

SoHo? It's not just in London, New York or Philly.

Really.

Restaurateur Dennis Max also has a SoHo of his own, right in Delray Beach.

Max's Social House, which opened Jan. 13, offers a menu of appetizers, salads and main courses that draw on influences from around the world — crispy pork rinds with Korean chili and salt, ribeye burgers and a big-plates menu, billed as "To Each Their Own," with akaushi short rib, Murray's half chicken, Wagyu flat iron steak and day boat swordfish.

The restaurant, nicknamed SoHo, also offers craft cocktails and beer, and an eclectic wine list. Max's Social House chef is Scott Pierce and Delray Beach native John Brewer will serve as general manager.

The restaurant, in the former Falcon House, is at 116 NE Sixth Ave., just north of downtown Delray Beach; sohodelray.com or 501-4332. ■



COURTESY PHOTO

The wall of pickle jars at Max's Social House.

Each Tea-for-Two includes a traditional full tea of gourmet tea sandwiches, scones, desserts and Whitehall Special Blend tea served on Whitehall Collection china. Each couple also receives a small box of premium Whitehall Chocolates, Valentine's Day rose, keepsake photograph and a \$15 gift card to the Museum Store. Café des Beaux-Arts is at the Flagler Museum inside the Flagler Kenan Pavilion.

Tickets are \$80 per couple for museum members and \$120 per couple for nonmembers. Tickets include Museum admission, tax, gratuity and admission to the exhibit "Bouguereau's 'Fancies': Allegorical and Mythological Works by the French Master." Advance purchase is required; 655-2833 or flaglermuseum.us. ■



COURTESY PHOTO

The lounge at PB Catch in Palm Beach.

PB Catch updates menu options

PB Catch has updated its menu options and offers.

From 4:30 p.m. to 6:30 p.m. daily, lounge customers can have 2-for-1 oysters and cocktails.

The new menu includes a \$2 Bloody Mary oyster shooter, \$5 fried calamari, \$5 blue crab hushpuppies and \$5 smoked fish dip with pickled Fresno peppers.

PB Catch is at 251 Sunrise Ave., Palm Beach; 655-5558 or PBCatch.com. ■

Valentine's tea at Flagler café

The Flagler Museum's Café des Beaux-Arts will offer Tea-for-Two packages Feb. 14-15.

New menu at Palm Beach Hibiscus

Palm Beach Hibiscus, the inn and restaurant just north of CityPlace, has a new dinner menu offering steak, seafood and pasta from 5 p.m. to 10 p.m. Fridays and Saturdays.

It also offers live jazz from 5 p.m. to 9 p.m. Wednesdays and from 6 p.m. to 10 p.m. Fridays, a Sunday brunch from 10 a.m. to 2 p.m. and a cookout with live steel drums from 3 p.m. to 9 p.m. Sundays.

Palm Beach Hibiscus is at 213 S. Rosemary Ave., West Palm Beach; 833-8171. ■

RA Sushi closes

RA Sushi has closed at Downtown at the Gardens in Palm Beach Gardens.

No word on what will fill the space, adjacent to the ever-popular Yard House. ■

THE DISH: Highlights from local menus

The Dish: Chopped Chef Salad

The Place: Ta-boó, 221 Worth Ave., Palm Beach; 835-3500 or taboorestaurant.com

The Price: \$17

The Details: JFK reportedly dined at Ta-boó in his day. So did Frank Sinatra and the Duke and Duchess of Windsor.

We never have seen any royalty during our visits to the restaurant, but the staff always ensures guests are treated like royalty

regardless of status.

The experience? Refined, but not fussy.

The same could be said for a meal — simple fare beautifully prepared.

We could have ordered a burger, but after the holidays, a salad was in order.

This hearty chef's salad was filled with fresh, crisp greens and tender bits of turkey all beautifully tossed in a light dressing.

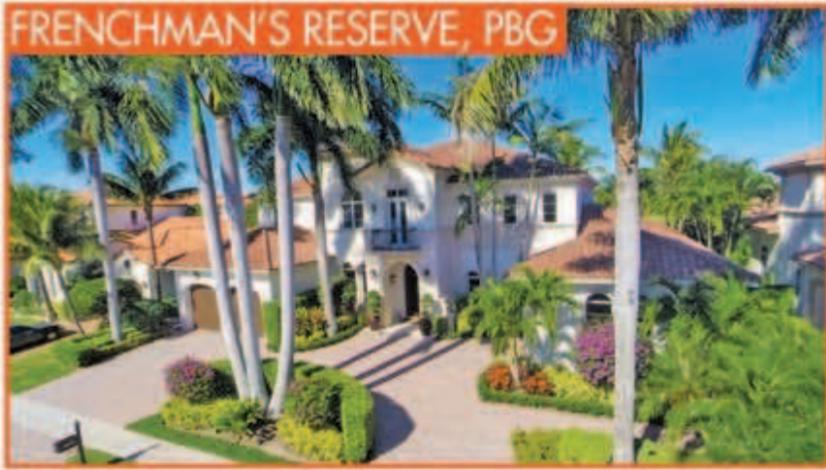
The Worth Avenue Salad (\$28), packed with crabmeat, also was a tasty contender. ■

— **Scott Simmons**

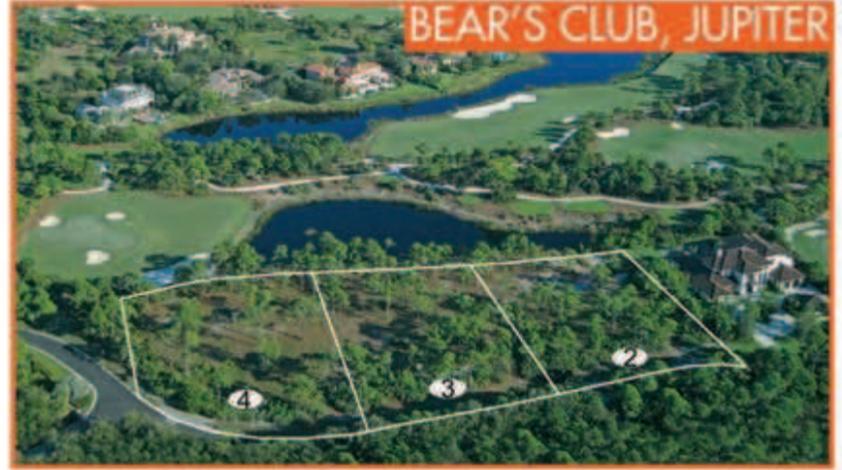


SCOTT SIMMONS/FLORIDA WEEKLY

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Golf Views | 4BR/5.1BA | 5,300 SF | Pool, Spa | \$1,950,000



Ocean & ICW Views | 3BR/3.5BA | 3,500 SF | A/C Garage | \$2,395,000



Direct Ocean | 4BR, 3.2BA | 3,256 SF | Elevator | \$1,374,000



Direct Intracoastal | 3BR/2BA | 1,889 SF | No Fixed bridges | \$975K



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healthy living

January 2015

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

Technology reduces number of radiation treatments | C2

Restore your teeth, invest in yourself | C3

Neurological disorders and sleep abnormalities | C4

Changing prescriptions can be beneficial | C6

RESOLUTION SOLUTIONS

FAMILY-ORIENTED HEALTHFUL GOALS CAN BE BENEFICIAL FOR ALL



TENET HOSPITALS

Each year, Americans make their list of resolutions for the new year, and most of the time, they give up on them within a short time.

Many resolutions tend to be health-related, such as lose weight, make healthier meals, stop smoking and start exercising. According to the American Heart Association, one of three children in the United States is obese, so making your health resolutions family oriented this year can be beneficial.

The Adolescent Weight Loss Program at Palm Beach Children's Hospital at St. Mary's Medical Center is here to help you and your children achieve your resolutions.

Here are several simple steps to making your goals a reality.

Write it down

By putting the resolution or goal on paper, you're making it more concrete. In your mind, the resolution has gone from a thought to something you can actually visualize. You may find it helpful to post your list where you and your family can see it every day.

Keep it short

Don't put too many resolutions on your list. A short and simple list is much more achievable than one that starts to look like the Gettysburg Address.

Break it down

If your overall resolution is something like "lose weight," break that resolution down into smaller goals that you can achieve. For instance, you could break the weight loss goal into sub-goals, such as

eat an extra serving of fruit and vegetables every day for one week, or take a brisk walk around the office at lunch.

Make it personal

Your resolution should be something you want to achieve. While your friends and family may encourage you to exercise more, YOU need to want it as well.

Stay positive

It's hard at first to stay motivated, so practice positive self-talk. Tell yourself what you are doing to help meet your goal. Congratulate yourself for taking a walk instead of sitting on the couch, or making your family a salad with low-fat dressing instead of burgers and fries.

Get some support.

Ask your friends and family to help you

achieve your goal. They can provide motivation when you need it and cheer you on from the sidelines. You may inspire your children to go on the journey with you.

The Adolescent Weight Loss Program at Palm Beach Children's Hospital is supervised by Medical Director, Dr. Robert Cywes, Board Certified in Pediatric and Bariatric Surgery. The highly trained multidisciplinary team prides themselves on providing compassionate care to enhance patients' quality of life through both surgical and nonsurgical weight loss management.

Dr. Cywes and his team are focused on long-term weight management to help even the youngest patients take control of their health. For more information on the program, call 561-841-KIDS or visit bit.ly/1AwRvy6. ■

New radiation treatment reduces treatment, recovery time for breast cancer patients

BY ANTHONY E. ADDESA

MD, Board Certified, Radiation Oncology
Medical Director of Radiation Oncology, Foshay Cancer Center
and

JOHN A.P. RIMMER

MD, Board Certified, General Surgery & Breast Specialist
Medical Director, The Kristin Hoke Breast Health Program



ANTHONY ADDESA

er and then must undergo five radiation treatment sessions each week for a period up to seven weeks. With e-IORT, we are able to deliver a similar dose of radiation in a single treatment session in the operating room, right

after the cancer is removed. This treatment helps reduce side effects, preserves more healthy tissues, and saves patients multiple trips back and forth for their treatments.

“When I was done with surgery, I didn’t have to have any additional radiation,” says Jennifer Munro, a businesswoman and avid golfer who sought out the innovative treatment after she was diagnosed with early stage breast cancer in August. “In fact, I returned to all of my activities literally the next day. I got back into my work. I was ready to play golf the next day.” She smiles as she recalls the doctor rejected her request to hit the links so soon after surgery. But Jennifer says, “I really felt like I could.”



JENNIFER MUNRO

This breakthrough treatment has many advantages:

- Maximum effect. e-IORT delivers a concentrated dose of radiation to a tumor site immediately after a tumor is removed, helping to destroy the

microscopic tumor cells that may be left behind. The tumor site is typically at high risk for recurrence and traditional radiation therapy requires a recovery period after surgery, which leaves microscopic disease in the body for a longer period of time.



JOHN RIMMER

- Spares healthy tissues and organs. During e-IORT, a precise radiation dose is given while shielding healthy tissues or structures, such as the skin, that could be damaged using other techniques. Allowing a higher radiation dose to be delivered to the tumor bed, while sparing normal surrounding tissues. Critical organs within the radiation field, such as the lungs or heart, can also be protected.
- Shortened treatment times. e-IORT may help some patients finish treatment and get back to their lives quicker by reducing the need for additional radiation therapy, which is typically given over a period up to seven weeks. The IORT treatment itself takes about four to five minutes.
- A “boost” for traditional radiation patients. Patients who must receive additional radiation therapy following surgery can receive a boost of radiation during e-IORT.

After they have recovered from the surgical procedure, they can continue with their radiation treatments, typically with fewer complications.

The e-IORT treatment is being offered through a clinical trial and only for women who meet certain criteria. They must:

- Be more than 60 years of age.
- Have tumors less than two centimeters in size.
- Have cancer that is estrogen receptor positive.
- Have lymph nodes that are negative for cancer spread.
- The Comprehensive Breast Care Program at Jupiter Medical Center was the first in Palm Beach and Martin counties to receive the National Accreditation Program for Breast Centers designation. Our program addresses every aspect of breast health, bringing together expertise and advanced technology in a convenient, closely coordinated and compassionate setting. We offer a wide range of services from risk assessment and precise breast diagnostics to state-of-the-art treatment, clinical research trials, rehabilitation and survivorship support services. A patient navigator guides women every step of the way. ■

For more information, visit foshaycancercenter.com/intra-op-radiation or call 561-263-4400.

Imagine a day when breast cancer treatment takes just one day instead of three months. For certain women treated with the latest advances in surgery and radiation at Jupiter Medical Center, that day is here.

Jupiter Medical Center has implemented Electron beam IntraOperative Radiation Therapy (e-IORT) for breast cancer into its world-class Comprehensive Breast Care Program.

The Liac 12 is an electron beam mobile linear accelerator that delivers a single fraction of radiation to a tumor bed during surgery, allowing patients to be treated quickly, without moving them from the operating table.

This advanced technology helps kill microscopic disease, reduces radiation treatment times, and in some cases, can completely eliminate the need for up to seven weeks of post-operative radiation.

With standard treatment, a woman has surgery, takes several weeks to recov-



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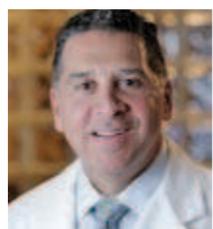
Before

After

Restoring your teeth and your smile is a long-term investment in yourself

Are you unhappy with your smile? Do you have failing and missing teeth, or failing dental work? Are you wearing ill-fitting removable dentures? Repairs to your mouth can be a major investment.

It's tempting to hunt for bargains or low-cost fixes when it comes to restoring your teeth and your smile, but inexpensive dental procedures can lead to failure in just a few short years. Oftentimes, cheaper cosmetic dentistry treatments appear unnatural and do not treat the root of the problem. The work often doesn't fit properly, looks artificial, is made by lower quality labs (as far away as China) and has to be redone and repaid for in the future. You may save money short term, but will ultimately pay as much or even more a few years down the road when your dental work needs to be done over.



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Fortunately, properly trained and skilled expert dentists can perform procedures right the first time, leading to fantastic results that last decades. The investment may be a little more upfront, but saves you time, money, energy and anguish later in life. Cosmetic and restorative dentistry can include dental implants, crowns, bridges, veneers, or a combination of procedures. You want to select an expert who has a wealth of knowledge about

all of these cosmetic and restorative procedures and how they can work together to give you the smile you deserve.

Cosmetic and restorative dentistry performed by an expert, opposed to a discount, low-quality dentist, provides a range of benefits:

- You only pay once. Cheaper dental repairs end up costing you more when they need to be redone a few years down the road.
- They look and feel like natural teeth. Cosmetic dentistry performed by an expert looks authentic and always fits properly, unlike low-quality, cheaper dental work.
- Lasts for decades. With proper maintenance, your smile will look beautiful and natural for many years to come. Inexpensive fixes may lead to costly repairs just a few years later.
- Safe. An expert cosmetic dentist will have many years of experience enabling the correct handling of any complications that may arise.

Cosmetic and restorative dental procedures are complicated and should not be left to the hands of an inexperienced dentist. When restoring your entire smile, you want it done right the first time. Choose an expert who has handled thousands of cases over their career and knows what to do in the event of complicated or intricate cases. Chances are you're already worried about your procedure — trust your smile to an expert! ■

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Many neurological disorders associated with sleep abnormalities

One of the most important areas for me as a practicing neurologist is the overlap between neurology and sleep.

Many neurological disorders including migraine, epilepsy, amyotrophic lateral sclerosis (ALS a.k.a. Lou Gehrig's disease) and Alzheimer's disease, have all been associated with significant sleep abnormalities.



Dr. David Silvers

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When examining patients who complain of various sleep issues, I routinely take a sleep history and utilize the Epworth sleepiness scale.

Insomnia has become so prevalent that I deal with it, as a neurologist, on a daily basis. It

has become so common that we decided to expand our office and offer some sleep therapies that combine medical and nonmedical (without prescription drugs) treatments.

There are so many different reasons for sleep disturbances, however, in this column, I would like to focus on sleep issues as they relate to concussion and Parkinson's disease. The two neurological conditions are often associated with prominent sleep symptoms.

The relationship between concussion and sleep is bidirectional, as the presence of a sleep disorder may predispose towards having a concussion. Sleep-related symptoms are very common after a concussion and include both insomnia and hypersomnia.

About 50 percent of individuals report insomnia after sustaining a concussion. Insomnia encompasses difficulty falling asleep, difficulty staying asleep and waking up too early, resulting in abnormal daytime functioning.

Many patients also report an increased need for sleep. Circadian rhythm dis-



turbances such as delayed sleep phase disorder (sleepiness developing later than desired) and irregular sleep wake disorder have been described after concussion. There is also some evidence that central sleep apnea may occur after head trauma. Some studies suggest that treatment of the sleep disorder may have a favorable effect on the ultimate course of concussion, perhaps secondary to enhanced neuroplasticity. Treatments of these sleep disorders include proper sleep hygiene, cognitive behavioral therapy, light therapy, melatonin, hypnotic and antidepressant medications, wake promoting agents and alternative therapies. In addition, posttraumatic hypersomnia may sometimes satisfy the diagnostic criteria of narcolepsy.

When dealing with Parkinson's disease, the causes of insomnia, which is

most often impaired sleep maintenance, are complex; it may be secondary to the emergence of parkinsonian motor symptoms during sleep, stimulating medications or circadian reversals. The daytime hypersomnia in PD may be secondary to dopaminergic medication, which in extreme form may cause sleep attacks. About 50 percent of patients with PD suffer from excessive daytime sleepiness, which may be due to degeneration of brain arousal systems

Other sleep disorders seen in patients with PD include restless legs syndrome and REM sleep behavior disorder (RBD). Restless legs syndrome is slightly more common in patients with PD when compared to the general population.

RBD, where patients act out their dreams, is clinically evident in about 35 percent of PD patients.

In severe cases, RBD may lead to significant injury of the patient or bed partner.

The diagnosis of isolated RBD also has important prognostic implications, as almost all patients with RBD will eventually develop parkinsonism and/or dementia.

Treatment of RBD is available once diagnosed by a neurologist familiar with the disorder.

The above is just a sample of the complexity of sleep symptoms which coexist with some neurological disorders. Any sleep symptoms you may experience should prompt further diagnostic evaluation. Fortunately, a variety of treatments are available for such sleep disorders.

So go ahead, sleep tight, your neurologist is here for you! ■

Study shows immunizing schoolkids from influenza fights it in others, too

THE UNIVERSITY OF FLORIDA

Mathematical models predicted it, and now a University of Florida study confirms it: Immunizing school-aged children from flu can protect other segments of the population from the bug, as well.

When half of 5- to 17-year-old children in Alachua County were vaccinated through a school-based program, the entire age group's flu rates decreased by 79 percent. Strikingly, the rate of influenza-like illness among 0-4 year olds went down 89 percent, despite the fact that this group was not included in the school-based vaccinations. Among all non-school-aged residents, rates of influenza-like illness decreased by 60 percent.

"The effect of school-based vaccination was profound, both on the students and on the community," says Cuc Tran, a doctoral student in public health at UF and a lead author in the study, which was published in the recent issue of the journal PLOS ONE.

The results can help communities decide how to allocate funding, doses of flu vaccine and awareness campaigns to protect the most people, Ms. Tran said.

Flu kills thousands of Americans each year, but even when it isn't fatal, flu takes a toll: The Centers for Disease Control and Prevention estimate an annual cost of \$10.4 billion in hospitalizations and



outpatient visits related to flu.

With 38 million school days a year lost to flu, the UF study likely will catch the attention of school districts nationwide, says Nichole Bobo, director of nursing education for the National Association of School Nurses. "Stakeholders in school districts see the connection between health and learning," she says.

Add in the indirect protection, she adds, and "you're able to keep staff in school and parents at work."

The study — which drew on expertise from UF's College of Public Health and Health Professions, Emerging Pathogens Institute, Clinical Translational Science Institute, College of Medicine, College of Nursing, College of Liberal Arts and Sciences, College of Nursing and College of Pharmacy — is the first to show such pronounced indirect protection among the very young. While babies under 6 months old are susceptible to flu, they cannot be vaccinated. The same goes for people with health con-

ditions that prevent them from being immunized.

"It allows us to protect those who can't otherwise be protected," Ms. Tran says.

Beginning in 2006, a pilot program initiated by UF in partnership with county schools, community organizations and the Florida Department of Health provided free flu vaccines, delivered via a nasal spray, to public-school students.

The study data came from the 2011-12 and 2012-13 influenza seasons.

There are a few reasons to focus flu prevention on schoolchildren: When they get flu, they are sick longer and shed more of the virus through their less-than-perfect hygiene habits, making them more likely to infect others.

They also interact with more people each day than most adults do, providing more opportunity to spread flu.

The UF study shows that getting school-aged kids immunized can pay dividends throughout the community, says Dr. Parker Small Jr., a co-founder of the study and a professor emeritus in UF's Emerging Pathogens Institute.

"Flu is the last pandemic killer of mankind," Dr. Small says. "Just look at all of the energy devoted to thinking and planning about Ebola. If that same energy were put into flu, you could be saving thousands of lives and billions of dollars." ■

Scripps scientists awarded grant

SPECIAL TO FLORIDA WEEKLY

Scientists from the Jupiter campus of The Scripps Research Institute have been awarded \$2.3 million from the Department of Health and Human Services of the National Institutes of Health to better understand how memories are stored in the hopes of eventually being able to treat posttraumatic stress disorder (PTSD) by erasing traumatic memories without altering other, more benign ones.

Courtney Miller, an associate professor, is the principal investigator for the five-year study.

“We hope this new study will make a significant contribution to the goal

of developing new and more effective treatments for mental illness,” Ms. Miller said.

While literally thousands of mechanisms for how a memory initially forms have been identified, only a few mechanisms are known for how the brain stores these memories for weeks to years.

To produce a memory, a lot has to be done, including the alteration of the structure of nerve cells via changes in the dendritic spines —small bulb-like structures that receive electrochemical signals from other neurons.

Normally, these structural changes occur via actin, the protein that makes up the infrastructure of all cells.



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Jupiter Medical Center brings the newest technology available to breast cancer patients. We combine surgery with an initial, concentrated dose of radiation. In the best of cases, this single dose of radiation will be all a patient needs. For others, this breakthrough will cut in half their required course of radiation treatment.

The benefits for women with breast cancer are clear: Shortened treatment time. Reduced radiation exposure. Excellent cosmetic results. A faster return to everyday life.

The future of breast cancer treatment is here – at Jupiter Medical Center.

To find out if this therapy might be right for you, contact Terri McNeill, Oncology Patient Navigator at the Foshay Cancer Center at **(561) 263-3667** or visit **foshaycancercenter.com/intra-op-radiation**.



1240 S. Old Dixie Hwy., Jupiter, FL 33458 • foshaycancercenter.com **So Much More Than Medicine**

Lifestyle changes — including your prescriptions — can be beneficial

Many people have medicine chests in their bathroom, small shelving units filled with bottles of pills, capsules, and tablets. Others, instead,



Dr. Michael Papa

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have first-aid and personal grooming cabinets in their bathrooms, containing rows of bandages, tubes of antiseptic, rubbing alcohol, and adhesive tape, as well as dental care supplies, shaving supplies, and sample-size bottles of shampoo.

Of course, we can't always draw accurate conclusions about a person's lifestyle and level of health from the contents of his or her bathroom cabinet. But most of us, if we could choose, would likely want to focus on personal grooming and first aid rather than prescription medications. The key question is how we can actually make such a choice.

From the medicine chest perspective, many people have various disorders that require them to take prescription medications on a short-term or long-term basis. Persons with type 2 diabetes need to take regular doses of drugs such as metformin or glyburide.

Persons who have rheumatoid arthritis may be taking Imuran, Remicade, or glucocorticoids. If you have persistent high blood pressure, you may be taking a beta-blocker or an ACE inhibitor. If you've just undergone a root canal procedure, your dentist may have prescribed a two-day supply of Vicodin.

But others have medicine chests filled with sleeping pills such as Ambien and Lunesta, cold and flu medications such as decongestants and antihistamines, and mood elevators such as Wellbutrin and Prozac.

Again, many people have medical conditions that require prescription medications, but many others have come to rely on such drugs even though a sound medical reason for taking medication may no longer exist. In such circumstances, changes in lifestyle may provide more and longer-lasting benefit than that being obtained via use of no-longer-needed medication.

For example, numerous studies have shown that regular vigorous exercise results in profound adaptations of one's personal physiology and biochemistry. Such changes consistently improve a person's mood and allow for a full night of restful

sleep. Healthful alterations in diet also result in mood stabilization and facilitate deeper, more beneficial sleep.

Lifestyle changes incorporating both regular vigorous exercise and healthful diets provide enhanced benefit.

Of course, one should never discontinue prescription medications without consulting the doctor who has p r e -

scribed them. Implementing your long-term lifestyle enhancements is one of two necessary steps. The second step is letting your doctor know what you're doing and discussing with him or her the possibility of reducing the dose or even going off one or more of the "lifestyle" drugs you've been taking. By taking these steps you've begun the journey of converting your "medicine chest" into something else entirely.

— Source: *ITragni E, et al: Prevalence of the prescription of potentially interacting drugs. PLoS One 2013 Oct 11;8(10):e78827. doi: 10.1371/journal.pone.0078827*

2Matta Mello PE, et al: Neuroscience of exercise: from neurobiology mechanisms to mental health. Neuropsychobiology 68(1):1-14, 2013

3Hryhorczuk C, et al: Metabolic disturbances connecting obesity and depression. Front Neurosci 7:177, 201



Non-surgical rejuvenation of the aging skin

Skin thinning, wrinkles, loss of moisture, and laxity are signs of skin aging. Surgery like face-lift and abdominoplasty has been the gold standard for the treatment of those changes. In recent years non-surgical alternatives, as in skin tightening devices, injectables and microneedling have become very popular, as they are less invasive and quite effective procedures to correct skin laxity, wrinkles and volume loss and bring back the younger look that you are looking for. Those non-surgical alternatives are:



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I- RADIOFREQUENCY (RF)

Radiofrequency (RF) energy is a form of electromagnetic energy. RF heats the body tissue and raises the body temperature of the area it is applied to. This generated heat will:

1. Shrink the collagen fibers leading to tightening of the skin
2. Shrink fat cells and fat chambers leading to decreased volume (tighter contour)
3. Stimulate the fibroblasts to produce collagen
4. Enhance the elasticity of collagen leading to an improved and healthier look

II- INJECTABLES

These are injections that combat skin wrinkles, volume loss and the visible signs of aging. Injectables include the following:

A. Neurotoxins

Muscles that have weakened as a result of repeated facial expressions, such as frowning or squinting, cause lines and wrinkles. These are the types of lines and wrinkles that neurotoxins ("muscle relaxers") can combat.

When minute amounts of these neurotoxins (Botox, Dysport, Xeomin) are injected into the muscle, it returns the muscle to its relaxed position, which allows the skin to smooth out as well and clear those wrinkles.

B. Dermal Fillers

As we age, our skin becomes thinner and looser leading to lines and wrinkles.

This aging process is caused by a loss of certain substances in the skin such as collagen and hyaluronic acid. Hyaluronic acid is found in most dermal fillers like: the Juvederm family, Restylane, Perlane, Belotero, and many others. Other dermal fillers have other ingredients in them that can last longer and can give more fullness and lift to the areas they are injected into as in: Radiesse, Sculptra, and Artefill.

C. Platelet Rich Plasma (PRP)

Platelet-Rich Plasma (PRP) is a Natural facial rejuvenation proce-



dure that is so cutting edge, it is still offered by only a few practices. Platelets are small cells that circulate in the blood and cause clotting of the blood when you bleed. However, when concentrated and injected in an area, PRP can produce growth factors, induce new cell formation, stem cell migration to the area, and new blood vessel formation, which produce new and healthier tissues leading to healing and rejuvenation of that area.

III- MICRONEEDLING THERAPY

Microneedling Therapy is

an advanced technique of introducing serum nutrients into the skin. It uses a device with multiple tiny needles to create microscopic openings in the topically anesthetized skin.

These openings provide a clearer channel for the skin to better absorb hyaluronic acid, platelet rich plasma (PRP) or other healing nutrient serums. ■

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The benefits of multisport exercise

We can all agree that healthy eating and a consistent fitness regimen leads to a healthier and more fulfilling life. However, doing the same type of exercise over and over again can lead to overuse injuries and muscular imbalance. Participating in a variety of exercise modalities including swimming, bicycling, running, roller blading, hiking, paddle boarding or triathlon will provide a more well-rounded fitness program. Aside from training all of the major muscles groups, multi-sport workouts can also help prevent becoming bored or burnt out from one type of exercise.

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Swimming

Swimming is a fantastic full body exercise that is low impact and can be enjoyed by all ages. For the beginner swimmer, learning new motor functions stimulates the mind as well as the body. Since swimming is one of the more technically difficult forms of exercise, it is encouraged to get a lesson from a certified swim instructor before starting a swimming routine.

Bicycling

Bicycling is not only a great form of exercise, it's also an excellent mode of transportation. You can enjoy all of the benefits of bicycle training while commuting to work or going to the corner store. Bicycling is a low impact, lower body exercise that also engages the core for balance.

Running

One of the most popular forms of exercise is running/walking. Running is a fantastic cardiovascular exercise to improve body composition and build lower leg, hip and core strength. There are a variety of workouts within running to target different training intensities as well. Hill running, interval running, trail

running or endurance running all have their unique benefits to overall fitness.

Triathlon

Put all three of the above mentioned disciplines together and you have tri-



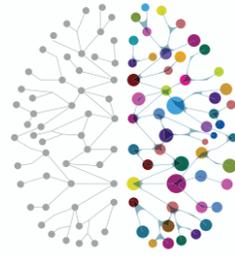
athlon. A triathlon event is a great way to put your multisport training to the test and challenge yourself in a fun and exciting race.

If you are interested in training for your first triathlon, Tri Bike Run in Juno Beach leads a triathlon team for all levels with a USA Triathlon certified coach. Join them for weekly, coached workouts and the camaraderie of training with like-minded individuals.

So if you're looking to spice up your workouts and have a more well-rounded fitness program, step outside the box and take part in multisport exercise. Not only will you see the physical and mental benefits, you will meet new people that share your interests.

We have all kinds of group "meet ups" for everyone from the entry level runner or cyclist to the seasoned veteran.

Stop by Tri Bike Run in Juno Beach or join your local group and get started today!



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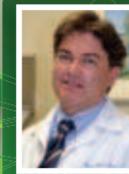
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