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WEEK OF MAY 7-13, 2015

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INSIDE |



All about her

From Necessity to Nature, Mother with a capital M. **B1** ▶



Networking/Society

Who was out/about in the Palm Beaches. **A13-15, 19, 21-22** ▶



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Tips for turning Monday into the best work day. **A20** ▶



Antiques

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Florida Weekly takes nine awards in state competition

FLORIDA WEEKLY STAFF REPORT

Florida Weekly was named a finalist for nine awards in the newspaper division of the 2015 Society of Professional Journalists Sunshine State Awards, open to all professional print, broadcast and online journalists in the state of Florida, Puerto Rico and the U.S. Virgin Islands.

Among the winners, from Florida's

largest newspapers, Florida Weekly's Evan Williams won five awards for features reporting, health and science writing, community news and news reporting.

Columnist and writer Roger Williams won three awards including best breaking news story and best profiles.



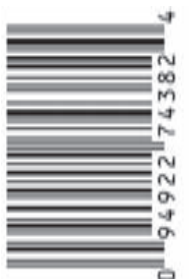
Florida Weekly Presentation Editor Eric Raddatz won for art/photo illustration, an award he won last year.

And a compilation of the work from Roger Williams, Nanci Theoret, Evan Williams and Athena Ponushis won for

SEE AWARDS, **A18** ▶

PRSR STD U.S. POSTAGE PAID FORT MYERS, FL PERMIT NO. 715	OPINION A4	REAL ESTATE A24	EVENTS B4-6
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COMMENTARY

The House of Shame

leslieLILLY

llilly15@gmail.com



The headlines at the top of the fold in *The Palm Beach Post* said it all: "House quits early; Scott sues Obama."

The article by John Kennedy described the dismissal of Florida's House of Representatives by the petulant House Speaker, truncating the chamber's work three days earlier than the official end date of the 2015 legislative session. Kennedy writes such a bolt of one chamber before the other has not happened in more than 40 years. The Speaker's action was a calculated poke in the eye of the State Senate, which, despite the House's early adjournment, continued its work on unfinished business.

The Speaker, Steve Crisafulli, R-Merritt Island, reportedly pulled the plug on the House session without warning, communicating his decision in a voicemail to Senate President Andy Gardiner, R-Orlando.

Think of it: a voicemail. What kind of self-inflated puffin walks away from his sworn duties, summarily shutting down the state's business, leaving dozens of policy issues unresolved, and does so without formal courtesy or respect paid to his Senate peer? Well, now we know.

Crisafulli's behavior makes him the poster child for autocratic politicians who

wield their power as arrogant monarchs, inebriated by their authority to muck things up just because they can. It was a classic case of bad-boy behavior worthy of a kid on his way to becoming a juvenile delinquent, except it was committed by a grown-up in a powerful position of state leadership. He has a bad case of imperialism, taking his gavel home, leaving dumbfounded members of the Senate and his own team on the field, and urgent issues affecting the future of the state and its residents unresolved. A quote in the Kennedy article captured the moment: "Nobody won today. Taxpayers are the losers," a grim-faced Gardiner told the Senate." Yeah, buddy. You got that right.

The blow-up came in the wake of the inability of the Republican-led House and Senate to come to any agreement regarding the Senate's support of expanding health coverage for poor and low-income families.

Gov. Rick Scott went off into the weeds, doing nothing to breach the impasse, except to add to the legislative chaos with his flip-flop from past support of Medicaid expansion to now opposing it. He then directed Attorney General Pam Bondi to file another junk lawsuit against President Obama, using tax dollars to support this idiocy.

The suit accuses the Obama administration of linking the state's receipt of Low Income Pool (LIP) funds, subsidizing hospital care for uninsured Floridians, in order to coerce the state to expand Medicaid with funding available under the Affordable Care Act (ACA). Both the

governor and Crisafulli are adamantly opposed to such a move. Alternatively, the Senate acted with courage, anticipating the discretionary payment of federal LIP funds will terminate soon. It proposes the state utilize the \$2.8 billion in ACA funding to create Florida's Health Insurance Exchange. The proposed program would provide coverage to an estimated 800,000 to 1 million uninsured Floridians.

The Senate's proposal gives Crisafulli heartburn. He is in no mood to compromise, content with the uninsured continuing to seek medical care in the mayhem of hospital emergency rooms; further, if LIP funding dries up as the state has been warned, no worries, he says.

It only gets worse: The money available for LIP and the Senate's privatized version of Medicaid is all from federal sources. The LIP money ends in anticipation of states transitioning to Medicaid, a more cost-effective approach to providing access to healthcare for the uninsured. Scott and Crisafulli willingly accept federal dollars for LIP while being vehemently opposed to their use for Medicaid expansion. This would be funny if it were not so tragic. It is not as though the lives of real people are not at stake.

The legislative gridlock has consequences far beyond the train wreck over the Senate's proposed expansion of Medicaid. Bills died and urgent policy issues are unresolved, such as Everglades restoration, state water policy, Amendment 1 spending, state prison reform, public education, and permit of fracking. What

we have gotten in reply from the hard-liners is ideological-bound rhetoric, debate absent of intelligent discourse and policy positions unencumbered by moral courage to perform responsibly and do what is in the long term, best interests of Florida and its residents — not even close.

The irony is thick, given the unanimity of purpose that a super-majority of like-minded conservatives vowed to deliver on behalf of the well being of Floridians.

Instead, it has been a disastrous exhibition of infighting between radical right-wing and marginally moderate conservatives, with the few remaining liberals left on the sidelines watching the legislative debacles unfold — and sad to say, it is not over. The legislature adjourned the 2015 session without having done the one thing it is constitutionally required to accomplish: the adoption of a state budget.

A special session must be called.

House Speaker Crisafulli flexes his power like an emperor but he presides over the House of Shame. ■

— 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 llilly@floridaweekly.com and follow Lilly on Twitter @llilly15.

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MAY

COMMUNITY EVENTS & LECTURES



Anterior Approach for Total Hip Replacement

*Harvey Montijo, MD,
Orthopedic Surgeon*

Wednesday, May 6 @ 6-7pm

Palm Beach Gardens Medical Center

The anterior approach for total hip replacement is a surgical alternative to the traditional hip replacement protocol. Join Dr. Montijo as he offers an educational overview on the surgical and patient

processes associated with the anterior hip approach, including the benefits, patient recovery, and follow-up.

Light dinner and refreshments will be served.



Everything You Should Know About Stroke

*Arun Talkad, MD,
Medical Director, Palm Beach Gardens Medical Center Stroke Program*

Thursday, May 21 @ 6-7pm

Palm Beach Gardens Medical Center

On average in the U.S., someone suffers a stroke, or brain attack, every 40 seconds and dies of a stroke every four minutes,

making stroke the leading cause of disability in adults in the U.S. Join Dr. Talkad as he discusses the signs, symptoms, and treatment options of stroke, as well as prevention tips and what to do when you or someone you love is having a stroke.

Light dinner and refreshments will be served.



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OPINION

A sucker by design



richLOWRY

Special to Florida Weekly

When Ayatollah Ali Khamenei speaks, the world should listen.

He has a much keener sense of the direction of negotiations over Iran's nuclear program than the president of the United States, and is evidently much more forthright about it.

When the Iranians and the United States cut what was portrayed as a tentative deal on the Iranian nuclear program, they described it differently. The U.S. emphasized that sanctions would only be phased out gradually and that inspections would ensure complete transparency.

Ayatollah Khamenei tweeted that there wasn't really a deal, and oh yeah, sanctions would be lifted immediately and inspections wouldn't be allowed to impinge on Iran's security — in other words, would not include military sites.

With its position rapidly eroding in Congress, the Obama administration felt an urgency to tout the nontriumph of the nondeal with reassuring details that either hadn't truly been agreed to,

or that the Iranians would be able to back us off of. Once Obama announced and defended the deal as the only alternative to war, he lost whatever leverage he ever had.

The best bet now is that Iran will get a "signing bonus" of perhaps \$50 billion upfront, and the phased element of the removal of the sanctions will be window dressing.

On inspections, it seems highly unlikely that the Iranians will give way on their military sites. Why would they? They have been able to wring concessions from Obama on almost everything else important — from maintaining thousands of centrifuges, to continuing to enrich, to maintaining its Fordow site buried in a mountain.

The president's fallback of last resort is "snap-back" sanctions that supposedly will punish any Iranian violations, but they will depend on Chinese and Russian cooperation.

The Russians just stuck a finger in our eye by agreeing to sell Iran a sophisticated air-defense system. A blasé Obama said he was surprised that the Russians hadn't sold Iran the missiles before.

Sometimes you wonder if Obama is even trying. But the scandal is that he isn't a naif; he is a sucker by design.

Just as he gave the Castro regime everything he could while demanding almost nothing in return, he is not too concerned with what he is getting from Iran (as long, that is, as he can abide by his Jesuitical pledge that Iran won't get a nuclear weapon — on his watch).

As Michael Doran of the Hudson Institute writes, Iran has had three goals during its long negotiation with the West: preserving its nuclear infrastructure, rolling back sanctions and unraveling the international legal regime isolating it. Obama is on the verge of giving it all three because he values a new détente with Iran over everything else.

This is supposed to be transformative, but it's not clear how giving the Iran regime its nuclear program and massive economic relief and international legitimacy on top of it will modify its hegemonic designs and behavior. There is every reason to believe that Iran will continue its aggression, now with a helpful boost from the United States.

The Great Satan is not what it used to be. ■

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

A century of women working for peace



amy GOODMAN

Special to Florida Weekly

One hundred years ago, more than 1,000 women gathered here in The Hague during World War I, demanding peace. Britain denied passports to more than 120 women, forbidding them from making the trip to suppress their peaceful dissent. Now, a century later, in these very violent times, nearly 1,000 women have gathered here again, this time from Africa, Asia and Latin America, as well as Europe and North America, saying "No" to wars from Iraq to Afghanistan to Yemen to Syria, not to mention the wars in our streets at home. They were marking the 100th anniversary of the founding of WILPF, the Women's International League for Peace and Freedom. Dr. Aletta Jacobs, a Dutch suffragist who co-founded the group a century ago, said the purpose of the original gathering in 1915 was to empower women "to protest against war and to suggest steps which may lead to warfare being an impossibility."

Among the women here were four Nobel Peace Prize winners. Shirin Ebadi was awarded the prize in 2003 for advocating for human rights for Iranian women, children and political prisoners. She was the first Muslim woman, and the first Iranian, to receive a Nobel. Nevertheless, she has lived in exile since 2009, and has only seen her husband once since then. "Had books been thrown at people, at the Taliban, instead of bombs, and had schools been built in Afghanistan," Ebadi said in her keynote address to the WILPF conference this week, "3,000 schools could have been built in memory of the 3,000 people who died on 9/11 — at this time, we wouldn't have had

ISIS. Let's not forget that the roots of the ISIS rest in the Taliban." She was joined by her sister laureates Leymah Gbowee, who helped achieve a negotiated peace during the civil wars in Liberia; Mairead Maguire, who won the peace prize in 1976 at the age of 32 for advancing an end to the conflict in her native Northern Ireland; and Jody Williams, a Vermonter who led the global campaign to ban land mines, and who now is organizing to ban "killer robots," weapons that kill automatically, without the active participation of a human controller.

These four world-renowned Nobel laureates were joined by nearly a thousand deeply committed peace activists from around the globe. Madeleine Rees, the secretary-general of WILPF, recalled the history of the first gathering in 1915, and how it was organized: "It wouldn't have happened, but for the suffrage movement," she told me, "because you don't just start a mass movement. You actually have to have an organizational structure to make that happen. That had started with the suffragette movement. ... Every single one of those women who went to The Hague ... were demanding the right to vote. They saw, quite rightly, that the absence of women in making decisions in government meant a greater likelihood of war."

Kozue Akibayashi is WILPF's new president. After World War II, the U.S. required that Japan's Constitution explicitly forbid it from pursuing war to settle disputes with foreign states. "The majority of people in Japan support the peace constitution," Akibayashi explained. President Barack Obama, however, like George W. Bush before him, is pressuring Japan to eliminate the pacifistic Article Nine from the Japanese Constitution. He hosted Japan's prime minister, Shinzo Abe, in Washington this week, celebrating Abe as he works to restore Japan's military to its former offensive capacity.

Akibayashi and thousands of others also are protesting the planned expansion of the U.S. military presence on Okinawa.

African activist Hakima Abbas was also in The Hague. I interviewed her hours after mass graves were reported in Nigeria, containing victims of the militant group Boko Haram. The story of Boko Haram, she told me, "is an intersection with violent Islamist fundamentalisms, with global capitalism and with militarization ... fundamentalisms, though, don't start and end with Islamic fundamentalisms in Africa. We've seen Christian fundamentalisms in Uganda, and the persecution of LGBTQI people." She then made a connection to the street protests in Baltimore this week: "In your own country," she told me, "the white supremacist and Christian right fundamentalisms are exacerbated by the gun culture and the promotion of an armed police force, which is killing black women, men, trans people and children. ... So fundamentalisms is really something that we have to address globally."

I asked Shirin Ebadi if she had advice for the people of the world. She replied with a simple yet powerful prescription for peace, laying out the work for WILPF as it enters its second century: "Treat the people of Afghanistan the same as you treat your own people. Look at Iraqi children the same as you look at your own children. Then you will see that the solution is there." ■

— 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 1,300 stations. She is the co-author, with Denis Moynihan, of "The Silenced Majority," a New York Times best-seller.

First Lung Force to benefit American Lung Association May 16

SPECIAL TO FLORIDA WEEKLY

On Saturday, May 16, the American Lung Association in Florida will host its first Lung Force Walk to support the new nationwide initiative against lung cancer and for lung health. Lung Force is a new effort to make lung cancer in women a public health priority, drive policy change and increase research funding. Lung cancer is the No. 1 cancer killer of both men and women in America.

The walk is just short of three miles and will begin at 8:30 a.m. at John Prince Park-Center Pavilion, 4759 S. Congress Ave., Lake Worth. Participation is free; however, all participants are encouraged to raise donations to support research, early detection, advocacy, education and awareness for lung cancer.

Lung Force Heroes will have a dedicated VIP area as well as receive special goodies and are welcome to walk all of or some of the route. Wear your best turquoise outfit for pictures, prizes and more.

This inspiring morning will also include team photos, an interactive photo booth, a cardio warm up with Vanessa D'Angelo and Liv Wellness, lung health information, clean air advocacy, pre-registration for the 2016 Lung Force Walk, a post-walk taco bar by Tijuana Flats, prize drawings, awards and sponsor booths.

"Lung cancer is the leading cancer killer of women in America, but alarmingly few women see lung cancer as a threat to them," said Lea Tate, development manager of the American Lung Association in Florida. "What few people know is that lung cancer surpassed breast cancer as a cause of women's death in 1987. This has to change! This walk is an opportunity to rally our friends,

neighbors and colleagues to raise our voices against lung cancer — and for lung health for everyone."

According to the Lung Association's first Women's Lung Health Barometer, a survey of more than 1,000 American women, current awareness about the impact of lung cancer in women is extremely low.

Even though lung cancer has long been the top cancer killer of women, the survey revealed that only 1 percent of women named the disease as a cancer that is top-of-mind for them. Furthermore, statistics show that, on average, fewer than half of all women with lung cancer will be alive one year after diagnosis. And anyone can get lung cancer — two-thirds of lung cancer cases are in those who have never smoked or have successfully quit smoking.

In Florida, about 7,500 women are diagnosed with lung cancer each year and another 3,500 women die from the disease.

Locally and across the nation, Lung Force will educate and empower patients and healthcare providers, focus public policy on addressing the disease and its causes, and raise critical money for research into better detection and targeted treatments for lung cancer.

The American Lung Association in Florida offers resources for individuals and families who have been impacted by lung cancer. Anyone seeking help can visit lungforce.org or call the Lung Association's Lung Helpline at 1-800-LUNG-USA, which connects callers to information, resources and support services. Support is available at the Facing Lung Cancer website, mylungcancersupport.org, a comprehensive education and support website developed specifically for patients and caregivers. ■


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PET TALES

Breaking down barriers

A legacy of lifesaving was inspired by a dog doomed to die but saved by love

BY KIM CAMPBELL THORNTON
Universal Uclick

Rich Avanzino is widely considered to be the godfather of the no-kill movement. And it certainly seemed, even early in his life, that he would do something that involved caring for animals. In his high school yearbook, he was identified as “most likely to become a veterinarian.” But certain aspects of veterinary school dismayed him. Instead, he earned a doctor of pharmacy degree, followed by a law degree, and eventually became administrator of a health-care agency in Orange County, Calif. A call from an employment headhunter and a little dog named Sido changed the direction of his life.

The recruiter represented a not-for-profit organization, and approached Avanzino because he had a reputation for saving financially distressed organizations. After three months of interviews, Mr. Avanzino learned he was being sought by an animal-welfare organization, the San Francisco SPCA. He was still passionate about animals and excited to take the job when it was offered.

The selection committee never expected that in his quest to save an organization 90 days away from bankruptcy, he would turn the idea of a shelter upside down. Mr. Avanzino and his team instituted new hours to make it easier for people to come see potential pets. They got rid of the high-altitude chamber used to kill unadopted animals and started a volun-



Rich Avanzino's passion for animals and advocacy of a humane ethic will continue in retirement.

teer program and a spay/neuter clinic.

“We just started trying to do right by the animals one step at a time, and the community got engaged and the community saved the pets,” he says.

Then came Sido.

“My belief in the no-kill nation came back in 1979 when a dog named Sido came to the San Francisco SPCA,” Avanzino says. “She was 11 years old, and people thought that dogs over 5 years old couldn’t be saved, couldn’t find a home.”

For that reason, Sido’s owner had stipulated in her will that Sido be taken to the veterinarian and “destroyed” upon her death.

Mr. Avanzino fought for the dog’s life in court and won. The support Sido received from the public and the legislative and judicial system inspired him to help even

more animals have the opportunity to live.

That goal was a factor in his 1999 move to what is now Maddie’s Fund, the largest dog and cat charity in the world. There he helped to create the idea of shelter medicine, promote sterilization of feral cats, enable communities to offer an adoption guarantee for healthy and treatable animals, and increase the business acumen of shelter directors to match the passion they had for pets.

Of his career, he says: “To be part of that experience, to watch the community and the not-for-profits and the government ... embrace the importance of our bond was a dream come true for me in terms of recognizing what our species should be doing for the other species that share our home. I was able to work on my passion, work with my passion, work for my passion and make a meaningful difference.”

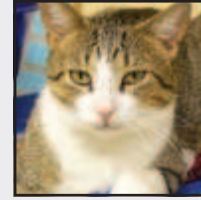
Mr. Avanzino is retiring as president of Maddie’s Fund next month, but he’s not leaving animal welfare behind. His dog, Bri, and cat, Puddy, will see more of him than they already do, but he will still consult for the organization, and he’ll become involved in an even more personal way by fostering pets.

“I expect to stay engaged in the cause that has taken my heart and my soul and all of my energy over the last 40 years,” Mr. Avanzino says. “I can’t leave it behind. It’s part of my DNA, and until my last breath, I will be part of it.” ■

Pets of the Week



>> **Soukita** is a 3-year-old, 51-pound mixed breed. She might appear low-key, but she does love to take walks.



>> **Seymour** is a 1½-year-old domestic shorthair. He spent some time outside after he lost his home, but is very social, curious, and affectionate with 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 hspsb.org. For adoption information call 686-6656.

>> **Daisy** is a spayed female tabby with white markings and beautiful green eyes. She is approximately 4 years old. She is very friendly, and loves to play.



>> **Louie** is a neutered male grey and white tuxedo cat, approximately 4 years old. He is very friendly and affectionate. He was rescued as a very young kitten, and is awaiting his “forever home.”



To adopt: **Adopt A Cat** is a free-roaming cat rescue facility 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 adoptacatfoundation.org, or on Facebook, Adopt A Cat Foundation. For adoption information, call 848-4911.



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Peggy Adams at capacity; waives adoption fees

SPECIAL TO FLORIDA WEEKLY

For those who've been thinking about adopting a furry friend, there is no better time than now.

Peggy Adams Animal Rescue League currently has more than 800 cats and dogs in its care and is at maximum capacity, the league said in a statement.

To encourage adoptions, the league will waive adoption fees during the "Empty the Shelter" event May 8-10 to help make sure these animals find a caring family. The league has a variety of adorable cats, kittens, dogs and puppies looking for their forever loving home.

"From adoption specials to free training classes, we are committed to doing everything possible to find good homes for these cats, dogs, kittens and puppies," said Rich Anderson, executive director/CEO for Peggy Adams Animal Rescue League, in the

statement. "We deal with the seasonal population explosion every year, however, this season could be an all-time record."

"If you've ever thought about adopting an animal, this is your chance to save a life — and to add a loving, furry friend to your family," Mr. Anderson added.

All adoptable pets are available for viewing online at peggyadams.org. This website is updated each hour. Adopters will have to meet all league adoption requirements.

Peggy Adams Animal Rescue League's adoption center is open daily from 11 a.m. to 6 p.m. During the "Empty the Shelter" event May 8-10, the league has extended hours: Friday 10 a.m. to 10 p.m. and Saturday and Sunday from 9 a.m. to 6 p.m.

For information, see peggyadams.org or call 686-3663.

The league is an independent nonprofit animal rescue organization operating continuously since 1925. ■

Business women's group to meet May 13 in Palm Beach Gardens

SPECIAL TO FLORIDA WEEKLY

The Northern Palm Beach chapter of the American Business Women's Association will host its monthly meeting on Wednesday, May 13, at the Embassy Suites Hotel, 4350 PGA Blvd., Palm Beach Gardens.

Networking will be from 6 p.m. with the dinner/program beginning at 6:30 p.m.

The cost is \$22 and guests are welcome.

The May speaker will be Marni Spencer-Devlin, founder and former president and CFO of a direct marketing company. Ms.

Spencer-Devlin has written, "Crawling into the Light," a book about her childhood.

She also wrote, "The Iceberg Principles — the Truth about the Universe and Your Place in It."

The May program title is, "Authenticity in Business and Personal Development." Ms. Spencer-Devlin coaches successful, professional women about the importance of maintaining absolute authenticity.

To make reservations or for more information, contact Karen Dooley at 543-5641 or Pat Key at 622-2713. ■

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A United States Marine Corps Veteran, Dr. Darryl Linder has a Bachelors in both Industrial Hygiene and Environment Toxicology as well as a Doctorate in Chiropractic. He has been in practice for 13 years and is a member of Big Brothers Big Sisters.



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Mounts Botanical Garden hosts three events in May

SPECIAL TO FLORIDA WEEKLY

The Friends of Mounts Botanical Garden will host three fun, horticulturally informative and family friendly public events in May:

- Connoisseur Garden Tour - A Mother's Day Weekend Tradition.

Saturday, May 9, 10 a.m.-4 p.m.; Sunday, May 10, 11 a.m.-4 p.m.; \$20 for members; \$25 for nonmembers.

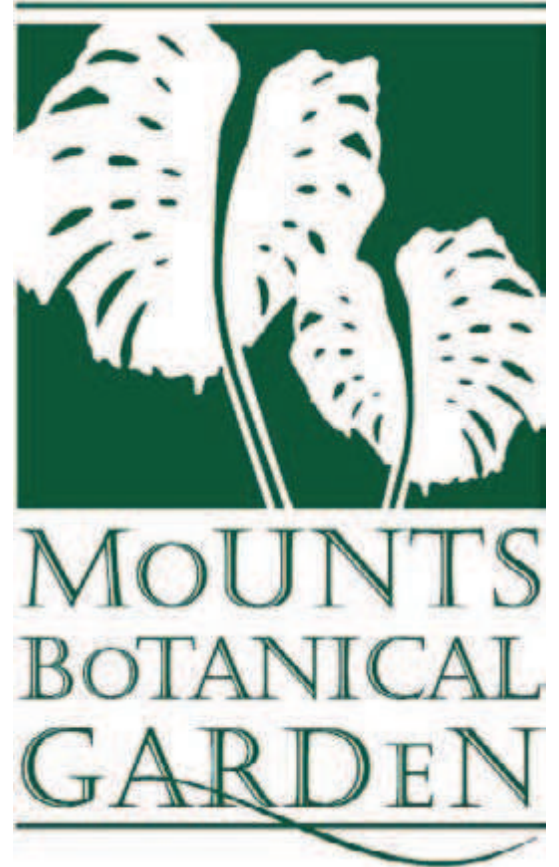
- Spend Mother's Day weekend with your family and friends, touring eight exceptional private gardens, one each in Delray Beach, North Palm Beach and Royal Palm Beach and five beautiful gardens in West Palm Beach.

- Mounts Botanical Garden Book Discussion Series, Tuesday, May 12, 7-8:30 p.m. Clayton Hutcheson Complex Conference Room. Free.

In partnership with the Palm Beach County Library System, this new series provides an opportunity for book and garden enthusiasts to meet together to experience exciting fiction and nonfiction titles related to all aspects of gardening and horticulture. The featured book in May will be *The Samurai's Garden* by Gail Tsukiyama.

- Tillandsia Living Curtains, Saturday, May 23, 10 a.m.-1 p.m., Mounts Auditorium; \$50 for members; \$60 for nonmembers.

In this hands-on presentation, Polly Reed, president of the Friends of Mounts Botanical Garden, will demonstrate and teach how to create a tillandsia living curtains. Commonly referred to as air plants, tillandsias can be used to create curtains that hide not-so-lovely views, filter light, purify the air and add living artwork to any space.



To register for any of the events and workshops at The Mounts Botanical Garden of Palm Beach County, call 233-1757.

Located at 531 N. Military Trail in West Palm Beach, The Mounts Botanical Garden of Palm Beach County is open Monday-Saturday from 8:30 a.m.-4 p.m. and Sunday from noon-4 p.m. The suggested donation for entry to the garden is \$5 per person.

Events at Mounts are accessible to people with disabilities.

For more information, visit mounts.org. ■

Tennis tourney to support Susan G. Komen effort

SPECIAL TO FLORIDA WEEKLY

The Palm Beach Gardens Tennis Center, at 5110 117th Court N., will host Rally for the Cure, a breast cancer awareness benefit tennis tournament, on Friday, May 8, at 10 a.m., with lunch to follow.

The tourney supports the Susan G. Komen Rally for the Cure effort, which focuses on the lifesaving message of early detection for breast cancer, according to

a statement. This is the seventh year the Palm Beach Gardens Tennis Center has hosted the event.

There still are openings for participants, and everyone is welcome to come and support the cause.

Players and viewers alike are encouraged to wear pink, and donated raffle items or checks are appreciated.

For more information or to sign up, call 775-8277. ■



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HEALTHY LIVING

Dreading Mother's Day? Coping with parental ridicule a challenge

linda LIPSHUTZ

llipshutz@floridaweekly.com



In the end, Sara could not bring herself to stay home.

Even though she had vowed a thousand times she would not go to the Mother's Day barbecue at her sister's, the guilt had won out.

Sara knew the family event would be a trying day. She had learned long ago not to expect warmth or praise from her mother. She had spent a lifetime enduring ridicule, criticism and rejection. The cost to her self-esteem and pride had been enormous. If she hadn't had the good fortune to meet a wonderful husband and many nurturing friends in her lifetime, Sara knew she wouldn't have survived.

So why did she feel compelled to continually reach out to her mother, even though the conversations drained her and sapped her spirit?

Sadly, certain people heave a sigh of relief once Mother's Day has passed.

These individuals may find themselves shuddering with a complicated mix of ambivalence and negative emotions — sorrow, anger, envy or aching disappointment — largely because they wished they could have enjoyed a warm, uncomplicated relationship with their mothers. One that they intuitively knew might have had a profound impact on shaping the course of their lives.

These "adult children" may genuinely wish to let go of their angst. However, they're often unable to. They can't help but to feel terribly cheated, especially when they observe close-knit families or watch re-runs of idealized situation comedies, depicting apron-clad mothers enveloping their families with unconditional hugs, affirmations and home-baked cookies.

Those with tremendous insight, or graduates of extensive psychotherapy may evolve to a place of acceptance — or even compassion — recognizing that



difficult mothers (or fathers, or grandparents) have often been burdened by their own legacy of trauma or abuse.

We often forget that some parents may have significant personality disorders, or character flaws that leave them ill equipped to give of themselves emotionally to others. Unfortunately, these troubled people may love their children deeply, but are often in so much pain, they do not have the capacity to process their own frustrations, nor to contain their own anxieties or volatility. They may be oblivious to the hurts and heartache they are causing; and may inappropriately expect their offspring to fill insatiable needs, or to come through for them in ways that can be burdensome.

The adult children usually WANT to be able to relate in a loving way. However, they become guarded and wary of stepping into landmines because so prior interactions with these relatives have been exhausting or acrimonious.

So how do well intended, albeit beleaguered, adult children maintain a sense of self-respect and integrity, as they navigate relationships that cause tremendous pain and confusion? An important first step might be to gain insight into the emotional damage such a toxic relationship causes.

When children have been raised in an environment of criticism, shame, or mixed messages, they may have inter-

nalized insidious, self-defeating belief systems. It's not uncommon for them to blame themselves for their parent's conduct, or to grow into adults who are burdened with poor self-images.

They may have struggled to come up with survival strategies to endure the unpredictable discomfort. At great cost, they may have exerted huge efforts to reach for their resilience and to ultimately find a place of self-worth.

If they have been continually ridiculed or criticized, putting some distance in the relationship might have been their best survival mechanism. As adults, they often fear that returning to toxic interactions with their parents will compromise their hard-earned growth, so they are often tempted to stay away. However, they might then feel guilty and cruel to turn their backs when a parent reaches out.

As Dr. Richard Friedman, a well-published psychiatrist at Cornell Weill Medical Center reminds us: "Research on early attachment, both in humans and in nonhuman primates, shows that we are hard-wired for bonding — even to those who aren't very nice to us." So, out of habit, guilt, self-sabotage or a sincere desire to "do the right thing" we may keep placing ourselves in an ongoing saga of demoralizing interactions with this parent.

Finding a new road that diminish-

es this negative cycle can be arduous and confusing. Sometimes, maintaining a strict boundary that feels safe and secure is necessary. It may take some effort to determine how often to speak, or what's safe to confide. This can be the result of trial and error. When a previously shared confidence had been violated, or thrown back one's face, caution was learned at a dear cost.

As adults, we can master a totally different way of responding to our families. Knowing that we have some say in whether we remain in damaging relationships can be EMPOWERING. We can set limits on how we are spoken to, or how much time we spend with a person who disrespects us. Defining clear boundaries that are adhered to will ultimately help regulate the amount of closeness or distance that will be the right fit. There are some unfortunate instances where it is necessary to sever the tie completely to protect one's self-respect and emotional stability.

Gaining the insight that it may be the OTHER person who is acting irrationally, may help us to stay grounded when a situation starts to escalate out of control. And of course, reaching out to people who treat us with dignity — and keeping them near and dear — is the most gratifying of all.

We must remind ourselves not to have unrealistic expectations that our parents will come through for us exactly the way we believe they should. We must recalibrate our hopes and standards to avoid setting ourselves up for ongoing disappointments.

Accepting the limits of our parents' abilities is an important, mature step, which may enable us to appreciate the simple things they ARE able to offer. ■

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

Skilled treatment needed for language problems after a stroke

davide CARBONE

dcarbone@floridaweekly.com



Many people have problems speaking and understanding speech following a stroke. This difficulty with communication is called aphasia. It usually comes on suddenly as a result of a stroke or head injury, but brain tumors and infections of the brain can also cause language problems.

According to the National Aphasia Association, approximately 80,000 individuals develop aphasia each year as a result of strokes. As a Comprehensive Stroke Center, St. Mary's Medical Center offers high tech equipment and skilled specialists necessary to meet the needs of both hemorrhagic (bleed) or ischemic (clot) stroke patients.

St. Mary's also provides more aggressive stroke management than ordinary stroke centers, and offers a full continuum of services to stroke patients, including acute rehabilitation.

Aphasia occurs when the language centers on the left side of the brain are

affected by a stroke, head injury or brain tumor. Depending on the exact nature of the injury, the symptoms of aphasia can vary. There are three main categories of aphasia:

- Nonfluent aphasia occurs when the injury is near the left front of the brain. With nonfluent aphasia, a person has problems getting words out, so sentences become short and choppy like "want food" or "walk store." With this type of aphasia, the person listening usually understands the meaning. A person with nonfluent aphasia may understand what is being said to them, but they know they are having problems speaking and may get frustrated.
- Fluent aphasia results from damage to the middle part of the language center of the brain. A person with fluent aphasia uses long, complex sentences that don't make sense. They may also use words that don't make sense or are incorrectly used. The person generally doesn't understand what's being said and may not be aware of their problems speaking.

- Global aphasia is caused by extensive damage to the brain's language center. The person with global aphasia has severe problems speaking and understanding language.

Treatment of Aphasia

Recovery from aphasia depends on the severity of the damage to the brain and on how quickly treatment is begun. The recovery process is slow, and few people completely regain their language skills. Early treatment is important.

Treatment for aphasia involves working with a speech-language pathologist who will help the person relearn language skills. The speech-language pathologist begins with simple tasks such as naming objects and gradually building to more complex language skills. In some cases, the person may need to learn ways to make up for the loss of his or her language skills by using gestures or drawings.

At St. Mary's Medical Center, the Out-patient Therapy Clinic provides support to patients who have suffered a stroke and are relearning how to speak. The clinic offers a wide range of services, including speech therapy, to help patients reach their optimal functional potential.

Family and Friends

If you know someone who has aphasia, here are some ways you can help:

- Use simple sentences and speak more slowly.
- Don't finish sentences, correct errors or speak for the person.
- Only talk about one thing at a time.
- Reduce distractions by turning off electronics or moving to a quieter place.
- Write down key words or a short sentence to help explain something.
- Use a book of words, pictures or photos to help with conversations.
- Use drawings or gestures to help get your meaning across.
- Include the person in conversations when possible.
- Make sure you have the person's attention before talking.

For more information about St. Mary's Comprehensive Stroke Center or Out-patient Therapy Clinic, call 842-7588 or visit stmarysmc.com. ■

Niedland Breast Center to mark opening with Spring Fling

SPECIAL TO FLORIDA WEEKLY

Jupiter Medical Center will host a Spring Fling to mark the opening of the Margaret W. Niedland Breast Center, a brand new 26,000-square-foot, state-of-the-art home for breast health services and outpatient imaging services.

The event, on Saturday, May 9, from 9 a.m. to noon, will include a variety of activities for the whole family, including tours of the state-of-the-art breast center and imaging center, as well as live music, breakfast, manicures, mini-makeovers, chair massages, and free blood pressure, BMI and blood glucose screenings and DEXA heel scans for osteoporosis, according to a statement.

Experts will be on hand to discuss breast health, cancer risks and genetics, bone health, gynecology, heart disease, diabetes,

weight management and more.

Attendees can relax in the healing garden and enter a raffle to win four one-day Park Hopper passes to Disney World, all while children are supervised as they enjoy the bounce house, face painting, arts and crafts and balloon sculpting. Children are also welcome to bring their favorite bear to the Teddy Bear Clinic.

The center will house Jupiter Medical Center's existing leading-edge breast diagnostic technology and will also include a Caring MRI Suite and a tranquil healing garden.

The Margaret W. Niedland Breast Center is at Jupiter Medical Center's Outpatient Campus, 2111 Military Trail, Suite 100.

For more information on Jupiter Medical Center, call 263-2234 or visit Jupitermed.com. ■

St. Mary's names associate administrator

SPECIAL TO FLORIDA WEEKLY

Michael Leopold has been named St. Mary's Medical Center's new associate administrator. He will provide administrative support for the 464-bed, acute care hospital and its departments.



LEOPOLD

"Michael is a welcomed addition to the administrative team at St. Mary's," said CEO Davide Carbone, in a statement. "With his tremendous and diverse expertise in healthcare management,

we feel confident that he will play an integral role in the hospital's continued success."

He served as director of rehabilitation services for Good Samaritan Medical Center.

Mr. Leopold earned his Bachelor of Science in Physical Therapy from Daemen College in Amherst, New York, and his Master of Business Administration in Healthcare Administration from South University in Savannah.

Mr. Leopold and his wife, Jessica, have three children: Casey, who attends the University of Florida; Aaron, who will graduate high school in May; and Jenna, who will start middle school next year. ■



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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 homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get

Your Home Sold Fast and For Top Dollar".

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

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NOW OPEN!



State-of-the-art breast care has a new home: Introducing the new Margaret W. Niedland Breast Center

Offering the most advanced imaging and diagnostic technology for breast health, the new home of the Margaret W. Niedland Breast Center is now open. A full continuum of breast health services are under one roof and enables patients to experience a seamless system of services from preventive care to diagnostic testing.

- 3D breast imaging with the lowest possible radiation dose
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- Positron Emission Mammography (PEM)
- Ultrasound breast imaging
- Stereotactic biopsies using 3D imaging
- Genetic testing and counseling for cancer risk
- Patient navigators to provide information, resources and personalized support
- Feng-shui design with healing garden

Come celebrate the **Grand Opening** of the **New Margaret W. Niedland Breast Center**
Saturday, May 9, 2015 • 9 a.m. – 12 noon

At the Jupiter Medical Center Outpatient Campus • 2111 Military Trail, Jupiter

PAMPERING - Manicures, mini-makeovers, chair massages, live music, sumptuous breakfast

HEALTH - Tour our new state-of-the-art breast center and imaging center. Take advantage of free blood pressure, BMI and blood glucose screenings, and DEXA heel scans for osteoporosis.

HARMONY - Relax in our serene healing garden.

SPECIAL FOR MOMS - We'll take care of the kids for you. Featuring bounce house, face painting, arts and crafts, balloon sculpting. Bring a bear to our Teddy Bear Clinic!

RAFFLE - 4 one-day Park Hopper passes to Disney World.

Information or directions: (561) 263-2628 • jupiterbreastcare.com • #MWNBC

 JUPITER MEDICAL CENTER

Margaret W. Niedland Breast Center

PALM BEACH SOCIETY

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Hal Luftig



Drew Lederman, Simon Benson Offit, Hal Luftig, Dorothy Lappin and Noah Jacobson



Back: Donald Silpe, Jay Slipe, Tracy Ann Silpe
Front: Linda Silpe with Ava and Mariel Silpe



Ed Duhy and Linda Duhy



Hal Luftig with cast of 'Modern Millie'



Bob Galli and Gail Hughes Galli



Marcie Gorman-Althof and Stan Althof



Peter Cowan and Susan Atherley



Terrence Smith and Roberta Smith



Sylvia Greenberg and Noah Jacobson



Donna Long and Simon Benson Offit



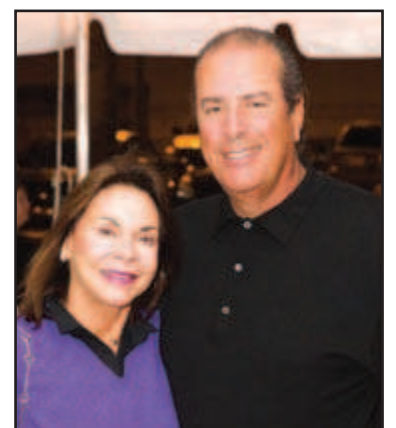
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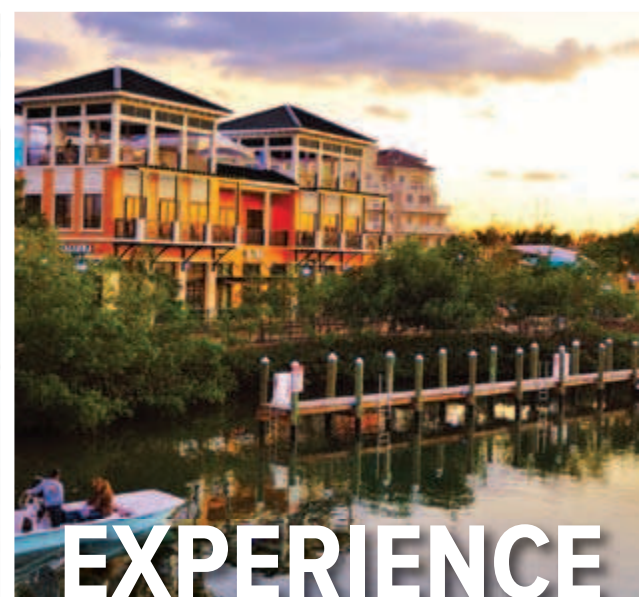
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The End of the Road: Are You Talking To Me?

myles LUDWIG



I feel like a spy in the House of Hippocrates or the doom-voice of Big Brother. I am sitting in a conference room at the Simulation Center of FAU's Charles E. Schmidt College of Medicine in the university's Research Park in Boca with a pair of third-year medical students. They are protected by their traditional white lab coats. I make small talk and ask a few questions. We have a brief discussion about physician-assisted suicide.

I can sense their anxiety. Their practicum is coming up. In a short time, naked aside from those white coats of office, each will individually enter a simulated hospital room and deliver some ad lib very very bad news to a simulated patient and her simulated brother in 15 minutes or less.

There's no Patch Adams here. A nice couple of kids who will soon have your life in their hands.

On a provided laptop, I have a birdseye view of the room and a pair of earphones to eavesdrop on the conversation between the patient played by Ethel Wainer (a serendipity; she was a very close friend of my mother's when she was alive and I grew up knowing the Wainers in New Bedford), her brother, portrayed by Dr. Ben Bensadon, Assistant Professor of Clinical Biomedical Science at FAU, and one student. This is part of Bensadon's class. It's about patient-doctor communication in end-of-life situations

Bensadon, along with others like surgeon and *New Yorker* writer Dr. Atul Gawande,

whose book "Being Mortal" was the basis for a PBS documentary, is on a crusade to humanize the practice of medicine and integrate the treatment of the psychological and the physical. Treat the disease ...and the patient. The patient is not the disease.

Something I was surprised to learn from him which is not standard operating procedure, except in most VA hospitals. In May, his own book, "Psychology and Geriatrics: Integrated Care for an Aging Population," is scheduled for publication.

The atmosphere is tense. It feels pretty close to reality, maybe because Ethel is 92 and may well be likely to experience (Ah'liv' ay pooh pooh, as my grandmother used to say in Yiddish; keep the evil eye away) something like this conversation at some point.



BENSADON

Me, too.

And maybe you, too.

The student is going to tell the patient in this

drama she has four to six months to live and to try to find out what kind of end-of-life care she might want. She wants to go home. Ethel, it turns out, is giving an award winning performance, the perfect cranky, demanding patient, ignoring the seriousness of her situation. The goal here is for budding doctors to learn how to deliver the bad news in this sterile room with some degree of sensitivity, maybe even dignity.

"Talking to patients is important because you're dealing with people not furniture," Ethel has said.

It's not easy for either doctor or patient. The natural thing is for the patient not to absorb or even to hear the nature of the illness and to surrender to immediate dumb-

founded depression like an old friend of mine who collapsed into a heap on the floor of his doctor's office with "sunflower wallpaper... passing out into a dream of dreaming." And for the doctor, to defend against the dangerous possibility of too close an emotional involvement, thus the speaking in jargon only a colleague would understand.

No comforting hand on the shoulder here; not even an "I'm sorry to have to tell you this."

Just the facts.

I dare say we've all had similar experiences.

After the play-acting, there'll be a learning debriefing.

I can hear Ethel saying to Bensadon, "They need an education in this field." Of the student's bedside manner, she said, "I wouldn't go to him."

I can see it too. Not to be critical, but it's instructive. In both cases there's a gulf between patient and doctor...so wide you could drive the Titanic through it. As Ethel said of the simulation, "I've had enough of them. I don't want to do this anymore."

Getting old has never been easy, especially in our youth driven culture that tends to toss aside the aged or abandon them on an ice floe (a myth) rather than venerate them. Especially in Florida, where there's a multibillion-dollar anti-aging industry, as Bensadon pointed out when we talked at FAU before my visit to the scene of the communications crime.

Despite mountains of platitudes of not acting your age, age is just a number, not for sissies, etc. and as-seen-on-TV magic tricks, the huge population of American Baby Boomers, including me, is now entering into the autumn of our lives, to be lyrical, and no longer a desirable marketing demographic, to be cold.

These lives — and deaths — are in the hands of millennials.

Can the twain meet?

Bensadon thinks they can. He wants to harmonize care. He has written numerous articles in the medical journals, including "Listening to our elders: a Story of Resilience and Recovery, Patient Education and Counseling" co-authored with Germaine Odenheimer on the need for a biopsychosocial approach to the aging issues. And, there is a wide range of issues here besides interdisciplinary medicine, turf battles and a lot of things few want to talk about, like sexuality, how to view change, fear, anger, self-confidence, mobility serious medical journals.

"Americans are living longer, which often means they are living sicker," he has written. "Within minutes of hearing words like cancer or dementia, patients may never feel normal or trust their bodies again. Some may be terrified about what to expect; others, convinced they have nothing to lose, may choose to engage in reckless or self-destructive behavior. Some may even prefer to die immediately."

At FAU, he's working with primary care physicians, Drs. Mary Elizabeth Roth and Bernardo Obeso, to change that in early in med student's internal medicine residency program, he's explained.

A recent article in *The Financial Times* noted there are only four people alive in the world who've seen the last century. The current World's Designated Oldest Person is 116-year-old Gertrude Weaver, who lives in Arkansas. Before her, it was Japan's recently deceased 117-year-old Misao Okawa, who said the secret to her longevity was to eat tasty food and sleep well.

Of her long life, she said, "It seemed short to me." ■

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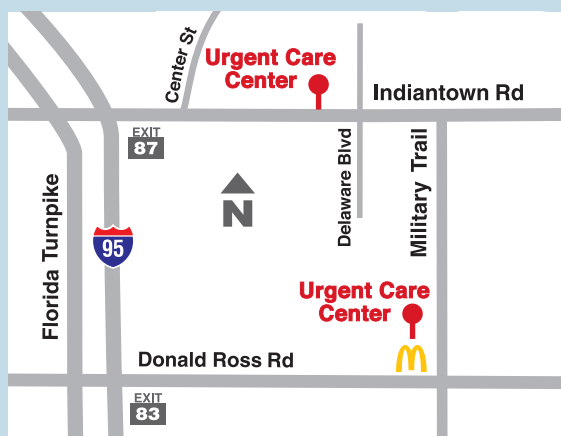
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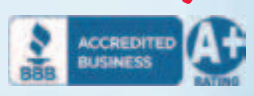
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For more information please contact the Clinical Research Department at Jupiter Medical Center at (561) 263-5791 or email jsecor@jupitermed.com.



AWARDS

From page 1

elections reporting.

Ms. Ponushis, the SPJ 2014 Florida Journalist of the Year, also won for hardship reporting.

Florida Weekly led all Southwest Florida newspapers with nine awards and trailed only *The Palm Beach Post*, *Miami Herald*, *Tampa Bay Times*, *Sun Sentinel* and *Sarasota Herald-Tribune* statewide. *The News-Press* earned six awards.

"I'm prejudiced, but I think this validates our work and rightfully places us in the top tier of newspapers in the state," said *Florida Weekly* Executive Editor Jeffrey Cull. "It's also a tribute to all the writers, editors and designers who, for more than eight years, have made *Florida Weekly* not only the best weekly newspaper in the state but one of the finest publications period."

First-, second- and third-place finishers will be announced at a special awards event in August in Miami.

Florida Weekly is locally owned and publishes newspapers in Greater Fort Myers, Greater Naples, Bonita Springs, Charlotte County and Palm Beach County with a combined circulation of more than 80,000.

A complete list of *Florida Weekly* award winners:

Breaking News Reporting (Small)

- Fort Myers Florida Weekly - Roger Williams, "Airglades"
- Pensacola News Journal - Staff, "Deluge"
- The News-Press - Michael Braun, Meslissa Montoya, Chris Umpierre, "Children Missing"

Non-Deadline News Reporting (Small)

- Fort Myers Florida Weekly - Evan Williams, "Oranges crushed"
- Sarasota Herald-Tribune - Josh Salman, "Selling Hope"
- The News-Press - Chad Gillis, The News-Press Non-Deadline reporting "Voices of the Everglades"

Feature Reporting - Newspaper (Small)

- Fort Myers Florida Weekly - Evan Williams, "Oranges crushed"
- Lakeland Ledger - Gary White, "VISA Roadblock"
- South Florida Business Journal - Celia Ampel, "Club"

Profile Reporting

- Fort Myers Florida Weekly -



CULL



R. WILLIAMS



PONUSHIS



E. WILLIAMS



THEORET



RADDATZ



"Oranges Crushed," left, by Evan Williams and "Airglades," right by Roger Williams both took awards for *Florida Weekly*.

Roger Williams, profiles

- Tampa Bay Times - Adam C. Smith, Michael Kruse, "Knowing Charlie"
- The Tampa Tribune - Paul Guzzo, Paul Guzzo, profile reporting

Beat Reporting - Community

- Fort Myers Florida Weekly - Evan Williams, The Community Beat

• The Palm Beach Post - Kristen Clark (formerly Daum), Wellington coverage

• The Tampa Tribune - Howard Altman, Howard Altman, Military Community

Beat Reporting - Elections

- Fort Myers Florida Weekly - Roger Williams, Nanci Theoret, Evan Williams, Athena Ponushis

• The Palm Beach Post - Christine Stapleton, Chris Persaud, Sonja Isger, Joel Engelhardt, "Ballot troubles"

• Treasure Coast Newspapers - Scott Wyland, George Andreassi, Isadora Rangel, "Elections"

Beat Reporting - Environmental/Health/Science

- Fort Myers Florida Weekly - Evan Williams, Environmental/health/science beat

• Lakeland Ledger - Tom Palmer, Tom Palmer: A Portfolio

• Tampa Bay Times - Alexandra Zayas, Kris Hundley, Connie Humburg, Letitia Stein, "Insult to Injury"

Best Reporting - Hardship Issues

- Florida Weekly Palm Beach Gardens and Jupiter - Athena Ponushis, "Hardship issues"

• Sarasota Herald-Tribune - Jessie Van Berkel, Jessie Van Berkel, "Collection"

• Tampa Bay Times - Will Hobson, "New Beginnings"

Art/Photo Illustration

- Fort Myers Florida Weekly - Eric Raddatz, art/photo illustrations by Eric Raddatz

• Tampa Bay Times - Cameron Cottrill, illustrations

• The Villages Daily Sun - Bonita Burton, "Fourth of July," "Rise of the Machine" and "What a Year" ■



A few of the illustrations by Eric Raddatz that won awards for *Florida Weekly* this year.

PALM BEACH SOCIETY

Hanley Center Foundation's 16th annual Golf Classic at Old Marsh Golf Club, Palm Beach Gardens



Beth Kigel, Danny Martel and Rachel Docekal



Michael Carbone, Gary Harris, Jim Myers and Serge Hogg



Kelli-Ann McLeod, Laura Gallo, Sarah Alsofrom and Michelle Ronquillo



Rick Reikenis, Bud Heithaus, Paul Mammolito and Bill Bee



Sally Robinson and Dick Robinson



Sarah Alsofrom, Carrie Johnson and Kalyn Camara



Sarah Cortvriend, David Fritz and Rachel Docekal



Suzanne Holmes and Cressman Bronson



Suzanne Holmes, Gary Harris, Maria Marino and Ryan Bridger



Linda Hanley, Amy Rothermel, Ascher Rothermel and Mike Hanley



Cameron Harris, Justin Tise, Dudley Moore and Tony Dowell



Dale Hedrick, Cathy Hedrick and Ryan Bridger

"Like" us on Facebook.com /FloridaWeeklyPalm Beach to see more photos. We take more society and networking photos at area events than we can fit in the 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.

LILA PHOTO

WEEK OF MAY 7-13, 2015

PALM BEACH COUNTY COMMERCE

"The truth is, all but a very fortunate few lose interest in their jobs at some point in time."

— Peter Studner, "Super Job Search IV: The Complete Manual for Job Seekers & Career Changers."

Living for the weekend?

TIPS FOR TURNING MONDAY

INTO THE BEST DAY OF THE WEEK

SPECIAL TO FLORIDA WEEKLY

ARE YOU A TGIF PERSON? DO YOU SLOG unenthusiastically through the workweek, counting the days and hours until the weekend begins? If so, was it always this way? Or was there a time when you were excited about your career and (even if you'd never admit it now) looked forward to seeing what each new workweek brought?

If this sounds familiar, Peter Studner has two questions for you: What happened? And would you like to recapture that TGIM spirit?

"The truth is, all but a very fortunate few lose interest in their jobs at some point in time," says Mr. Studner, the author of "Super Job Search IV: The Complete Manual for Job Seekers & Career Changers." He suggests two options for those for whom all traces of TGIM have vanished: "You can continue to dread the beginning of each new week (and risk total burnout)," he says, "or you can take steps to figure out how to breathe new life into your career."

A master career counselor whose out-

placement firm has helped more than 27,000 people transition from one job to the next, Mr. Studner's new book guides readers through the complicated process of conducting a successful job search campaign. His systematic approach to finding a job includes online resources and an app with information about job leads, companies and recruiters around the world.

Here is some of his advice for TGIF-ers that can help them look forward to Mondays again:

■ First, pinpoint why you have lost interest in your job. It's possible that you feel gut-churning dread (or maybe just soul-crushing boredom) when you walk into the office, but you've never put thought into what's causing those feelings. This is the first step you need to take, because the source of your discontent will determine what you do next.

To help you get started, here's a list of common reasons why people lose interest in their jobs:

- My job became boring; it was the same old routine over and over.

- I am underemployed. I needed this job during the recession, but now that the job market is beginning to grow, well ...

- The commute has become unbearable.
- My boss does not appreciate me and is continually on my case.

- The company is in trouble. It's not growing. There are no new products or services. Any day there could be layoffs, or worse yet, a bankruptcy.

- I am underpaid, and there are no raises on the horizon. The wait for a promotion will be too long.

- It's impossible to get all of my work done on time. Too much has been dumped on me due to downsizings.

- This company doesn't offer overtime pay, and I have to work late all the time.

- My benefits package has changed for the worse.

- I'm not learning anything new. This is just a dead-end position.

■ Next, explore whether a change is possible within your current organization.

SEE MONDAY, A26 ►

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NETWORKING

Palm Beach Business Group's BioTech and Innovation breakfast at The Breakers



Ray Berry, Rhonda Williams, Sandeep Pednekar, James Khalil and Raymond Berry



Sharon Geltner, Ken Weiss, Jane Weiss, Patricia Mitchell, Dwight Brooks and Nancy Brooks



Thomas Ross and Dipnarine Maharaj



Richard Parker, Rose Carpenter and Brad Neider



Mary Lynn Mathre, John English and Kristina von Merveldt

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Lise L. Hudson,
Hudson Family Law

How to Avoid Needing a Divorce Lawyer

Over the last twenty-five years, I have had occasion to witness the demise of relationships that, in all likelihood, could have been saved. In an effort to educate those who may be willing to consider the idea of “trying again”, please note the following:

1. Punching your fiancée’s father the night before the wedding may shorten the longevity of your future marriage;

2. Giving your spouse a pamphlet from the local gym at your first wedding anniversary may have a chilling effect on the conjugal visit anticipated later that evening;

3. Tweeting that your spouse is the reproductive product of a horse and a donkey may be misinterpreted by your true love;

4. Dating while married usually accelerates the demise of “good will” amongst spouses;

5. Cleaning out the joint bank accounts, secretly selling the car your spouse is driving, or slowly siphoning funds to an off-shore account in your sister’s name might make you a “person of interest” to the Federal government and your soon-to-be ex-spouse.

The above may be obvious; the truth however centers on the relationship itself. Marriage is an ever changing landscape that requires the focused commitment of each party involved. It not only requires a willing dedication to the relationship (not the institution), but a commitment to lovingly confront behaviors, feelings, or even emotional issues in oneself. This can be a daunting challenge but being emotionally healthy requires the honesty of each person about the other and about themselves. The current, socially accepted thought that each person can live in any way chosen and be married is deceptive and usually destroys the marriage ultimately. Conversely, however, confrontation can become abusive without the involvement of a qualified third party such as a marriage counselor to balance the emotions of the parties.

Divorce is not the inevitable end to marital relationships that seem broken. If the people involved are willing to participate in a process of identifying and addressing issues in themselves and in each other, the relationship can be preserved and will often strengthen. If one person is not willing to undertake this process, the relationship will not change because relationships do not “heal” themselves. It requires the parties involved to be willing to come together jointly that allows healing to take place. This, after all, is what marriage is all about.

If you have further questions or need further information, please contact me at: lhudson@hudsonfamilylaw.com or (561)472-0805.

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Palm Beach Gardens, FL 33410
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www.HUDSONFAMILYLAW.com

NETWORKING

Gold Coast Tiger Bay Club’s luncheon meeting



Arlene Herson, Robert Fraiberg and Robert Weinroth



Carl A. Rose, Marie Rose and Marshall Isaacson



Alvin Lloyd Brown, Robert Weinroth, Jeff Brown, David Goldstein and Michael Walstrom



Jeff Brown, Michael Walstrom and Charlotte Beasley



Lawrence Greenberg and Sarah Brown Weitzman



Emily Leander and Gary Kissel



Judy Notter and Jim Notter

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NEWS OF THE WEIRD

BY CHUCK SHEPHERD

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Marital enhancement

Saudi Arabia's very first sex accessory shop (in the holy city of Mecca) should be opening soon, according to news reports — operated by a Moroccan Muslim, backed by the German adult mega-retailer Beate Uhse, and supposedly fully compliant with Islamic law. Owner Abdelaziz Aouragh told Agence France-Presse he would stock 18 different Islam-appropriate toys for married couples, along with oils and fragrances that he said would enhance the marital experience. (He did not actually describe the toys, but ruled out U.S. mainstays such as inflatable dolls and vibrators.) One such “halal” sex shop opened in Turkey in 2013, and Aouragh's financial partner runs a similar enterprise online.

The continuing crisis

■ The February gun-and-baby-carrying workshop in Johnston, Iowa, was so successful that instructor Melody Lauer and CrossRoads Shooting Sports owner Tom Hudson plan more. Lauer insisted that she does not necessarily encourage a baby-holding mother to arm herself, but if she chooses to, safety would of course require that she be familiar with the tricky procedure of drawing, aiming and firing even though she might be “wearing” a baby in a sling in front of her body. Hudson, noting the fast-growing market of gun sales to women, said scheduling the workshop “was a no-brainer.”

■ What is believed to be America's only hard-nosed “gang” composed only of gay and transgendered African-Americans hopes to have its story told soon by filmmakers — who emphasize the group's transition from fighters to entrepreneurs working to establish their own clothing line, according to a March report on advocate.com. The gang, originally organized for protection (“We gonna get our respect one way or another,” said one), hails from the violent Washington, D.C., Trinidad neighborhood, yet some of the 200 members (in their teens or early 20s) insist on stilettos, lipstick and mascara (while carrying knives, brass knuckles and mace).

Questionable judgments

■ Pioneering British facial surgeon Ninian Peckitt, 63, facing a Medical Practitioners Tribunal in Manchester in April, was accused by a witness of “repeatedly” having punched one patient in the face during a procedure in order to straighten a fracture. Dr. Peckitt acknowledged having used his hands to “manipulate” bones in the patient's face, calling it a routine surgery-avoiding procedure sometimes required for extensive injuries.

■ Suspicions Confirmed: Two airport screeners at Denver International collaborated in an ongoing ploy in which one, a male, signaled to a

female colleague that he had spotted an attractive male passenger in line that he might like to grope. The female would then suddenly notice an “anomaly” in the screening and ask that passenger to stand aside so the male agent could “inspect” him further — by genital and posterior fondling (over his clothing). The two agents were fired in February after a Transportation Security Administration investigator, having been alerted to the scheme, observed it in action. ■

Florida-weird

■ Mohammed Almarri, 21, was arrested on multiple charges in Tampa on April 12 after illegally entering a neighbor's apartment in a high-rise and forcing the owner onto the balcony. For reasons undisclosed in the police report, Almarri then allegedly microwaved the man's wallet in his oven.

■ Joseph Williams, 35 (and with several pending warrants), was arrested on April 5 in Fort Pierce, after entering the emergency room at Lawnwood Regional Medical Center and Heart Institute, demanding an enema and refusing to leave until he got one.

■ Austin Hatfield, 18, reported to an emergency room in April after being bitten on the lip by a venomous cottonmouth viper in Wimauma. According to a fish and wildlife commission spokesman, Hatfield had been keeping the recently caught snake in an ordinary pillowcase on his bed, and when it got out, Hatfield (ungracefully) recaptured it. (The bite was not fatal.)

■ According to witnesses questioned by the Jacksonville Sheriff's Office (on the scene after shots had been reported at Murphy's Express Gas station in March), one customer had fired at another, hitting him in the foot, because he felt that the customer was staring at him while he pumped gas.

Leading economic indicators

■ In the face of jokes about proliferating airline charges, the British economy line easyJet added another fee recently. If easyJet, on its own, cancels a flight, it charges a fee of 10 British pounds (about \$15) to notify third parties. The airline said that even though its own decision created the issue, it must nonetheless cover its costs to provide cancellation notices to passengers who miss connections or who need to provide verification to collect on private travel-interruption insurance.

■ Is This a Great Country or What? Counting only the pool of bonus money (not regular salaries), employees of New York securities industries in 2014 earned roughly twice as much as the total income paid to all employees in the United States who worked full time at the federal minimum wage (\$7.25 an hour). (The statistic, from a report by the Institute for Policy Studies and reinforced by a University of Michigan professor using figures from the New York State Comptroller and the Bureau of Labor Statistics, was featured in a March *New York Times* analysis.)

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AN ALTERNATIVE TO MONEY MARKET FUNDS

April is behind us and what a month it turned out to be! The investment community witnessed the amazing upward climb in the major stock indices despite the US Dollar's continuing strength. Bond yields continue to remain low globally since the end of 2014. In fact, the yield on the 10 Year German Bund briefly dropped below 5 basis points last month.

US economic growth forecasts were slashed in late April after the weak Durable Goods report was released on April 24. Nondefense capital goods orders excluding aircraft fell by 0.5% while the prior month's data was revised lower.

Weak business spending is leading more economists to revise their target date for a rate hike by the Federal Reserve. CNBC.com reported that a growing number of economists do not see a Fed rate hike until December at the earliest. Our position is that the Fed will not raise rates in 2015 due to the soft economy as well as the size of the US Treasury debt outstanding, now at over \$18 trillion and counting.

As we have noted previously, if the overall interest expense on this \$18 trillion debt were to increase by 1 percentage point (100 basis points) the US budget deficit would climb by \$180 billion dollars, assuming all other expenditures remain unchanged. And despite record tax revenues last year, the 2014 US budget deficit was over \$480 billion dollars.

I strongly recommend having a cautious outlook for the US stock market. Last month's S&P 500 quarterly earnings reports demonstrated the negative impact of the strong US dollar on profits for US multinationals. Revenue growth remains difficult to come by. Valuations have become extended as well.

According to a report in Barron's late last month, 71% of fund managers it polled believe stocks are fairly valued, while just 8% consider them undervalued. The article also pointed out that Wall Street analysts expect S&P 500 earnings to rise less than 1% this year. Stock buyback activity is enabling many companies to report improving earnings per share even though revenue growth remains difficult to achieve.

We have good news to report to our readers. Clients of Ames Capital Management have seen their accounts grow nearly 16% (15.75%) year to date. Our dividend capture strategy is working well.

Several S&P 500 companies have once again increased their quarterly dividends to reward their shareholders. I encourage you to contact my firm to discuss how we can assist you in obtaining better returns on your capital. Our conservative, income oriented approach may be just what you have been seeking.

I now host a weekly radio show on WWPR 1490 AM in the Tampa Bay region. The show airs from 2pm - 2.30pm EST every Friday. The show can also be heard live on the station's website (1490wwpr.com). Taped broadcasts of each show are also available on my firm's website (www.amescapmgmt.com). Enjoy!

If you are unhappy with the returns offered by money market funds, feel free to contact us.

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FLORIDA WEEKLY
REAL ESTATE

WEEK OF MAY 7-13, 2015

A GUIDE TO THE REAL ESTATE INDUSTRY

| A24



COURTESY PHOTOS

Stunning modern home in Admiral's Cove

SPECIAL TO FLORIDA WEEKLY

This is the last private home designed by internationally acclaimed architect Frank Israel. Set on one of a few premier, direct Intracoastal lots in Admiral's Cove, this beautiful modern home enjoys expansive preserve and water views as well as a protected canal with deep water dockage up to 76 feet. Only the finest wood, glass, stone, and metal materials were used on this one-of-a-kind modern home. Floor-to-ceiling hurricane impact windows and doors let in terrific light and allow for fabulous water views. Enjoy the award-winning country club complete with 45 holes of championship golf, a full-service marina, and an updated waterfront clubhouse. The home, at 186 Spyglass Lane in Admiral's Cove in Jupiter, offers six bedrooms, five full bathrooms and two half-baths. Sotheby's International Realty lists the home at \$8,995,000. The agent is Todd Peter, 561-281-0031, todd.peter@sothebysomes.com, toddpeter.com. ■



KOVEL: ANTIQUES

The secrets of the mystery clock revealed

BY TERRY AND KIM KOVEL

What is a mystery clock? How does it work? Magicians never tell the secrets of their trade. But the secret of the mystery clock, first made in the 1860s, has been exposed. The most famous mystery clock had a figure, often a goddess, who held a long pendulum that swung for no obvious reason. She stood on a circular base with a platform. The platform moved slightly, making the pendulum swing and the clock hands move to tell the time. A different type of mystery clock was made in the 20th century. It was very popular from the 1950s to the 1980s. A normal-looking circular face that was secretly made of four glass discs was set in a modern looking case, usually rectangular. The hands were glued to the discs. The numbers for the hours were on a band on the case that went around the glass, so the hands seem to float on the glass while keeping the time. Many of these clocks were made with gold and jewels and sold for high prices. Ceres, the goddess of agriculture, is featured in a mystery clock that sold late in November 2014 for \$5,843. She is holding a ball-shaped black clock suspended on chains from her left hand. The round black clock has raised Roman numerals, and it furnishes the necessary rotation.

Q: I have an old 20-inch toy Army truck by Buddy L. It was given to my brother in 1940. The truck has a green metal body, a canvas cover and rubber wheels. The side door is embossed with

“Buddy L.” The truck is in good condition. What is it worth?

A: Your Army transport truck with the Buddy “L” bar and circle logo embossed on the door was made from 1939 to 1940. The truck was sold alone or with a trailer. It’s worth \$90 to \$175, depending on its condition. The Buddy “L” company goes back to the Moline Pressed Steel Co. that was started by Fred A. Lundahl in 1913 in Moline, Ill. His son, Arthur Brown Lundahl, was born in 1915 and nicknamed Buddy. Another boy named Buddy lived in their neighborhood, and to avoid confusion, Buddy Lundahl was called Buddy “L.” His father’s company began making toys under the name, Buddy “L” in 1921. Buddy “L” toys still are being made.

Q: I have a delicate blue and gold cup and saucer with flowers that is marked “Dresden, Saxony” along with an animal that looks like a calf. I’d love it if you could give me some information about it.



The gilt Ceres, goddess of agriculture, holds a suspended clock that appears to be running without any power source. She is 28 inches high. The clock, made about 1890 in France, was sold by Skinner Auctions of Boston for \$5,843.

A: The mark on your cup and saucer was used by Ambrosius Lamm, a decorator who opened a studio in Dresden, Germany, in 1887. He decorated porcelain made by the famous manufacturers in the nearby town of Meissen. His mark shows a lamb over the word “Dresden.” The word “Saxony” was added in 1915 and used until about 1934, when the mark was changed to say “Made in Saxony.” That is when your cup and saucer were made. When Lamm retired in 1934, his daughter took over the business and continued to operate it until 1949. The fancy blue and gold decoration on your cup and saucer suggests the set

Patrick cushions.” Any information you might have would be greatly appreciated.

A: The brass badge probably reads “Dan Patch cushions,” not “Dan Patrick.” H. Ehrlich & Sons Mfg. Co. was listed as a maker of billiard and pool table cushions in 1912. The standard size for tournament snooker tables of 11 feet, 8½ inches by 5 feet, 10 inches, plus or minus half an inch, is usually called a 12- by 6-foot table. Smaller tables like yours were made for use in homes, pubs, and other places. The Dan Patch cushions were named after the horse that set a world’s record for the fastest mile in harness racing in 1906. When the horse retired in 1909, he held nine world records and was undefeated.

Tip: If your dark furniture has a scratch, you can make it less obvious by rubbing half a shelled walnut on it. This will stain the light scratch mark. ■

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

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MONDAY

From page 20

Before you jump ship, Mr. Studner urges you to explore what, if anything, you might do to change things. "Sometimes employers don't realize their employees are discontented," he says. "And when they find out, they are often willing to work with them to make things better." Here are four examples of what you might consider:

- Request a change of positions inside the company (providing there are openings, you have the skills and/or the company is willing to train you).
- Go back to school in the evening to add skills to your toolbox so you become more valuable to your present employer (or a future one).
- Have a heart-to-heart discussion with your boss (provided he or she is approachable) to discuss your workload. Ask if it's possible for you to receive help, or if the workload can be redistributed.
- If you are underpaid for the work you do, ask for a raise (provided the company can afford it). "Whatever you decide to ask for in this discussion, don't threaten to leave the company if your request isn't granted — even if that's what's in the back of your mind," Mr. Studner stresses. "At this point, you want to keep the conversation positive and avoid alienating your employer."

■ If necessary, take steps to move on. If, after all things are considered, you determine it's time for a change, what next? "The key word for you now is *preparation*," Mr. Studner says. "A job search campaign is not just slapping together a resume and sending it out in a mass mail-

ing, especially if you are looking for that TGIM job." Here are the steps you need to take:

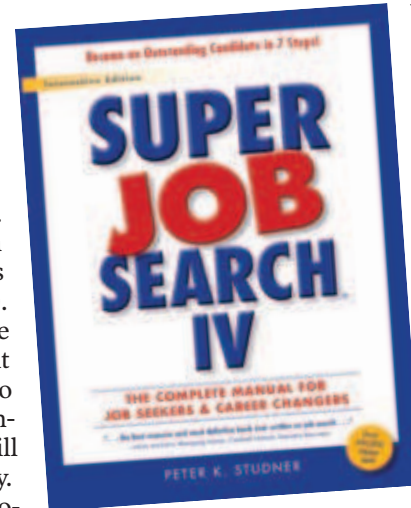
- Do not discuss your plans to leave with *anyone*. This especially applies to individuals within the company, unless you have 100 percent assurance of their confidentiality. If you are unsure, *keep your plans to yourself*.
- Make a list of all your job search interests. Next to each prospective position, note your relevant experience (how much time you've spent doing this kind of work) and your pertinent knowledge (how much applicable training you've had). "It's OK to list positions for which you have zero experience and/or knowledge," Mr. Studner assures. "Remember, you can get training in a relatively short period of time, and it's perfectly fine to start on a lower rung of the ladder. If you love what you do, you will become good at it and promotions will be easier. Remember, your objective is a TGIM job."
- Validate that the job you want exists. When you have identified the kinds of positions you want to explore, do some research with websites like indeed.com. Does your preferred job still exist? Are positions available in the city where you wish to work? What skills are being asked for? Do you have those skills and experience? How and where do you need to apply?
- Make a detailed list of all your accomplishments. Go back as far as you can in your career. Accomplishments are the most important tools in your job search bag. You will use them in your resume, interviews, letters, replies to advertisements, phone calls, presentations, emails, and even salary negotiations.
- Prepare a fresh resume. Do not try to rework an old one. "A killer resume tells the reader what you have done in a

concise, readable manner," Mr. Studner notes. "It showcases your most relevant skills and related accomplishments. It should not include exaggerations, however; just the facts."

- Do research on companies you might like to consider. Before putting companies on your target list, check them out at glassdoor.com and see what former employees have to say. Some reviews might be eye-opening.
- Begin to explore the job market. If you see ads of interest with specific company names, try to network with someone in that company (for instance, using LinkedIn). Don't rush to send out your resume indiscriminately. Control its distribution.
- Meet with and prepare your references. Have a conversation with your references (preferably in person). Make sure they are aware of your career goals, that they know how best to attest to your accomplishments and that they will keep your confidentiality.
- Keep copious chronological notes. Each time you make a new contact, whether it's by phone, in person, in a letter or via email, record that person's information. Keep a running list on your computer or smartphone (and back it up) or, if you prefer the old-fashioned way, in a spiral notebook.
- Beef up your skill set. If your current skills are inadequate, now is the time to enroll in evening or weekend courses, if possible. "If you are not disciplined in self-teaching, you'll learn faster and easier by getting into a classroom envi-

ronment," Mr. Studner says.

- Never stop tweaking your campaign. Based on the feedback you get from your references, mentors and research interviews (or even job interviews), adjust your campaign accordingly. "And keep in mind that your resume, cover letter and interview answers will probably need to change with each application," Mr. Studner advises. "Before each meeting, think about which of your skills would best fit with *this* particular company and *this* particular job. Consider what problems the company might have and how you can solve them. Then tweak your materials to reflect your conclusions."
- Stay positive. The message you send contacts and prospective employers should be that you are looking to transition into a new opportunity where you can use your skills, and that you are exploring all options. "Be positive with everyone, and for sure *do not badmouth* anyone or your current company," Mr. Studner says.



Make it TGIM

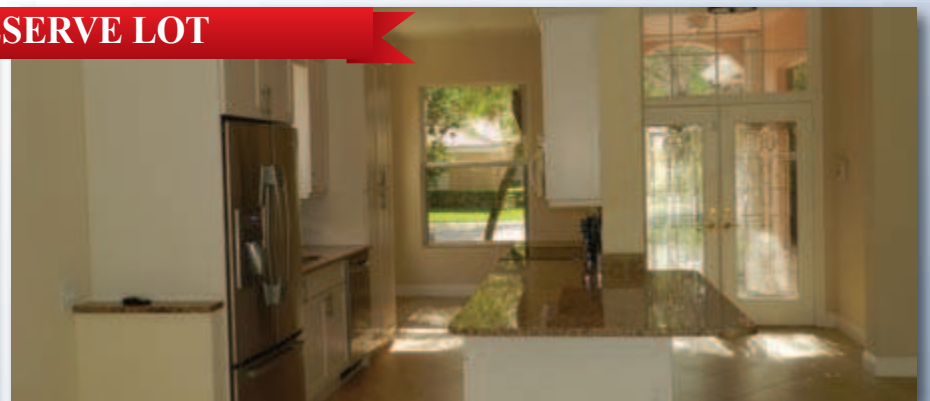
When you take an active role in managing your career, you won't have to settle for a TGIF job, Mr. Studner concludes. "If you put in just a few hours every evening, you can work miracles," he says. "Your next job should be a joy, give you a feeling of self-worth, and if you become good at what you do, continue to be rewarding. "Settle for nothing less than TGIM." ■

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COURTESY PHOTO

Gail McCormack, Northern Palm Beach County Chamber of Commerce; Ilan Kaufer, vice mayor, town of Jupiter; and Doreen Nystrom and Scott Agran, both of Lang Realty, cut the ribbon on the new office in Jupiter.

Lang Realty celebrates opening of office on Indiantown in Jupiter

SPECIAL TO FLORIDA WEEKLY

Lang Realty recently celebrated the grand opening of its 11th office, at 920 W. Indiantown Road in Jupiter with a lavish cocktail reception and steel drum band welcoming agents, community leaders and local dignitaries.

"We have realized tremendous steady growth that required us to have a stronger physical presence in this area to meet the needs of our clientele," Doreen Nystrom, sales manager for Lang's Jupiter and Palm Beach Gardens offices, said in a statement. "This office special-

izes in upscale waterfront, single family and country club community residences in Jupiter, Hobe Sound and surrounding communities."

The elegant casual office, designed with blues and crisp whites, replaces a satellite office and will house 17 on-site agents with plans for additional growth and a sales coach/mentor.

Last year, Lang opened an office in Manalapan to add to its Palm Beach Gardens and West Palm Beach offices.

For more information visit langrealty.com or call 623-1238. ■

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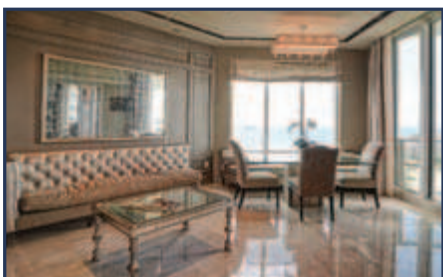
Ritz Carlton Residence 2003A
3BR/3.5BA - \$3,578,000



Ritz Carlton Residence 1603A
3BR/3.5BA - \$3,499,000



Ritz Carlton Residence 801A
3BR/3.5BA - \$3,199,000



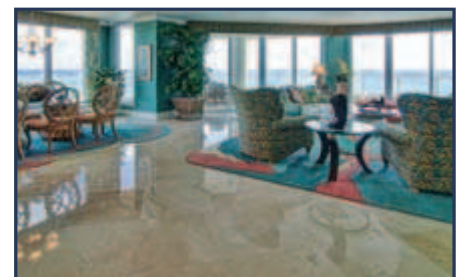
Ritz Carlton Residence 1104A
3BR/3.5BA - \$2,999,000



Ritz Carlton Residence 1704A
3BR/3.5BA - \$2,999,000



Oasis Singer Island 8B
3BR/3.5BA - \$2,780,000



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Oasis Singer Island 12A
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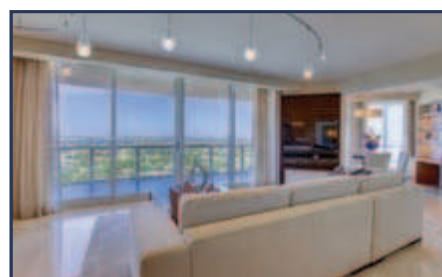
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Ritz Carlton Residence 2506B
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Ritz Carlton Residence 1406B
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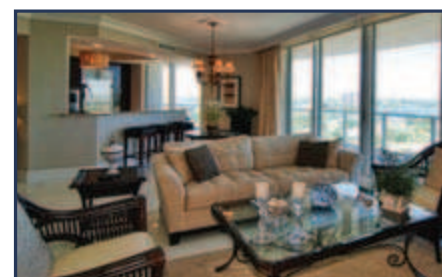
The Resort 1651
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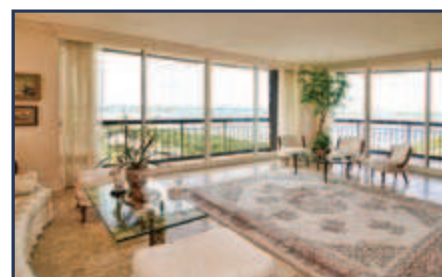
Beach Front 1603
3BR/3BA - \$1,299,000



Ritz Carlton Residence 205B
2BR+DEN/2.5BA - \$1,225,000



Ritz Carlton Residence 1206B
2BR+DEN/2.5BA - \$1,199,000



Martinique WT1403
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ARTS & ENTERTAINMENT

WEEK OF MAY 7-13, 2015

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

An irreverent
tribute to some
world-famous
(and not-so-
famous) mothers



BY NANCY STETSON

nstetson@floridaweekly.com

THE WORLD, IT SEEMS, IS FILLED WITH mothers.

But not all of them necessarily have offspring.

Mother might be a stage name, an honorific or the name of a band. It might also even be a male.

Mom. Moms. Mama. Mother — our cultural world is filled with the maternally named.

In celebration of the upcoming holiday, in what we hope is the mother of all Mother's Day articles, we present our irreverent look at some well-known moms.

■ **Mother**

"Mother" was the code name for a top government official in the 1960s British TV series "The Avengers." Played by actor Patrick Newell, Mother was



NEWELL

a stout man with a tidy moustache who, from his wheelchair, issued orders to secret agents John Steed and Emma Peel (and later, Tara King).

His secret headquarters changed constantly and included a double-decker bus and, one time, an underwater hideaway.

Second in command to "Mother" was an official called "Father" — who was a woman. In one episode, "Mother" also referred to an associate by the code name of "Grandmother."

■ **Mother Earth**

Mother Earth is, regrettably, a most abused mother.

We pollute her rivers and oceans and

SEE MOM, B7 ►

Symphonic Band hosts homecoming for conductor

BY JANIS FONTAINE

pbnews@floridaweekly.com

It will be a homecoming of sorts when the Symphonic Band of the Palm Beaches takes the stage. They'll be welcoming a special guest with South Florida roots: Chief Warrant Officer 2 Stephen Giove, a Nova High School graduate and current director of music for the Marine Corps Air Ground Combat Center Band at Parris Island, S.C.

The band performs two concerts —

7:30 p.m. May 11 at the Duncan Theatre in Lake Worth or 7:30 p.m. May 15 at PBSC Eissey Campus Theatre in Palm Beach Gardens.

Officer Giove earned his bachelor's degree in music performance from Berkeley College of Music in 1987. He enlisted in the service and after completing boot camp at Parris Island Marine combat training at Camp Lejeune, N.C., he graduated in 1990 from the basic music course at the Armed Forces School of Music in Little Creek, Va.

His first assignment, as a percussionist and drummer, was with the Quantico Marine Band, Quantico, Va.

His service record is full of accolades, and 25 years later, his steady progression landed him in his current position as director of music.

Officer Giove's personal awards include the Meritorious Service Medal, the Navy-Marine Corps Commendation Medal, the Navy-Marine Corps

SEE SYMPHONIC, B8 ►

INSIDE



In the Kitchen

Ken Rzab finds his groove in the kitchen at Rhythm Cafe. B23 ►



Society

See who was out and about on the area social scene. B12-15, 18-19 ►



Wellington's own star

Erin Krakow is the lead in Hallmark's "When Calls the Heart." B11 ►



Visiting Charleston

The historic Southern city has its charms. B20-21 ►

SANDY DAYS, SALTY NIGHTS

Naked beneath our armor



My friend Adam and I have been talking about armor. Not the knight-in-shining kind. Not the Kevlar version. But the emotional armor each of us slips on at the beginning of the day and strips off just before we go to sleep. And sometimes, truthfully, not even then.

Adam's armor is all about prestige and class. He wraps his fancy diplomas around himself and trusses his image in awards and recognitions. When he's nervous or insecure or in any way doubting himself, he brandishes his good breeding like a shield. I watch him do this, and I imagine the wall of thorns surrounding Sleeping Beauty's castle. He's impossible to breach.

"And your armor?" he asked me recently. "What do you do to keep people away?"

We were sitting in a cafe drinking overpriced tea. I wore this fierce red lipstick I've taken to lately, and I'd lined my eyes in black liner. I had my hair pulled back in a slick bun. My jeans were tight, my jacket fitted. Everything about me spoke of order and discipline.

"I guess it's my appearance," I said. "I use how I look as my armor."

Funny, because just last year I told a friend she should put less effort into her appearance. Her beauty is her armor, and she keeps people away with her glossy hair and meticulously applied make-up.

"Your heart is the loveliest thing about you," I'd told her. "Let people see that first."

Me? I'm not after beauty. It's infallibility I'm chasing. When people look at me, I don't want them to see any chinks in my armor. I want them to think nothing gets through. Least of all, vulnerability. This woman in the red lipstick and heavy mascara is invincible. She cannot be hurt.

Of course, our armor is simply a distancing mechanism. Rather than protecting us, it serves to hide the best and brightest parts of our selves.

Adam is one of the most lovable people I've ever met. He's brilliant and funny, and his mind works in strange, captivating ways. But most people never see that. I had to chop through a lot of thorns to get there, and the majority of people who meet him

won't put in that kind of work. It's too bad for them, but mostly too bad for Adam.

Which makes me wonder why we do this to ourselves.

In a world where everyone is

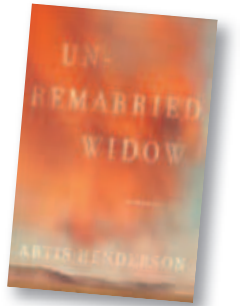
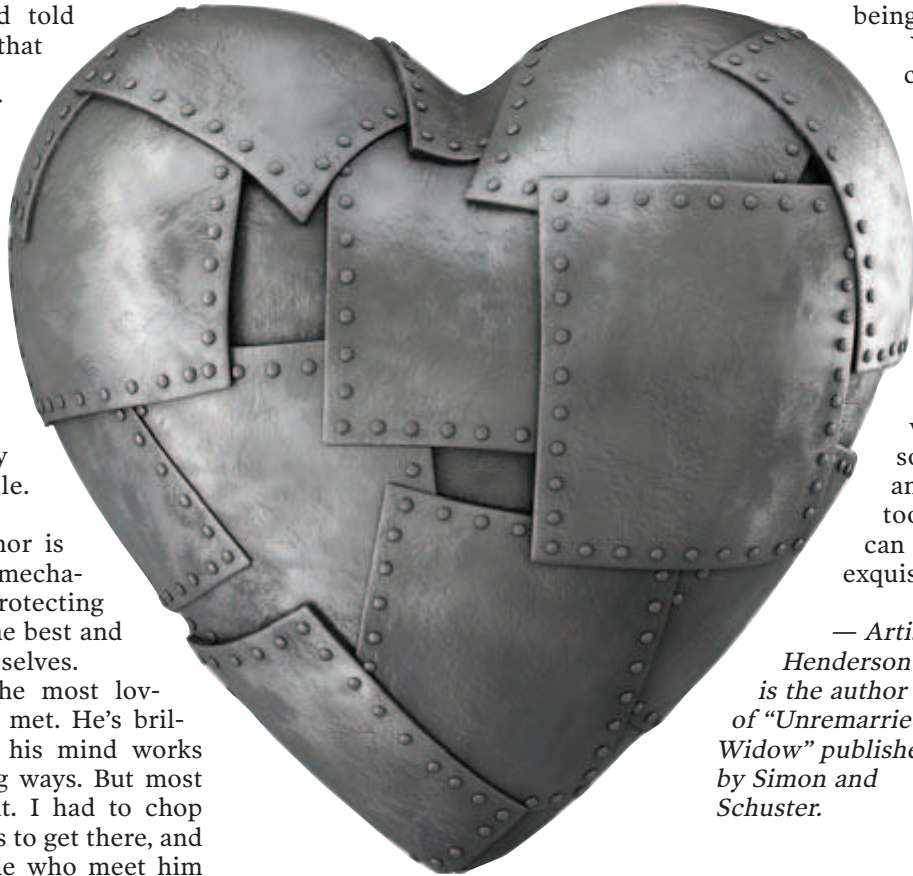
desperate for relationships, why do we make it so damn hard for people to love us?

I suppose it's because we're afraid. Afraid of being exposed. Afraid of being judged. Afraid of making ourselves vulnerable and still not being loved.

Yet love is fueled by courage. In order to get to the real thing, the true thing, we have to be willing to expose ourselves. We must drop the armor and stand emotionally naked.

It's terrifying. Trust me, I know. That's why I don't do it a lot. But I'm working on shedding some of these layers, and I hope you will, too. Perhaps then we can stand together in our exquisite fallibility. ■

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



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CALENDAR

Please send calendar listings to pbnews@floridaweekly.com.

THURSDAY 05.07

Author John Wooten — 1:30 p.m. May 7, North Palm Beach Library, 303 Anchorage Drive, North Palm Beach. The actor, producer, screenplay writer, and grandmaster in jujutsu will discuss his novel "Miracle Fighter," a story about a young boxer from Sicily who migrates to Boston and becomes the heavyweight champion of the world. Info: 841-3383, npblibrary.org.

Clematis by Night — 6-9 p.m. May 7. It's Latin night at CBN with Los Gitanos Del Fuego, who pay tribute to the music of the Gipsy Kings and other Latin greats. Founder Bob Folse is well known for his Spanish guitar, and the group for its flamenco style. Info: clematisbynight.net.

"Dames at Sea" opens — May 7-31, The Wick Theatre, 7901 N. Federal Highway, Boca Raton. A tap-happy, Navy-crazy celebration of the golden era of movie musicals written by George Haimsohn and Robin Miller with music by Jim Wise. This production, featuring a live band, includes the songs "There's Something About You," "Raining in My Heart" and "The Sailor of My Dreams." The Wick Tavern is open for dinner. Show times: 7:30 p.m. Thursday-Saturday, 2 p.m. Wednesday, Thursday, Saturday and Sunday. Tickets are \$63-\$80. Info: thewick.org or 995-2333.

FRIDAY 05.08

A Mother's Day Art and Dessert Social and Gallery Opening — 6-9 p.m. May 8, Artisans On The Ave., 630 Lake Ave., Lake Worth. Art purchases come with a free, hand-made fused-glass pendant. Refreshments, desserts and beverages will be served. Info: 582-3300 or 762-8162.

Palm Beach Zoo's "Do at the Zoo" Fundraiser — 6:30-10 p.m. May 8, Palm Beach Zoo, 1301 Summit Blvd., West Palm Beach. Enjoy a movable feast with dishes from 10 participating restaurants, sip on classic cocktails, dance to music with DJ Vlad, and interact with animals. Restaurants include Avocado Grill, Bricktops, Buccan, Duffy's Sports Grill, Echo, Meat Market, PB Catch, PDQ, Table 26 and the Palm Beach Zoo Tropics Cafe. Tickets: \$175. Info: 533-0887; palmbeachzoo.org

Oxbridge Academy presents "Les Miserables" — 7 p.m. May 8, 2 and 8 p.m. May 9, and 2 p.m. May 10, Oxbridge Academy Auditorium, 3151 N. Military Trail, West Palm Beach. The theatre department's spring musical performed by students. \$10. Info: 972-9600; oapb.org.

SATURDAY 05.09

Jim Henson's Dinosaur Train - Live! Buddy's Big Adventure — 10 a.m. and 1 p.m. May 9, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. This highly interactive musical story created for the stage features the characters from the popular PBS show "Dinosaur Train." Arrive early for "Beyond the Stage," a free pre-show musical performance by School Of Rock of the Palm Beaches at 9 a.m. and noon. Tickets: \$10 and up. Info: 832-7469; Kravis.org; DinosaurTrainLive.com.

Connoisseurs Garden Tour — 10 a.m.-5 p.m. May 9 and 11 a.m.-4 p.m. May 10. This Mother's Day tradition

features tours of eight local private gardens in Delray Beach, North Palm Beach, Royal Palm Beach and West Palm Beach. This is a drive yourself at your own pace tour. Visit them all in one day or split it over two days. Tickets: \$20 for members; \$25 nonmembers. Info: 233-1757; mounts.org

A Mother's Day Taste History Culinary Tour — 11 a.m. May 9, leaving from Macy's at the Boynton Beach Mall, 801 N. Congress Ave., Boynton Beach. Celebrate mom with a food and culture tour of historic Lake Worth and Lantana. Tickets: \$50. Free for children younger than 14 accompanied by a paid adult. Info: tastehistoryculinarytours.org

The Arts Garage Guild hosts Casino Night — 7 p.m. May 9. Cocktails and hors d'oeuvres, casino games, slot machines and a grand finale raffle. Admission: \$75 donation in advance, \$100 at the door, includes 5,000 in chips. Proceeds supports educational programming at The Studio @ Arts Garage. Age 18 and older. Info: artsgarage.org

Broadway Mamas — 7:30 p.m. May 9, The Lyric Theatre, 59 SW Flagler Ave., Stuart, and 7 p.m. May 10 at the PBSC Eissey Campus Theatre, 3160 PGA Blvd., Palm Beach Gardens. Devoted to famous mothers of the Broadway stage. Tickets: \$25. Info: 772-286-7827 (Lyric) and 207-5900 (Eissey).

Mother's Day Tea — 11:30 a.m.-2:30 p.m. May 9 and noon-3 p.m. May 10, Café des Beaux-Arts at the Flagler Museum, 1 Whitehall Way, Palm Beach. A Gilded Age-style lunch of tea sandwiches, scones and sweets, served in a lovely garden-like room with a view. Members: \$60 mother and child, plus \$30 for additional children, guests. Nonmembers: \$100 mother and child, plus \$50 for additional children, guests. Buy tickets online at flagler.us or call 655-2833.

WEDNESDAY 05.13

The Learning Showcase — 4 p.m. May 13, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. The Palm Beach County STEM Initiative will celebrate its achievements and shares information about its projects, which help students become stronger in the STEM related fields. Hors d'oeuvres and door prizes. Free, but advance registration required: sbutler@coe.ufl.edu or dorothyecarr@coe.ufl.edu.

Documentary screening: "1913: Seeds of Conflict" — 7 p.m. May 13 at the Mandel JCC, 5221 Hood Rd., Palm Beach Gardens, and 7 p.m. May 14 at Frank Theaters in Delray Marketplace, 14775 Lyons Rd, Delray Beach. This award-winning film by director Ben Loeterman ("The People vs. Leo Frank") examines the little known history of Palestine during the latter part of the Ottoman Empire, a time of relative harmony between Arabs and Jews. The director will be present for both screenings to conduct an after-film program with the audience. Part of the Donald M. Ephraim Palm Beach Jewish Film Festival. Tickets: \$10.50. Info: 877-318-0071; pbjff.org

Native PBC Author Ruth Hartman Berge Speaks — 7:30 p.m. May 13, in the Kaleo Building at 5312 Northlake Blvd. in Palm Beach Gardens. The Palm Beach Gardens Historical Society hosts this enrichment program. Berge is the author of many books, including her latest, "Growing Up in Palm Beach County: Boomer Memories

from Dairy Belle to Double Roads." Free. Refreshments. Info: 622-6156; PBGHistoricalSociety.org

Jewish Genealogical Society of Palm Beach County meets — 1 p.m. May 13, South County Civic Center, 16700 Jog Road, Delray Beach. Dennis Rice, an accomplished genealogist, speaks about genealogical resources in South Florida, focusing on public libraries, family history centers, and cemeteries. A \$5 guest fee can be applied toward membership. Info: merrilane@me.com; sylvia@jgspalmbeachcounty.org; mnewman@jgspalmbeachcounty.org

THURSDAY 05.14

Lorraine Sulick-Morecraf Lecture and book signing — 1:30 p.m. May 14, North Palm Beach Library, 303 Anchorage Drive, North Palm Beach. The author presents an illustrated lecture and discusses her book "Stories from My Galley; A Sailor's Memoir, Recipes Included." The sailor, photographer and cook shares her passion for adventure and her recipes. Info: 841-3383, npblibrary.org.F

AT CORAL SKY

Coral Sky Amphitheatre, formerly Cruzan Amphitheatre, 601-7 Sansbury's Way, West Palm Beach. Info: 795-8883; 800-745-3000; ticketmaster.com

ZZ Top and Jeff Beck — May 8. Rescheduled from Sept. 9.

AT DRAMAWORKS

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

"Lady Day at Emerson's Bar and Grill," by Lanie Robertson — May 15-June 7.

Lunch and Learn: "Lady Day at Emerson's Bar and Grill" — 11:45 a.m.-2 p.m. May 13. Location to be announced. Lunch followed by a discussion by the directors, artists and cast of staged work. Tickets: \$25 for Guild members and groups of 20 or more, \$30 nonmembers. Info: 514-4042, Ext. 2; palmbeachdramaworks.org

AT THE EISSEY

Eissey Campus Theatre, Palm Beach State College, 11051 Campus Drive off PGA Blvd, Palm Beach Gardens. Tickets: 207-5900; eisseycampustheatre.org.

The Indian River POPS! Orchestra presents Broadway Mamas — 7 p.m. May 10. Celebrate Mother's Day with a concert showcasing famous mothers of the Broadway stage with special guest singers performing with the orchestra. Tickets: \$25 at 207-5900, Info: NewGardensBand.org

Gyorgy Lakatos performs Movie Soundtracks by Gyorgy — 8 p.m. May 11. The masterful guitarist performs music from movie soundtracks. Tickets: \$30-\$40. Info: 954-461-7577; gyorgylakatos.net

The Symphonic Band of the Palm Beaches presents Parris in the Springtime Patriotic Concert — 7:30 p.m. May 15. Parris Island Band Commander Stephen Gieve conducts an American salute of patriotic standards and showcases his talents as the jazz drummer of the U.S. Marine Corps. Tickets: \$18. Info: 832-3115; SymbandPB.com

The Academy of Dance, Music and

Theatre presents Bon Appetit — 1 and 5 p.m. May 17. This annual dance, music and theatre recital features students 3 and older. Tickets: \$20. Info: 840-7555; academydmt.com

Eissey Campus Theatre Lobby Gallery

Exhibition: Claire Fairclough "More Travels with the Palette Knife" — May 9-June 23. Fairclough applies the paint to the canvas using a palette knife and adds the final touches with a small fine brush, using color and texture to produce vibrant work.

AT THE KRAVIS

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

Tickets are on sale to the general public for these shows:

Family Fare

Dinosaur Train Live: Buddy's Big Adventure — 10 a.m. and 1 p.m. May 9. Based on the television show Dinosaur Train. Tickets: \$10 and up. Arrive early for a free musical presentation by School of Rock of the Palm Beaches at 9 a.m. and noon.

A Kravis Center Community Outreach Event

Spotlight On Young Musicians — 7 p.m. May 15. Performing on the big stage fulfills the dreams of hundreds of young, talented, local musicians. Tickets: \$10 in advance, \$12 on May 15.

Comedy

AT THE MOUNTS

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

Mounts Nature Camp: Pirates in the Garden — June. Sessions for kindergarten through fifth grade in two week sessions, 9 a.m.-2:30 p.m. June 8-12 and June 15-19. \$125 members; \$175 nonmembers. Financial scholarships are available. Deadline: June 5. Info: 233-1730. Email: RWolberg@pbcgov.org.

Mounts Botanical Garden Book Discussion Series — 7-8:30 p.m. May 12. A discussion of the book "The Samurai's Garden," by Gail Tsukiyama is planned. Held in partnership with the Palm Beach County Library System. Free.

Tillandsia Living Curtains — 10 a.m.-1 p.m. May 23. Polly Reed, president of the Friends of Mounts Botanical Garden, will demonstrate and teach how to create a tillandsia living curtains using what are commonly called air plants, which filter light and purify the air. \$50 members; \$60 nonmembers.

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.

Kai-Kai Farm Community Supported Agriculture Program: 1-4 p.m. Saturdays. Ends May 30. Pick up

CALENDAR

your fresh from the farm produce box pre-packed with eight to nine current harvest with this subscription service. Register for CSA boxes online at kaikaifarm.com

Frog Bog Grand Opening — 11 a.m. May 9. Zoo members will release frogs into the habitat, and a special Keeper Talk about native Florida amphibians and the important role they play in the ecosystem is planned. Children will enjoy frog-themed crafts that they can take home.

Roar & Pour at the Zoo — 5-9 p.m. May 9, the Palm Beach Zoo, 1301 Summit Blvd., West Palm Beach. Live music by Jimmy Stowe and the Stowaways (Jimmy Buffett tribute band) in the Fountain Plaza, food and drink, up-close animal encounters and zookeeper talks. Jimmy Buffett's former tour mate, Chiquita the sulfur-crested cockatoo, will make a special appearance. Nonmembers age 13 and older: \$10; nonmembers age 3-12: \$7. Members age 13 and older: \$9; members age 3-12: \$6. Free for kids younger than 3. Bring your own lawn chairs for concert seating. Info: 533-0887; palmbeachzoo.org

AT LW PLAYHOUSE

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

At the Stonzek Theatre — Kimberly Akimbo, 2 and 8 p.m. through May 10. \$15. Also screening indie and foreign films daily. \$9 general, \$7 Monday matinee.

AT 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. 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.

Ongoing:

Twilight Yoga at the Light — 7-8 p.m. May 11, 18 and 25. Mary Veal leads.

Lighthouse Sunset Tour — May 13, 20 and 27. 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.

Lighthouse Moonrise Tour — June 2. Time varies by sunset. Tour lasts approximately 75 minutes. \$15 members, \$20 nonmembers. RSVP required at 747-8380, Ext. 101.

Lighthouse Story Time & Crafts for Kids — 10:30 a.m. June 2. Best for ages 8 and younger.

Lighthouse Coffee & Book Club — 6-7 p.m. June 3. Donation. Meets the first Wednesday of the month.

AT MACARTHUR

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

Ongoing:

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 Snorkeling — 11 a.m. Saturdays in May. Learn the basics of snorkeling in this land-based course, like how to clear your mask, snorkeling safety, diving techniques, properly fit gear. Free with park admission. Reservations required at 624-6952.

Nature Photography Workshop — Landscapes — 9 a.m.-1 p.m. May 9. Technical and artistic instruction by a local professional for beginners to advanced. \$35 plus park admission.

Beach Cleanup — 9-11 a.m. May 9. Help protect wildlife and get ready for sea turtle nesting by removing trash that can entrap or strangle wildlife including endangered sea turtles. Community service hours provided. To sign up, call Art at 776-7449, Ext. 109.

Bluegrass Music with the Conch Stomp Band — 1-3 p.m. May 10. Free with park admission. Followed by a Bluegrass Jam from 3-5 p.m. Bring your banjo, washboard, or other acoustic instruments. Free with paid park admission.

AT THE JCC

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

May 7: Duplicate bridge games

In the Lyons Art Gallery:

First Annual JCC Members' Art Exhibition — Through May 22.

AT THE IMPROV

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

Theo Von — May 7-8, 10. \$17.

David Spade — May 9. \$42.50

Tickle the Troops Comedy Tour — May 14. \$12.

Corey Holcomb — May 15-17. \$22

AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 4801 Dreher Trail N., West Palm Beach. Admission: During Eww! What's Eating You? through Oct. 18, admission is \$15 adults, \$11 ages 3-12, and \$13 seniors older than 60. Free for younger than 3 and members. Info: 832-1988; sfsciencecenter.org

Eww! What's Eating You? — Through Oct. 18. A 5,000-square-foot carnival sideshow of parasites, from blood-thirsty lice and leeches to opportunistic consumers like hookworms and tapeworms.

Hack Shack Tech Club — 5-7 p.m. the first Thursday of each month. A technology club that focuses on computer basics, including music and gaming. The May 7 meeting is an "Intro to Basic Animation." Open to kids in grades 5 through 8. Registration: \$15 members; \$20 nonmembers. Info: 832-2026.

Ladies Night Out — 6-9 p.m. May

#SFL TOP PICKS

05.09-05.10

■ **Connoisseurs Garden Tour** — 10 a.m.-5 p.m. May 9 and 11 a.m.-4 p.m. May 10. Tours of eight local private gardens in Delray Beach, North Palm Beach, Royal Palm Beach and West Palm Beach. This is a drive yourself at your own pace tour. Visit them all in one day or split it over two days. Tickets: \$20 for members; \$25 nonmembers. Info: 233-1757; mounts.org

05.08

■ **ZZ Top and Jeff Beck** — They play their Beards 'n Beck Tour starting at 7 p.m. May 8. Rescheduled from Sept. 9.

#LAUGH AT IT

■ **David Spade** — He headlines at 9:45 p.m. May 9 at the Palm Beach Improv, CityPlace. \$42.50; 833-1812.

#CLEAN IT

■ **Beach Cleanup** — 9-11 a.m. May 9, MacArthur Beach State Park, North Palm Beach. Call 776-7449, Ext. 109..

15. Entertainment with a science twist, including cocktail concoctions, lotion-potion labs, gem and mineral presentations, beauty demonstrations, food and wine samples, raffle prizes and giveaways. \$10 in advance, \$15 day of the event. For women age 21 and older. Funds raised support the Science Center's newest education program, GEMS Club — Girls Excelling in Math and Science. Info: 832-1988; sfsciencecenter.org

Silver Science — 2-5 p.m. the second Wednesday of the month. The last meeting until fall takes place May 13. Learn from guest presenters on various topics, view a planetarium show and interact with more than 50 educational

exhibits. For seniors 60 and older. \$10 and includes a free planetarium show at 3 or 4 p.m.

Science on Tap — 7:30 p.m. May 14, O'Shea's Irish Pub, 531 Clematis St., West Palm Beach. Dr. Itzhak Shasha, director of robotic surgery at JFK Medical Center and recognized as a pioneer in the field, offers his "drink up, get smart" talk on the evolution of surgery. Free.

AT THE FAIRGROUNDS

South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Info: 793-0333; southfloridafair.com

CALENDAR

South Florida Gun and Knife Shows — 9 a.m.-5 p.m. May 9-10. Admission: \$10; free for children 12 and under.

LIVE MUSIC

The Colony Hotel — 155 Hammon Ave., Palm Beach. Info: 655-5430; thecolonypalmbeach.com. Motown Friday Nights with Memory Lane — 9:30 p.m. to close Fridays in Polo.

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

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.

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

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.

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 Road, Palm Beach. Info: 833-6444.

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

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/.

Sunset Celebrations — 6-9 p.m. the last Friday of the month, Lake Shore Park, 600 Lake Shore Drive, between Northlake and Blue Heron boulevards. A free concert along the Intracoastal Waterway. Cash bar, food and shopping. Info: 881-3311; lakeparkflorida.gov

ONGOING

Abacoa's Family Friendly Friday Food Truck Invasion — The second Friday of the month at Abacoa Town Center, 1200 University Blvd., Jupiter. A huge outdoor picnic where food trucks of different origins, cuisine and menus prepare food that is cooked to order. Abacoa Town Center restaurants offer event specials for menu items and drinks. Bring your own chairs or blankets. Info: 305-612-7779.

The Ann Norton Sculpture Gardens — 2051 S. Flagler Drive, West Palm Beach. Admission: \$10 adults, \$8 seniors and \$5 students. Free for members. Info: 832-5328; ans.org.

Through May 31: "Return to the Roof of the World."

APBC Art on Park Gallery — 800 Park Ave., Lake Park. Florida The Beautiful 2015: Through May 16. Benefits the Sierra Club Loxahatchee Group. Info: 345-2842; artistsofpalmbeachcounty.com .

- **Call for submissions: Emerging Artists 2015** — An exhibition of 2D and 3D work to showcase the talent of emerging artists in Palm Beach County. Deadline: May 13. On display: May 20 to June 27, Art on Park Gallery, 800 Park Ave., Lake Park. Opening Reception: 5-8 p.m. May 22. Info: 345-2842. Access the submission form at artistsofpalmbeachcounty.org/eventdetail.php?266
- **Norman Berman: "The Metamorphosis of a Painting"** — 2-4 p.m. May 9.

The Armory Art Center — 1700 Parker Ave., West Palm Beach. Hours: 9 a.m.-5 p.m. Monday-Friday and 9 a.m.-4:30 p.m. Saturday. Info: 832-1776; armoryart.org.

- **The Armory Faculty Exhibition and the All Student Show** — Through May 16. Two all-media exhibits. The faculty exhibition was adjudicated by Tim Wride, the Norton Museum's curator of photography. For the student show, Juan Pretel, director of the Wally Findley Gallery in Palm Beach, selected first prize in six disciplines plus a "Best of Show." Lindsay Scott, president of Habitat Galleries, selected first prize in glass. Free.

The Audubon Society of the Everglades — Meets monthly and hosts bird walks. Contact Linda at 742-7791 or Valleri at 385-9787 after 5:30 p.m. Monday-Friday. auduboneverglades.org

- **All Day Birding Trip to Flamingo Gardens & Tree Tops Park** — May 8. Call Linda at 742-7791 or email asetripinfo@gmail.com to register.
- **Second Thursday Leader's Choice Bird Walk** — May 14. Check auduboneverglades.org 48 hours before for details.
- **Bird Walk Green Cay Wetlands** — 6 p.m. May 15, 12800 Hagen Ranch Road, Boynton Beach. Meet outside Nature Center main door. Leader: Valleri Brauer.

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.

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.

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 Avenue, 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 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.

The Florida Trail Association — Group leads the following nature walks. Get info and register at loxfltrail.org

- **John Prince Park Walk** — 7:30 a.m. May 2. Stroll at your own pace. Breakfast afterward at TooJays. Call Break at 963-9906.
- **Hike in Jonathan Dickinson State Park Hike** — 8 a.m. May 3. Bring plenty of water. Breakfast at Dune Dog Café afterward. Call Mary at 391-7942.
- **Monthly Chapter Meeting** — May 4. Social at 7 p.m., program at 7:30 p.m. Call Margaret at 588-3077.
- **Mother's Day Wildflower Walk** — 8:30 a.m. May 10. An annual tradition in Jonathan Dickinson State Park to view wildflowers. Lunch to follow. Call Sherry at 963-9906.

Harbourside Plaza — 200 U.S. 1, Jupiter. Info: harboursideplace.com.

- **Friday Nights on the Waterfront** - 6-10 p.m.
- **Saturday Tai Chi Classes by Agape Healing Arts** - 9-10 a.m.
- **Saturday Live Music** - 6-10 p.m.
- **Sunday Live Music** - 10 a.m.-2 p.m. and 3-7 p.m.
- **Free Yoga** - 10:30-11:30 a.m. Sundays

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.

Jonathan Dickinson State Park — Kimbell Education Center, 16450 S.E. Federal Highway, Hobe Sound. Info: 745-5551; friendsofjfsp.org; email libby.reinert@dep.state.fl.us

- **Film Presentations** — 1 and 4 p.m. daily.
- **Guided Paddling Tour on the Loxahatchee River** — 9:45 a.m.-noon Friday and the last Saturday of the month. Rent a canoe, kayak, or paddleboard. Registration is required.
- **Family Adventure Programs** — 10-11:30 a.m. Saturday. Registration recommended.
- **Scrub-jay Walks** — 8:30-10 a.m. the first Wednesday of the month. Meet at the Camp Murphy Bicycle Trailhead between the entrance and Pine Grove Campground.

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. Crafters Corner meets 1:30 to 2:30 p.m. Saturdays. Info: 881-3330; lakepark-fl.gov.

The Lighthouse ArtCenter — Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Monday-Friday (\$5, free for members and exhibiting artists) and 10 a.m.-2 p.m. Saturday (free admission). Info: 746-3101; LighthouseArts.org.

Ongoing:

- **3rd Thursday** — 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.

- **Late Spring Class Session** — Register now for classes now through June 6. Register at 748-8737; LighthouseArts.org

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

- **Evening tours:** On request only. 627-8280, Ext. 105, or kmooney@marinelifelife.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; loxahatcheeriver.org/rivercenter.

Mos'Art Theatre — 700 Park Ave., Lake Park. Offers foreign and art-house films, plus concerts and other live performances. Call for details. Info: 337-6763; mosarttheatre.com

The North Palm Beach Library — 303 Anchorage Drive, North Palm Beach. Info: 841-3383, npblibrary.org. Ongoing: Knit & Crochet — 1-4 p.m. Mondays. The Sand Dollar Quilters Group — 10 a.m.-2 p.m. Fridays. Chess Club — 9 a.m.-4 p.m. the third Saturday. The Great Courses filmed lecture series — 1 p.m. Tuesdays. Lunch Box Travel Videos — noon Wednesdays. Bring your own lunch. Masterpieces of Short Fiction filmed lecture series — 2 p.m. Fridays.

The Norton Museum of Art — 1451 S. Olive Ave., West Palm Beach. Lobby Installation by Terry Haggerty on display 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.

- **High Tea: Glorious Manifestations East and West** — Through May 24. Examine eight key cultures - China, Korea, Japan, England, Germany, France, Russia, and America - spanning 1,200 years.
- **Imaging Eden: Photographers Discover the Everglades** — Through July 12.

Palm Beach Gardens City Hall — 10500 N. Military Trail, Palm Beach Gardens. "Wild and Free" Art Exhibition: The exhibition of horses and abstracts by mixed media artist Maureen Fulgenzi is on display until May 28. Info: 630-1116.

The Palm Beach Photographic Center — City Center, 415 Clematis St., West Palm Beach. CUBA: Contrasting Images: More than 200 images taken during four different shoots in Havana and the surrounding countryside over the last year, curated by Vincent Versace, and including more than 80 of his own photographs. Hours: 10 a.m.-6 p.m. Monday-Thursday, and 10 a.m.-5 p.m. Friday and Saturday. Free. Info: 253-2600, workshop.org or fotofusion.org.

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

MOM

From page 1

litter her land. We poison her air.

We make her polar icecaps melt and then deny the existence of global warming.

We strip her forests bare, including her rain forests, and strip mine her land for our own material gain.

This is so much worse than neglecting to call home on a regular basis.

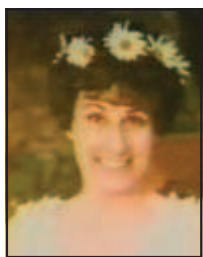
■ Mother Nature

Actress Dena Dietrich starred as Mother Nature in the iconic Chiffon Margarine television commercials of the 1970s. Dressed in a gauzy white gown and with a crown of daisies in her hair, she's offered a taste of Chiffon and declares it butter.

But an unseen narrator tells her it isn't.

"Chiffon's so delicious, it fooled even you, Mother Nature," the voice says.

Obviously unhappy, she sweetly says the famous tagline, "It's not nice to fool Mother Nature," and displays her displeasure by summoning a sudden and wicked thunderstorm. (Ms. Dietrich also appeared in various TV shows, including "The Golden Girls" as Dorothy's sister, Gloria.)



DIETRICH

■ Big Mama Thornton

Before Elvis, before Janis Joplin, there was Big Mama Thornton.

A blues singer with a deep, strong voice, she had a No. 1 hit in 1952 with "Hound Dog" (years before, and with a grittier, sexier sound, than Elvis) and recorded "Ball and Chain" (which she wrote) before Janis. Big Mama had a voice that could knock you into next week. Her father was a minister, and she incorporated gospel music's call-and-response into her blues singing.

A gay woman, she often wore men's clothing onstage.

She performed at the Monterey Jazz Festival and toured Europe in 1965 with the American Folk Blues Festival, along with musicians such as John Lee Hooker and Buddy Guy.

■ The Mamas and the Papas

This 1960s pop group — known for tight four-part harmonies on such infec-



COURTESY PHOTO

The Mamas and the Papas performing on "The Ed Sullivan Show." From left: Michelle Phillips, Cass Elliot, Denny Doherty and John Phillips.

tious hits as "California Dreamin'," "I Saw Her Again" and "Monday, Monday" — consisted of two women and two men. The women, Mama Cass Elliot and Mama Michelle Phillips, were mothers in real life. (Papa John Phillips and Papa Denny Doherty were both fathers, too.)

A 2007 article in *Vanity Fair* called them "the first rich hippies" and said they got their name when Mama Cass turned on the TV and saw a biker gang calling their women "mamas."

■ Moms Mabley

Stand-up comedian Moms Mabley was often seen on "The Ed Sullivan Show" and "The Smothers Brothers Comedy Hour," though earlier in life she played the Chitlin' circuit. (She was said to be the first woman comedian to play the Apollo Theater in Harlem.) Later in her career, she played Carnegie Hall. On stage, she'd wear a loose house-dress, knit hat and floppy shoes; off-stage, she favored men's clothes and suits and was called Mr. Mom by her friends. Perhaps her most famous line was: "There ain't nothing an old man can do for me but bring me a message from a young one."

She also performed at Sing Sing Prison, where she presented the warden a collection of her comedy albums and slyly suggested he go home, listen to them and just "laugh yourself to death," which the inmates loved.

Moms Mabley also appeared in a number of movies, including "The Emperor Jones," "Killer Diller" and "Boarding House Blues."

Her serious and heart-breaking version of "Abraham, Martin and John" hit No. 35 on the Hot 100 in the summer of 1969. In 2013, "Moms Mabley: I Got Somethin' to Tell You," an HBO documentary by Whoopi Goldberg, was nominated for two Emmys and introduced the pioneering comedian to a new generation.



Mother Teresa

■ Mother Teresa

Mother Teresa founded the Missionaries of Charity, which helped the poor and dying in 133 countries. She's especially known for her work in Calcutta, where she and her fellow nuns assisted the very poorest of the poor. She was awarded the Nobel Peace Prize in 1979, "for the work undertaken in the struggle to overcome poverty and distress, which also constitutes a threat to peace." When asked, "What can we do to promote world peace?" she said, "Go home and love your family." Ave Maria University in Southwest Florida has a 3,000-square-foot exhibition hall devoted to Mother Teresa.

■ The Mother of Invention

Necessity.



The Mothers of Invention

■ The Mothers of Invention

Frank Zappa's band started out as The Soul Giants and then (on Mother's Day of all things) changed its name to The Mothers. Pressure from the record label led to The Mothers of Invention. The group is said to have produced rock 'n' roll's second double album, "Freak Out!" (1966). A rock band on a jazz label, it was known for its musical experimentation. *Rolling Stone* named Zappa No. 71 of the 100 Greatest Artists of All Time and No. 22 of the 100 Greatest Guitarists. He famously named his children Moon Unit, Dweezil, Ahmet and Diva Muffin. (Moon Zappa can be heard on his top 40 hit "Valley Girl.")

■ Mother Jones

Mother Jones was a labor and community organizer who co-founded the Industrial Workers of the World. She helped coordinate major strikes and advocated for miners. A West Virginia district attorney once called her "the most dangerous woman in America" because she organized striking miners. She famously led a children's march from Pennsylvania to President Theodore Roosevelt's home in New York to protest the lax enforcement of the child labor laws in mines and silk mills.

A teacher and dressmaker, she had four children, but they all died, along with her husband, of yellow fever. She later lost her dress shop in the Great Chicago Fire and then became an organizer.

The magazine *Mother Jones* known for its muckracking journalism, is named after her.

■ Mothertrucker

This male band from Birmingham, UK, plays music that sounds like ambient music or Philip Glass mixed with industrial music (some call it British stoner music). Its most recent release is called "The Power of Independent Trucking" (2014).

■ The Mother Truckers

The Mother Truckers, an all-girl band from Hounslow, UK, released a self-titled album in 1975. It also had a single called "Tonight" and another called "Love in Them There Hills."

The British girls aren't the only band called The Mother Truckers. There's an American mixed-gender band by the same name from Austin, Texas, that performs a raucous mixture of country, blues and rock. Its bio calls it a "kick-ass rock 'n' roll band" that plays "high-octane Americana."

■ Ma Rainey

Known as "The Mother of the Blues," Ma Rainey is said to be the first popular stage entertainer to incorporate authentic blues into her song repertoire. She started recording blues songs for the Paramount label in 1923, recording such songs as "Bo-Weevil Blues," "Moonshine Blues," "Jelly Roll Blues" and, with

Louis Armstrong, "Yonder Comes the Blues." She was the first person to record "See See Rider."

She inspired many other singers, including Bessie Smith, Big Mama Thornton and Dinah Washington.

Born Gertrude Pridgett, she became Ma Rainey when she married Will "Pa" Rainey in 1904.

Poems have been written about her, August Wilson wrote a Tony-nominated play about her ("Ma Rainey's Black Bottom," named after the dance craze she helped create), and in 1994, the U.S. Post Office put her image on a 29-cent stamp.

■ Ma Bell

The nickname given to the Bell System of telephone companies was possibly inspired by the recorded female operator voices.



■ Mother Russia

Also affectionately referred to by Soviets as "The Motherland." Land of vodka, bears, brooding, fur hats, Siberia, long lines and even longer novels with casts of millions, in which characters are often called by multiple, difficult-to-remember names.

■ Zap Mama

Zap Mama is a musical group headed by Marie Daulne, who had a Belgian father and Congolese mother. Over the years, its members have changed and its musical style evolved. Zap Mama began as an ensemble of female polyphonic singers who performed a cappella, a fusion of African Congolese sounds with European choral traditions. Its earliest albums were "Adventures in Afropea 1" (the top seller for world music, according to *Billboard* magazine) and "Sabsylma" (which earned a Grammy nomination). Later albums included male musicians and vocalists. Zap Mama's most recent album, "ReCreation" in 2009, includes collaborations with artists such as G. Love and Bilal and was nominated for an NAACP Image Award for Outstanding World Music Album.

■ Sophie Tucker, the Last of the Red Hot Mamas

Singer, comedian, actress and radio personality Sophie Tucker was known by her nickname, "The Last of the Red Hot Mamas." Many of her tunes were comical and risqué, and her performances were spiced with bawdy wisecracks and banter. According to connecticut.history.org, she complained about censorship, saying, "I couldn't even say hell or damn and *nothing*, honey, is more expressive than the way I say hell or damn."

She influenced performers such as Mae West, Totie Fields and Ethel Merman, as well as Bette Midler, who'd include "Soph" as one of her on-stage characters and reportedly named her daughter Sophie after the performer. She was the inspiration for Matron "Mama" Morton in "Chicago: the Musical," who sings "When You're Good to Mama."

In 2000, Florida Studio Theatre in Sarasota developed a revue called "Sophie Tucker: The Last of the Red Hot Mamas," a one-woman show with Kathy Halenda, which toured New York, Chicago, Atlanta and Toronto. It also played in the Daniels Pavilion of Artis—Naples. ■



RAINEY



JONES



TUCKER

Royal Room becomes nightclub for summer

SPECIAL TO FLORIDA WEEKLY

It may be the best place on Earth for cabaret.

But this summer, The Colony Hotel is transforming its Royal Room into a nightclub Saturday evenings from Memorial Day weekend through Independence Day.

"This summer the Royal Room will offer a mellow and sophisticated vibe reminiscent of that special era portrayed in 'Mad Men,' when New York ladies and gentlemen would spend their evenings dining and dancing at the Rainbow Room, El Morocco, the 21 Club or the Persian Room at The Plaza," Roger Everingham, The Colony's vice president and general manager, said in a statement. "We'll offer leisurely fine dining, a trio playing music you can dance to from 7 to 10:30 pm, plus stylish Broadway performers, a martini cart and perfect soufflés."

Forget the traditional cabaret format this summer.

Guests can enjoy two performance sets by such celebrated song stylists as award-winning cabaret and Broadway veteran T. Oliver Reid (May 23 and 30), concert headliner and Royal Room favorite Eric Comstock "The Young Man from Manhattan" (June 13 and 20). Look for The Colony to announce other singers as the season progresses.

The Royal Room will boast a new dance floor, where couples can move to the music of Frank Derrick from the Palm Beach Pops, and arrive and depart on their own schedules.

The summer menu in the Royal Room will be reminiscent of the swinging '60s,



COURTESY PHOTOS

ABOVE: The Colony Hotel's Royal Room will have a new dance floor and format for summer.

LEFT: Frank Derrick, of the Palm Beach Pops, will lead musical entertainment during summer in the Royal Room.



and prepared by The Colony's culinary team. Entrée items will include USDA "Prime" beef aged in-house and several

fresh seafood selections. Many items will be prepared with herbs and vegetables grown in The Colony's all-natural on-site garden.

For dinner, performances and dancing in the Royal Room on Saturdays this summer, the cost is \$100 per person, not including drinks. Without dinner, the cover charge is \$50 per person with a two-drink minimum. The Colony is at 155 Hammon Ave., just south of Worth Avenue, in Palm Beach. For reservations, call 659-8100. ■



Eric Comstock



T. Oliver Reid



COURTESY PHOTO

Chief Warrant Officer 2 Stephen Giove, director of music for the Marine Corps Air Ground Combat Center Band at Parris Island, S.C., will lead the Symphonic Band of the Palm Beaches.

SYMPHONIC

From page 1

Achievement Medal, fourth award, and the Marine Corps Good Conduct Medal, fourth award.

The officer will serve as guest conductor for the band's annual tribute to America and its armed services. The concert — Parris in Springtime — features patriotic selections and such classics as "Sing, Sing, Sing," "St. Louis Blues," "Espirit de Corps," and the Armed Forces Salute.

The Symphonic Band was founded in 1961 by graduates of Palm Beach High School who wanted to keep playing music. Half a century later, the band still fills the seats at its 10 performances each year.

From classical and jazz to marches and

Broadway hits, the repertoire of these accomplished musicians contains a little bit of everything

Each year, the band helps fund the dream of Palm Beach County students bound for college. It also supports younger kids who want to go to music camp. This year they'll give out eight college scholarships and five music camp scholarships. ■

If you go

>>What: The Symphonic Band of the Palm Beaches presents Parris in the Springtime Patriotic Concert

>>When and where: 7:30 p.m. May 11 at the Duncan Theatre, 4200 Congress Ave., Lake Worth or 7:30 p.m. May 15 at PBSC Eissey Campus Theatre, 3160 PGA Blvd., Palm Beach Gardens.

>>Cost: \$18

>>Info: 832-3115; SymBandPB.com

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AREA GREEN MARKETS

Opening May 10:

Summer GreenMarket — The Palm Beach Gardens GreenMarket moves into the shade and out of the heat beginning May 10. Hours are 9 a.m. to 1 p.m. every Sunday through Sept. 27, in the shaded outdoor breezeway at STORE Self Storage & Wine Storage, 11010 N. Military Trail, just north of PGA Boulevard, in Palm Beach Gardens. Find more than 50 vendors of locally grown produce, eggs, cheese, seafood, baked goods, grass-fed beef and lamb and pasture-raised pork and chicken, and flowers and orchids. Info: 630-1100, or email recinfo@pbgfl.com

Now open:

SATURDAYS

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

The West Palm Beach GreenMarket — 9 a.m. to 1 p.m. Saturdays through May 30, 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.

Delray Green Market — 9 a.m. to 2 p.m. Saturdays through May 9, Old School Square Park, 95 NE First Ave., Delray Beach. Fresh produce, plants, baked goods, gourmet food products, pet supplies. Just half a block from Delray's popular Atlantic Avenue. Info: fb.com/delraygreenmarket; delraygreenmarket.wordpress.com.

Boca Raton Green Market — 8 a.m. to 1 p.m. Saturdays through May 9, 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.

SUNDAYS

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

Acreage Green Market — 9 a.m.-



2 p.m. Sundays, year-round, Acreage Community Park, 6701 140th Ave N., Loxahatchee. Produce, vendors, live entertainment. 723-3898; acreagegreenmarket.com.

Jupiter Green & Artisan Market at Riverwalk Event Plaza — 10 a.m.-2 p.m. Sundays, year-round, 150 S. U.S. 1, under Indiantown Bridge, Jupiter. This year-round market is set along the Intracoastal Waterway, where 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; harrysmarkets.com; jupitergreenmarket.com.

The Green Market at Palm Beach Outlets — 11 a.m.-4 p.m. Sundays, 1751 Palm Beach Lakes Blvd., West Palm Beach. Arts and crafts, fresh flowers, homemade foods, organic produce. Info: 515-4400; palmbeachoutlets.com.

The North Boca Raton Green Market — 9 a.m. to 2 p.m. Sundays, Ascension Catholic Church, 7250 N. Federal Highway, Boca Raton. More than 50 vendors. Info: 772-345-3797 or email communitygreenmarkets@gmail.com. ■

PUZZLE ANSWERS



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



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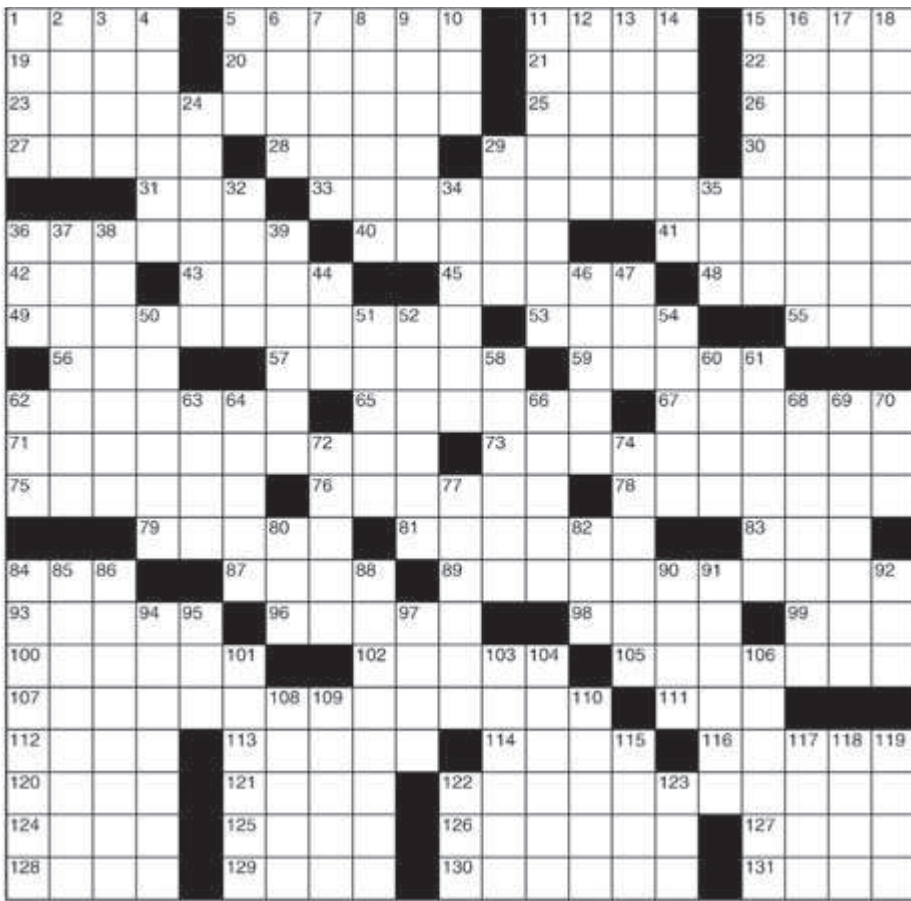
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PUZZLES

TWO-CHANNEL CONNECTION



- ACROSS**
- 1 Old Glory, for one
 - 5 Up in smoke
 - 11 Reflexes of tides
 - 15 Ankle-knee connector
 - 19 I, to Greeks
 - 20 "Speak up!"
 - 21 Ark captain
 - 22 Chipotle item
 - 23 "Great job, play more!"
 - 25 Be sweet on
 - 26 Wilson of film
 - 27 One half of a 45
 - 28 Eat
 - 29 Stingy type
 - 30 Get a B, e.g.
 - 31 Mauna —
 - 33 Sharp rise in new findings?
 - 36 Napoleon's birthplace
 - 40 Gem, e.g.
 - 41 Writer — Jackson Braun
 - 42 — out (supplement)
 - 43 Ice melter
 - 45 — word (coinage for one occasion)
 - 48 Throbs
 - 49 Perpetual pampering?
 - 53 Country singer Evans
 - 55 Born, to Gigi
 - 56 Gridiron gp.
 - 57 Repulsive
 - 59 Fiennes or Macchio
 - 62 Fishermen, often
 - 65 "Hear No Evil" star
 - 67 Really move on the dance floor
 - 71 Round of applause all for oneself?
 - 73 Company symbol on a container of breathing gas?
 - 75 Capital of Croatia
 - 76 Scrape the bottom of
 - 78 Flushes
 - 79 Antipasto bit
 - 81 Loved by
 - 83 "— Beso" (1962 hit)
 - 84 56-Across stats
 - 87 Old phone part
 - 89 Distinctive feature of blasting material?
 - 93 Is on hold, say
 - 96 Spanish for "silver"
 - 98 Draft-eligible
 - 99 Item in a pod
 - 100 Congenital
 - 102 Bands of three
 - 105 Most morose
 - 107 Quaint theater where everyone hung out?
 - 111 Post-it note abbr.
 - 112 Soccer immortal
 - 113 Change formally
 - 114 Slugger Willie
 - 116 Evade artfully
 - 120 "Woe is me"
 - 121 — de foie gras
 - 122 Alternate title for this puzzle
 - 124 Madison Avenue prize
 - 125 Hens and cows
 - 126 Bright-shining
 - 127 Appellation
 - 128 Composer Jerome
 - 129 Acoustic pair
 - 130 Pint-size
 - 131 Otherwise
- DOWN**
- 1 Small lies
 - 2 Actress Singer
 - 3 Just slightly
 - 4 Judges' mallets
 - 5 Bar drink
 - 6 Cherished
 - 7 Intelligible
 - 8 Hunky guy
 - 9 Most scant
 - 10 Before, to Kipling
 - 11 Spices up
 - 12 Idaho city
 - 13 Cake creator
 - 14 Singer Crow
 - 15 Cork up, as a bottle
 - 16 Maui native
 - 17 Emulate Tara Lipinski
 - 18 "Baloney!"
 - 24 Certain woodwind
 - 29 Early hi-fi format
 - 32 Berry rich in antioxidants
 - 34 See eye to eye (with)
 - 35 Sis, say
 - 36 Frame of a cartoon
 - 37 Japanese island
 - 38 Calling the shots
 - 39 Nearly
 - 44 WJM anchor Baxter
 - 46 Pop singer Mariah
 - 47 Chunk of history
 - 50 Animal at "una corrida"
 - 51 East — (Asian nation)
 - 52 Spotted, as money
 - 54 Playwright Edward
 - 58 Ad catchphrase
 - 60 Little lake
 - 61 Texas — (poker game)
 - 62 Singer Scaggs
 - 63 Stunt legend Knievel
 - 64 Very zealous player
 - 66 Put out
 - 68 Freaks out
 - 69 Tunes out
 - 70 Canon — Rebel
 - 72 Best possible
 - 74 Bad-pun responses
 - 77 Keep waiting
 - 80 Mr. Big
 - 82 However, briefly
 - 84 Pair of identical products sold as a unit
 - 85 Writer Steel
 - 86 "Babbit" author Lewis
 - 88 White
 - 90 Tree flutterer
 - 91 New royal of 1981
 - 92 Kit —
 - 94 Confronts
 - 95 Canonized Fr. woman
 - 97 Walked (on)
 - 101 Slip away
 - 103 Electrical resistance measure
 - 104 Subject to legal action
 - 106 Singer Warwick
 - 108 Large city in Nebraska
 - 109 Ward off
 - 110 Ordinance
 - 115 Withered
 - 117 "You're on!"
 - 118 Mouth parts
 - 119 Lightish sword
 - 122 Salary ceiling
 - 123 Actor Bruce

SEE ANSWERS, B9

HOROSCOPES

■ **TAURUS (April 20 to May 20)** Seeing red over those nasty remarks by someone with an ax to grind? Of course you are. So get out there and give your supporters the facts they need to get the truth out.

■ **GEMINI (May 21 to June 20)** A changing situation should get you to reassess your vacation plans and make any adjustments as soon as possible. And don't fret — the change most likely will turn out for the better.

■ **CANCER (June 21 to July 22)** Don't put off dealing with any negative feelings that might be left over from a recent confrontation. The sooner all is resolved, the sooner you can move forward with fewer complications.

■ **LEO (July 23 to August 22)** Leos and Leonas might feel the urge to redecorate their dens, and that can turn into a good opportunity to strengthen family ties by putting the whole pride to work to make it happen.

■ **VIRGO (August 23 to September 22)** Look for the most efficient way to get a job done quickly and well. Taking more time than you need to make it look more challenging is a short-sighted move you might regret later on.

■ **LIBRA (September 23 to October 22)** Travel remains strong in your aspect. And this time, it could involve someone traveling a great distance to come to see you. Meanwhile, an important matter suddenly could need your attention.

■ **SCORPIO (October 23 to November 21)** A workplace situation becomes a lot more bothersome than you'd expected.

Be careful not to be pulled into all that anger. Look for support among others who also want to avoid trouble.

■ **SAGITTARIUS (November 22 to December 21)** Cheer up, lonely lovers, wherever you are. Just when you thought you'd been deleted from Cupid's database, the chubby cherub proves that's just not so. Congratulations.

■ **CAPRICORN (December 22 to January 19)** A casual relationship could take a more serious turn. Are you ready for it? Your stars say you are. Paired Sea Goats also will find a renewed richness in their relationships.

■ **AQUARIUS (January 20 to February 18)** Meeting a collaborator with new ideas seems to be a dream come true. But for both your sakes, be sure all your legal i's are dotted and t's are crossed before you start working together.

■ **PISCES (February 19 to March 21)** A romantic overture flatters the usually unflappable Fish. But since it's a sincere from-the-heart gesture, go ahead and enjoy it. A minor health problem responds well to treatment.

■ **ARIES (March 21 to April 19)** You might be a bit shaken by a friend's request. But before the Lamb leaps to conclusions, insist on a full explanation. You still might say no, but at least you'll know what you're saying no to.

■ **BORN THIS WEEK:** You have the warm heart of a Taurean and the sensitivity of a Gemini. You would make a wonderful leader. So go ahead: Run for office. ■

By Linda Thistle

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

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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COURTESY PHOTO

Erin Krakow stars as a schoolteacher on Hallmark's "When Calls The Heart."

Wellington native returns on hit Hallmark TV series

BY STEVEN J. SMITH

Special to Florida Weekly

Erin Krakow has renewed her role as Elizabeth Thatcher on the Hallmark Channel's period drama "When Calls The Heart," which airs Saturdays at 8 p.m.

Ms. Krakow, who grew up in Wellington, said she is thrilled to be a part of the show, which was inspired by Janette Oke's bestselling book series about the Canadian West and is now entering its second season.

"It's a beautiful, heartwarming family drama with lots of romance and adventure," she said. "The show takes place in the early 1900s. It's a great period piece. You get to see a lot of gorgeous period costumes and you're sort of transported to this other time and other world, which is really fun. The great thing about it is the stories we're telling translate across any time, so there are scenes that still resonate with a modern audience. This show truly has something for everyone. It appeals to the whole family, which is something we're really proud of, because there isn't a lot of that on TV right now."

Ms. Krakow's character is a young teacher accustomed to her high society life, who receives her first classroom assignment in Coal Valley, a small coalmining town where life is simple, but often fraught with challenges.

"Elizabeth Thatcher is a beautiful character to play," Ms. Krakow said. "She's really fun. She's driven, she's passionate. She comes from a very wealthy background and has moved out west to this very small community to be the schoolteacher and she changes her students' lives. The town has recently experienced a disaster and a lot of the children have lost their fathers. Elizabeth is there to make a difference in their lives."

She added season two began on a positive note as hope has come to the town after a recent coal-mining accident, which has opened the door to Elizabeth forging lasting friendships and even a possible romance with the handsome and mysterious Mountie Jack Thornton, who has become Coal Valley's new constable.

Ms. Krakow brings a wealth of tal-

ent and experience to her role, having graduated from the Dreyfoos School of the Arts. She went on to attend Julliard in New York City and has appeared on "Army Wives," "Guiding Light" and "Castle."

"I was an only child until I was 5½, when my brother was born," she said. "I wanted to get more attention and so I became a little performer. I was in school plays and became something of a ham. So I guess I have my brother to thank."

Living so close to the Dreyfoos School of the Arts gave her an added incentive to hone her acting chops.

"It's an incredible place to go, for anyone with an interest in the arts," she said. "I knew pretty young that I wanted to pursue a career in acting and the teachers at Dreyfoos helped set me up really well for college auditions. I feel super grateful that I was in the right place at the right time, to take advantage of the education I got at the School of the Arts. I don't know where I'd be today if I hadn't gone there."

Julliard helped give her a solid foundation in classical training as she portrayed iconic roles such as Viola/Sebastian in "Twelfth Night," Helena in "A Midsummer Night's Dream" and Yelena in "Black Russian." Ms. Krakow then transitioned from stage to screen, earning recurring and guest-starring roles in top television series, eventually bringing her to "When Calls The Heart." She currently lives in Los Angeles, but films the series in Canada.

"It's been wonderful, getting to work on two seasons of this show," she said. "It's been such a great experience. I hope we have many more seasons to come."

That might be possible, based on the remarkably positive response the show's fans have given its creators.

"None of us had a clue as to the extraordinary feedback we would get," Ms. Krakow said. "The show is called 'When Calls The Heart' and our fan base calls themselves the Hearties, which is just adorable. They are the nicest people and so supportive and so incredibly loyal. We feel like they're with us and if our fan base continues to grow, I can imagine this show will go on for quite a long time." ■



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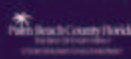
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The Friends of Mounts Botanical Garden's annual spring benefit at the home of Keith & Linda Beaty



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PHOTOS BY JACEK GANCARZ, CORBY KAYE'S STUDIO PALM BEACH

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HAPPENINGS

“Meatballs” coming to Screen on the Green

BY JANIS FONTAINE

pbnews@floridaweekly.com

On May 8 at the **West Palm Beach Waterfront**, the focus is on families. As the sun sets, **Screen on the Green** lights up with a free family movie on the big screen. This month's feature is **“Cloudy with a Chance of Meatballs 2”** in 3D. Bring your own seating. Vendors will be on site, or visit one of the local eateries. The movie starts at 8 p.m. Info: wpb.org/screen



COURTESY PHOTO

The animated **“Cloudy With a Chance of Meatballs”** will screen at 8 p.m. May 8.

Maybe your best friend needs a night out. If your best friend is a canine, he or she is welcome at **O'Shea's Irish Pub** each Monday. They have an early **Yappy Hour** for little yappers lighter than 35 pounds from 5-7 p.m., but there's no weight limit from 7-10 p.m. Dogs get homemade doggie treats, and everyone who brings a dog gets a free drink. Info: 833-3865; osheaspub.com



BRESSMER

On May 14, **Clematis by Night** goes country with **David “Gator” Bressmer**, performing honky-tonk rock.

His inspiration comes from singers that include Jason Aldean, Garth Brooks, Kenny Chesney and the late cowboy crooner Chris LeDoux. Mr. Bressmer lives in

Canton, Ga., about 40 miles north of Atlanta, now, but he still calls **Greenacres** his hometown. Who else would have a song called “Loxahatchee Rednecks”?

Get the tissues ready. But get ready to smile, too.

“Lady Day at Emerson's Bar & Grill” opens May 15 and runs through June 7 at **Palm Beach Dramaworks' Don and Ann Brown Theatre**, 201 Clematis St., West Palm Beach. This production is **Lainie Robertson's** lament of the tragic story of Billie Holiday.

The vocal legend, who lost years to heroin addiction before she died at 44, still left a permanent mark on music. You'll hear some of her most recognizable hits — “God Bless the Child” (which she co-wrote), “Crazy He Calls Me,” and “T'ain't Nobody's Business If I Do” — plus “Strange Fruit,” a powerful protest song about lynching. Directed by **J. Barry Lewis**, the show features **Tracey Conyer Lee** as Billie and **Brian Whitted**, who is also the show's music director, as her pianist, **Jimmy Powers**.

Show times are 8 p.m. Wednesday-Saturday; 7 p.m. Sundays and matinees at 2 p.m. Wednesday, Saturday, and Sunday. Wednesday matinees and Sunday evenings include a post-performance discussion. Tickets: \$62. Preview tickets are \$55. Opening night tickets are \$77. Student tickets are \$10. Info: 514-4042; palmbeachdramaworks.org. ■

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Mother's Day: In loving memory



tedSLATE
Special to Florida Weekly

In August, 1920, tightly clutching her mother's hand while her brother, Abram, clutched the other, my mother — then 13-year-old Etta Scherman — arrived at Ellis Island, to begin life in America.

The trip had been difficult. It began weeks earlier when the three of them left Parczew, Poland, traveled by train to Liverpool, England, and boarded the ship for America. Etta's "Papa" had arrived in New York before them in order find work and save money for their passage. Now, the family separation would soon end. "Papa" would be waiting for them after they cleared "Immigration."

When she began her schooling in America, Etta's teachers determined that her academic level placed her in the fifth grade. This caused her some embarrassment because she found herself two years older than most of her classmates. So, she began telling everyone she was two years younger — 11, not 13.

Throughout her life, Etta continued shaving off those two years, even on official documents, including employment records and her marriage license. She was amused when doing this, particularly since she knew that many of her friends, who were younger than she, were under the illusion that they were older. And she carried on this ruse throughout

most of her life; however, in 1972, her world came crashing down.

The year 1972 was the year Mom turned 65 and she decided, with the urging of her employer, that it was time to retire. The papers were signed, Mom left her job and she looked forward to receiving her due from the government in the form of Social Security checks.

But a letter from Uncle Sam arrived shortly thereafter indicating that their records showed her 63, not 65. The government therefore assumed she had taken an early retirement and was entitled only to partial benefits. Mom called me in a panic, begging me to do something that would get her the full benefits to which she was entitled.

When I visited the Social Security office, I was told their decision was based on school, marriage and employment records, all of which indicated her present age to be 63. I told them why Mom had lied about her age, but they would only change their decision if I could provide official records that predated their records, proving she was now 65.

Mother was devastated. She was sure an inquiry to Poland would be fruitless because 52 years had passed since she left Parczew and, in that time, the Nazis had taken over the village during World War II, sending most of the Jews to death camps and destroying official records of their existence.

What was needed, then, was an official record that predated Mother's entry into her American grammar school. That might be either a copy of the passenger registry of Mother's



ship or her name and age on a listing by an organization that had sponsored Jews leaving Europe for the United States.

The leading organization in this area was the Hebrew Immigrant Aid Society (United HIAS), founded to assist Jewish emigrants in the late 19th and early 20th century — Jews whose lives were considered at risk in Imperial Russia — to escape the pogroms of Eastern Europe and relocate elsewhere, primarily to the United States. While a check of its records did not turn up Mother's name, United HIAS did tell me that, if I knew her ship's name and date of arrival in New York,

it was possible that its passenger registry might be housed at the National Archives in Washington.

Mother was able to recall the name — the S.S. Mobile — and the approximate date of her arrival — August 1920. I contacted the archives, I told them of the urgency of the matter and they agreed to start their search immediately.

Two weeks later, an official envelope arrived at my home containing a photostat of the pages of the ship's registry on which my Mother, her brother and her mother were listed. Next to each name was their age: my Mother was listed as 13 years of age. This confirmed she was 65 at the time of her retirement.

With the photostat in hand, I returned to the Social Security office. Since my information now predated every record they had, they adjusted their records and placed Mother on the list to receive full benefits. That was 43 years ago and even after all that time I remember Mom's reaction as if it happened yesterday. She was ecstatic; she hugged and kissed me and thanked me profusely.

On this special day for mothers, I am reminded of this event. "Thanks" weren't necessary, Mom. You gave me much more than I could ever return. Happy Mother's Day and Rest in Peace. You are missed. ■

— Ted Slate is a former editor with *The New York Times* and *Newsweek*, and the author of the recently published book, "My Life and Other Aggravations." He can be reached at tedslate@yahoo.com.



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PHOTOS BY LILA PHOTO AND PATRICK MCMULLAN

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Charleston seduces visitors with romance, history, waterfront

BY STEPHANIE MURPHY-LUPO

Special to Florida Weekly

CHARLESTON, S.C. — How often can a “quarter” be better by half?

That would be any time you check into the French Quarter Inn on the Market, a luxury lodging marvelous in every aspect.

Open since 2002, FQI is a four-story, 50-room, one-off property, which was developed by hometown entrepreneurs. The boutique inn overlooks the cultural, commercial hub, Charleston City Market.

The level of service alone qualifies the inn for lots of ink. Compared to 5-star accommodations in Palm Beach, New York, Italy and France, FQI is as delightful as any contender for favorite.

Steeped in romance and history, Charleston seduces the explorer, and the Inn stirs up a savory roux for the sojourn. Lodging in the center of it all costs a pretty penny. And once downtown, why drive again? Sight-seeing gems, award-winning restaurants and the waterfront are within walking distance.

Stroll first to a carriage point to experience an iconic Charleston fixture, the horse-drawn conveyance. As a guide gives lively commentary, the horse-of-course clop-clops along cobbled streets shaded in live oaks. Lanes and alleys set the pace past 18th-century homes, gardens or an allée. Rooflines dare the sky to ignore jaunty adornments.

Charleston is an organic valentine to all things antebellum, a city which steered the South's economy before the Civil War. This initial tour lets you see a lot and pinpoint specifics to explore.

The Inn has a covered drive, where valets meet you with a luggage cart. Pause inside, before you enter the elevator, to gaze at a stunning staircase with balustrades of wrought iron and cherry.

Capped with an atrium skylight and circular landings on each floor, it beckons your arrival.

One floor up is the lobby. And whether road weary or jet-lagged, what mood-changer could supersede champagne served at check-in?

The refined, cozy lobby has a comfortable, engaging tone. Fresh flowers sit on tables, petite ovals or smallish rounds. Period-piece replicas. Chairs paired for intimate discourse.

The French Quarter Inn; hence, paintings of naval battles, Impressionist scenes, and drawings of European salons. Tray ceilings, extravagantly



deep moldings, sconces, chandeliers and chair railings inform the aesthetic.

The civility of that champagne welcome reoccurs each afternoon, when FQI takes “happy hour” up a notch. In a lobby alcove, a waiter pours champagne and wines. A spread of prosciutto, cheese, and baguette rounds prepares you for an amuse bouche at dinner.

Guest rooms are très luxurious, where a “pillow talk” menu has the right fluff for your noggin. Seven choices mean that even fidgety sleepers nod off. The modern bath has a whirlpool tub and walk-in shower. In the closet, padded-satin hangers and waffle-weave robes.

Furniture is French Provincial. Vintage black and white prints pay homage to the City of Light. The wall unit has a safe and a 40-inch flat-screen TV. Rooms have Wi-Fi and high-speed internet service (with a business center in the lobby). Turn-down service adds bottled water and chocolates.

Every floor has a coffee and tea cart,

TOP: COURTESY PHOTO/THE FRENCH QUARTER INN. LEFT: VANESSA KAUFFMANN

The French Quarter Inn facade, shown above, blends unobtrusively with its surroundings. Once inside, daylight illuminates the staircase and lobby through the atrium skylight, left.

convenient for sipping before breakfast.

“Continental breakfast” is atypical: Champagne on ice, juices, coffee and tea. Every appetite is addressed — decadent to health-nut.

Beguiling mini-quiches mix cheese, tomato, bacon and spinach. Platters hold fresh fruit, boiled eggs, prosciutto, cured meats and cheese; baguette medallions, muffins or Spartan toast.

Try Greek yogurt in sorbet glasses, and choose blueberries, raisins, pecans, almonds, or granola. Score Cheerios or Go-LEAN Crunch. Tiers of pastries tempt and win.

One delightful accent is classical music wrapping the lobby in serenity. Muted piano, whirring strings, flute, oboe, French horn. Mozart sets the stage for conversation, without gauche, self-absorbed yakking.

Does the display of art, music and history channel an 18th-century swell from Provence? Just the ticket to frame a new day.

FQI has no fitness center or pool, but people don't tie up the horses in Charleston for either — and the Inn is near a few day spas.

Across the street is the Charleston City Market, with scads of merchandise (a sentimental favorite, sweet grass baskets woven by Gullah artisans).

A wide range of goods citywide entice: luxury goods, local boutiques, consignment shops, antique stores, outlet malls, art galleries and craft and curiosity shops.

Charleston dining means paring lists of “best,” “better” and “bestest.” The boring need not apply.

The city draws foodie throngs for Low Country classics (shrimp and grits, fried green tomatoes) and cosmopolitan fare.

Magnolia's is well worth a wait for a reservation. Having read Zagat, the buttermilk fried chicken (with cracked-pepper biscuits) was a must. Seafood delicacies are inspired, as expected so close to the source.

The Oak Steakhouse in mid-1800s building has three floors with 20-foot ceilings, fireplaces and original pine floors. Il Cortile del Re offers tradi-



COURTESY PHOTO/THE FRENCH QUARTER INN
The FQI Terrace

tional Italian dishes, a full bar, fireplace and courtyard.

Mad River Bar & Grille holes up in a former church, where it is no sin to imbibe and reflect on one's virtues and shortcomings, peering at the cathedral window.

On May 24, Ruth's Chris Steak House will open a flagship restaurant at the French Quarter Inn (the hotel will not own or operate it). FQI general manager Brent Gresham expects it to be right at home in the competitive Downtown dining scene.

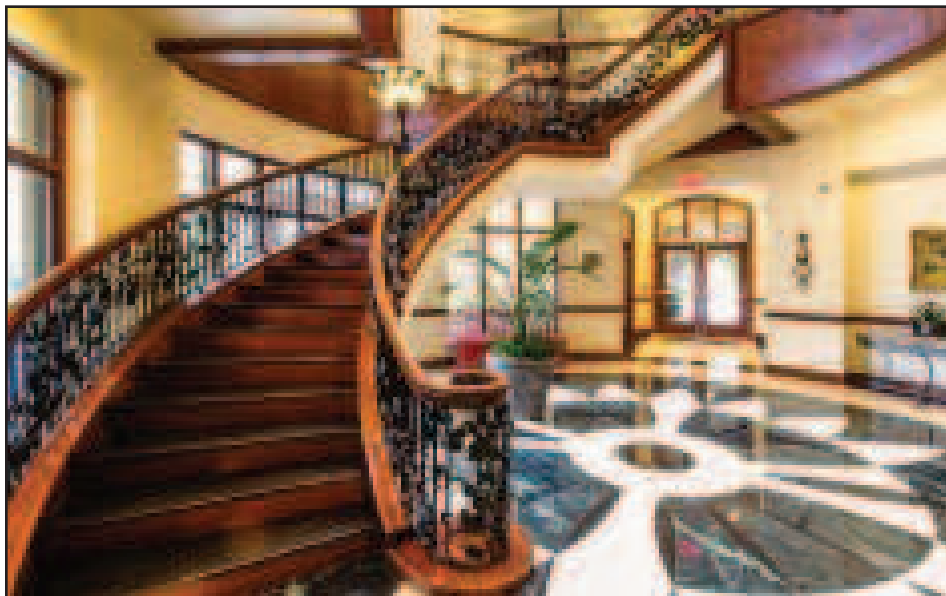
Caterers serve at group events, and the Inn's staff prepares breakfast and refreshments for in-room or lobby service.

Chef Nate Whiting, formerly of Tristan, and owner Anita Zucker opened “492,” at 492 King St. in 2014. *The Post and Courier* says the muse is dressed-down fine-dining. In a casual mood, or impetuous? Linger a bit, then scoot along.

A New Yorker who adores Charleston, Whiting noted the bounty of products delighting foodies flocking to “... a perfect little hive of awesome ...”

To simplify, Boston was too cold for fun, and Charleston had the warmth and attitude to encourage an attachment to indoor and outdoor inducements.

The Puritans threw their arms around Boston to escape religious



The staircase features balustrades of wrought iron and cherrywood.

VANESSA KAUFFMANN



VANESSA KAUFFMAN

Part of today's City Market, the site has truly old bones. Charles Cotesworth Pinckney ceded the land to the city in 1788, to be used as a public market for all time.

fanatics; those embracing the Restoration's cosmopolitan nods to pleasure were ecstatic to see themselves in every Charleston mirror.

Flee to escape burnings at the stake, or enjoy being alive as a cause célèbre? That's a bird-eye view of those who colonized Boston vs. those who landed in Charleston.

First named Albemarle Point and later, Charles Town, Charleston reflected allegiance to King Charles II, a settlement reflecting luxury and culture. It had a blue-blood bent from the get-go, as a grant to Anthony Ashley Cooper, Earl of Shaftesbury.

With London just across the Pond, the staples and perks of aristocracy arrived on every other ship. Charleston installed fortification, one key to continuity, and built its economy on shipping goods such as rice and indigo along the Atlantic Coast.

The French Quarter Inn prides itself on high-thread-count bed linens with



PHOTOS BY STEPHANIE MURPHY-LUPO

Top: The Charleston skyline.

Above: 492 Eatery.

Right: Historic church tower.

triple-sheeting. A nice nod to history, as the hotel was built upon the shoulders of an old cotton warehouse.

Part of today's City Market, the site has truly old bones. Charles Cotesworth Pinckney ceded the land to the city in 1788, to be used as a public market for all time. Plantations from Savannah to Georgetown sent rice, cotton, fur and lumber on barges bound for Charleston. Many warehouses were destroyed during the deadly earthquake of 1886.

"The City Market buildings and adjacent warehouses were rebuilt and continued in that use" until after World War II, said Kris Altman of Charlestowne Hotels, which manages FQI.

In the mid-1980s, developers and Charleston natives Batson Hewitt and Jay Keenan headed a group of investors who bought the Church Street property.

In 2001, they razed the nonhistoric buildings and created the French Quarter Inn. Guest rooms got a makeover in 2010 and 2011, and bathrooms in 2013.

Hewitt and Keenan also are building The Spectator Hotel, set to open June 1. Blending themes of the Old South and the Roaring Twenties, it will be petite with a punch.

With 41 guestrooms and suites, it has a "speakeasy" of sorts to serve spirits inspired by the '20s (whiskey with a "spats" chaser, perhaps).

As with the firm's other developments, The Spectator aims to pay its dues to local heritage — blending with adjacent buildings to look as if it was always here.

"A hotel will look great from the outside, but it must function well on the inside. Attention to detail throughout every phase is essential," Ms. Altman said.

For a pampered zone such as FQI (Travel + Leisure rates it No. 2 among small city hotels), one pays a peak-season rate from \$389 per night (\$359 off-season).

Within walking distance of the hotel is St. Philip's Episcopal Church. One significant feature is that the tower



was a range light for the harbor. Defense of the harbor and city depended on the strategically-sited Old Powder Magazine, replaced in 1748. The Palladian design of The Old Exchange and Provost Dungeon made it unique in the Colonies.

A charming residence at 15 Meeting St. was the home of Mayor John Edwards, who ran the city from 1795-97.

He had been aide-de-camp to Francis Marion during the Revolutionary War. ■



PHOTO BY STEPHANIE MURPHY-LUPO

Earl the horse.

VINO

The mad blender of Napa Valley



As I may have mentioned before, one of the things I like best about the world of wine is that you can divide it in half in a number of ways. Old World and New World. Reds and whites. Still and sparkling. One other way to split things up is by wines that are 100 percent somethingorother, and wines that are blended. If you're a blended wine fan, then Orin Swift is the winery for you.

But first, a caution. A lot of wines are blended, even though that fact is not disclosed on the label. For example, if you buy a bottle that says "Cabernet Sauvignon" in nice big letters, the law (at least in the U.S.) specifies that 85 percent of the grapes used must be the named varietal. The other 15 percent can be merlot, some white wine, chocolate milk, whatever. They don't have to tell you. Staying with this example, merlot is customarily blended with cabernet sauvignon to make it a bit softer and more approachable when it's young. But you might never know it by reading the label.

Similarly, it's common for Australian winemakers to put about 5 percent Viognier (a white wine) into their shiraz, for a variety of reasons. But that's

not the kind of blending we're talking about here.

Many regions of the world use traditional blends of several grapes. Bordeaux, for example, is generally a mixture of four to five different red wines. In Châteauneuf du Pape in the Southern Rhone, law and tradition allow as many as 13 grapes in the blend, though hardly anyone uses all of them. But that's not the subject of this article, either.

Champagne, also, is generally a blend of chardonnay, pinot noir and pinot meunier, so this whole blending thing is nothing new.

But here, we're talking about living dangerously... blending together varietals that are not only nontraditional, but downright off the wall. Like putting some chairs from Ikea around a Louis XIV table and somehow making it work. That's what Dave Phinney does at Orin Swift.

I discovered these wines about 20 years ago when I tried a bottle of The

Prisoner (blended wines have to have proprietary names if they don't contain 75 percent of whatever grape). It was a blend of about half zinfandel all mixed up with bizarre varietals like cabernet sauvignon, syrah, petite sirah, and charbono (of all things). It was incredible, and became a big hit. Dave got inspired, and now makes wine in France, Italy, Spain and Argentina. He's having too much fun.

His philosophy seems to be, let's take grapes that nobody has blended before, mix 'em together and see what we get. He gets some great results, and they're well worth trying.

Mr. Phinney's style is to make bold, smack-you-in-the-face wines, and that's OK with me.

■ **Mannequin Chardonnay California 2013** — He can call it Chardonnay because it contains a drop over the bare minimum, but the other 24 percent of the wines in this heavy bottle are sauvignon blanc, grenache blanc, viognier, roussanne, marsanne and

muscat. Some of these are traditional white varietals that originated in the Northern Rhône, and Mr. Phinney seems to favor them in his other blends as well. There are tropical flavors of ripe pineapple, vanilla bean (from the 40 percent French oak he uses), honey and lemon. As I noted, Orin Swift also makes wines from Old World countries, but in a definite New World style.

■ **F-2 French Wine NV** — This blend of grenache, syrah and "assorted Bordeaux varietals" would probably be considered heresy in France. Grenache and Syrah are traditional grapes of the Rhône valley, and it's hard to imagine any French winemaker blending them into cabernet, merlot, etc. But Mr. Phinney does. The result: a wine that's deeply purple in the glass with aromas of blackberry, cassis, and lavender. The palate offers strawberry, plum and other dark fruits. WW 92, about \$15. ■

— For more information, visit winewhisperer.com.

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FLORIDA WEEKLY CUISINE

In the kitchen with...

Ken Rzab, Rhythm Cafe

BY STEVEN J. SMITH
Special to Florida Weekly

Ken Rzab discovered his passion for cooking when he was just 4 years old.

After wresting control of the family television away from his older brother, he happened upon the popular show "The Galloping Gourmet," featuring the delightful antics and culinary expertise of host Graham Kerr, and was instantly hooked.

"Also my mother worked in a restaurant in Harvey, Ill., called Stella's Supper Club," he said. "The owner, Stella, was also an early influence on me."

Mr. Rzab is co-owner and chef of Rhythm Café in West Palm Beach. The restaurant has been there since 1988, but the current ownership took over in 1993 and moved it to its present location in 1997. Today the menu features an eclectic array of tempting items from soups and salads to appetizer fare they call "Tapas-tizers," which consist of Greek dishes, Indian fare, French-inspired gems and even raw tuna. Entrées run the gamut from Tournedo Au Poivre — a beef tenderloin medallion splashed with a brandied demi-glace sauce — to mushroom raviolis, lamb, scallops, crab cakes and blackened shrimp.

Mr. Rzab said he could not pinpoint where the inspirations come from for the items on the menu at Rhythm Café.

"We all start brainstorming and just come up with ideas," he said. "I used to say they come out of a wine bottle. In the beginning, we had an 8½-by-10-inch piece of paper upon which we'd place three starters, four entrees, desserts, two red wines, two whites and a white zinfandel and six beers, all handwritten. And we'd go from there, constantly creating and recreating dishes. The food has matured over the years."

About seven years ago when the economy was collapsing, Mr. Rzab began asking his customers what it would take to induce them to come back to his restaurant more often. It resulted in a sea change in his menu.

"They wanted more of a vegetarian selection," he said. "They wanted more appetizers, more fish and more salads."

They also wanted smaller, less expensive portions, which inspired the "Tapas-tizers" — that is, smaller portions of regular menu entrees. This strategy serves the restaurant well to this day.

"We have 18 entrées consisting of



COURTESY PHOTO

Ken Rzab, co-owner and chef of Rhythm Café in West Palm Beach.

six to eight ounces of protein, plus two vegetables and a starch," Mr. Rzab said. "These days, people generally eat lighter and healthier with an emphasis on farm-to-table food. So we're going with that trend now."

He added some of his favorite — and most popular — menu items are the Tarragon Spinach Salad and the Boneless Lamb Loin in Garlic, Rosemary and Olive Oil.

"Then there's the Key Lime Chicken, which I created taking all the flavors of Key lime pie and turning it into an entrée," he said. "We use Graham cracker crumbs to bread the chicken and splash it with our Key lime butter sauce. But our No. 1 selling item off the menu is hogfish, also known as hog snapper."

He could not think of a new type of cuisine he'd like to try that he hasn't yet explored.

"We've dabbled in a little bit of everything so far," he said. "Anything that comes along, we're looking to jump into. There's not much out there that we haven't tried."

Ken Rzab:

Age: 50

Original Hometown: Harvey, Ill.

Restaurant: Rhythm Café, 3800 S. Dixie Highway, West Palm Beach; rhythmcafe.cc or 833-3406

Mission: "To present high quality food at a fair price and to provide fine dining in a casual setting, with a casual, creative, interesting and entertaining atmosphere."

Cuisine: Eclectic; different ethnicities as well as American cuisine

Training: Culinary Institute of America

What's your footwear of choice in the kitchen? Birkenstock clogs

What advice would you give someone who wants to be a restaurateur or chef? "Do something else. If there is anything else on God's green Earth that you have an interest in doing, do that. Don't get involved in this business!" ■

Culinary Creations dinner brings together chefs for charity

SPECIAL TO FLORIDA WEEKLY

Club chefs and others are cooking up a dinner that will benefit Quantum House and The Palm Beach County Chefs in Distress Endowment Fund.



SIMMS

The American Culinary Federation Palm Beach County Chefs Association's Culinary Creations dinner, set for June 1 at the Kravis Center's Cohen Pavilion, will bring together The Breakers' Executive Chef of Banquets Jeff Simms, High Ridge Country Club Executive Chef Ed Balboni and Execu-

tive Sous Chef Ricky Espiritu, Emerald Dunes Club Executive Chef Edward Dickens, Mariner Sands Country Club Executive Sous Chef Mitchell J. Pagan, Country Club of Florida Executive Chef Rob Goodhue, Boca Grove Plantation Executive Chef Dominick Laudia, The Breakers chefs Brandon Brault, Susan Marsh and Matthew Stephens, Broken Sound Club executive chef Joe Longo and Swiss Chalet Fine Foods pastry chef Cassandra Appleman. Mr. Simms also is chairman of the event.

One hundred percent of the proceeds will benefit charities. General tickets are \$150 per person or \$1,250 per table of 10. VIP tickets are \$175 per person or \$1,500 and can be purchased at quantumhouse.org/culinarycreations. ■

Max's Harvest recruiting chefs for summer competition series

Max's Harvest is recruiting South Florida chefs to participate in an original summer competition series, Chef vs. Chef.

Max Group chefs Eric Baker and Patrick Broadhead are seeking 16 chef participants who will compete in a bracket-style competition starting June 17. Each competition will be held weekly on Wednesdays at 10 p.m. The series will continue for 15 weeks until one chef is crowned winner. This opportunity allows both experienced and up and coming chefs to showcase their skills to the local community.

Guests are invited to attend the competitions for a \$10 entry fee and can purchase food and beverages. The competition is styled after the television show "Knife Fights," where two

chefs are given a mystery basket of items and a time period to create a few dishes. Qualified foodies from the press and community will judge the competitions, awarding prizes each week and a grand prize to the winner.

A portion of the proceeds for the entire series will be donated to a local charity.

The contestant chefs will all attend a draw party at Max's Harvest on June 3.

Chefs who are interested in participating in the competition should contact Honey Ackermann at honey@themaxgroup.com, and should include their bios and contact information in their inquiry.

Max's Harvest is in Pineapple Grove, 169 NE Second Ave., Delray Beach; 381-9970 or maxsharvest.com. ■

Café Boulud pairs Argentinian wines

Café Boulud takes a trip to Argentina for its next wine dinner, set for May 21.

Café Boulud's sommelier, Mariya Kovacheva, will host "Argentina: Beyond Malbec-Familia Zuccardi," a four-course tasting dinner by executive chef Rick Mace and pastry chef Eric Snow that features the winery's signature wines.

Zuccardi's U.S. brand ambassador, Leandro Lowi, will be special guest.



KOVACHEVA

The dinner begins at 7 p.m. May 21. Cost is \$85 per person, plus tax and gratuities.

Reservations required; 655-6060 or mkovacheva@danielnyc.com.

Café Boulud Palm Beach is at The Brazilian Court, 301 Australian Ave., Palm Beach. ■

THE DISH: Highlights from local menus

The Dish: Saltado Chicken

The Place: Ceviche Arigato, 1447 10th St., Lake Park; 863-8877 or cevichearigato.wix.com

The Price: \$12 at lunch

The Details: Fusion cuisine is a term that gets bandied about quite a bit these days.

For the most part, these smorgasboards of food can serve as introduction to foods and cooking techniques from around the globe.

Ceviche Arigato is no exception. Ceviche is the marinated seafood that's pop-

ular in Peru and other Latin countries. And Arigato? That's Japanese for "thank you."

It's indicative of the Japanese-style rolls the restaurant offers.

For our visit, we stuck with cooked fare. The chicken saltado, bits of fowl that had been marinated in a soy-based sauce, was a hearty dish packed with tomato and onion.

It was served with rice and French fries — two starches? Well, all the better to savor that decadently salty sauce.

And all the better to lure us back for some of that namesake ceviche. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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*Here's to the
people, places and
things that make
the Palm Beaches
so special*

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Welcome
to Florida Weekly's
Best special section

The Best is *Florida Weekly's* take on some of the best, of course, but also some of the wackiest, most wondrous, obscure, ridiculous and even scandalous people and things that make the Palm Beaches such a great place to live.

Many "best of" publications are filled solely with content that's bought and paid for; that's not our style at *Florida Weekly*. Yes, our advertisers — the folks who make this piece of Floridian pulp and history you hold in your hands possible — receive shout-outs from us in these pages. It's only fair. But the bulk of our Best section has nothing to do with invoices or ballot box stuffing.

The nonscientific, noncrowdsourced process by which we choose our Best winners begins with a brainstorming meeting of our writers and editors. A couple of months later, after scouring the nooks and crannies of the region and our *Florida Weekly* archives, this section emerges: page after page of things we praise and applaud, pontificate on and poke fun at.

Herewith, our Best. We had fun doing it, and we hope you have fun reading it.

Here's to the Best of the Palm Beaches 2015.



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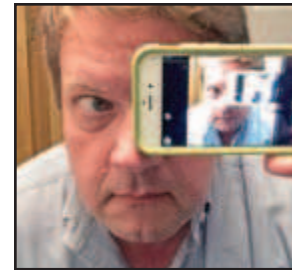
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BEST STORYTELLER

Dick Robinson

Radio man Dick Robinson speaks unscripted. When he slips into storytelling, you follow, without reservation, much obliged. He shows you shades of the stars you love.

He remembers a day in Palm Springs, California, at Frank Sinatra's house, during the Ava Gardner years, Sinatra was feeling down.

Songwriter Sammy Cahn came to the door.

"Frank, how are you?"

"I don't know. I'm not feeling very well."

"What's the matter?"

That's when Sinatra said it: "I fall in love too easily. I fall in love too fast."

Sammy Cahn said, "Hold on. I'll be right back," ran off and wrote the song.

Keely Smith once told Dick Robinson, when Frank dates a woman, he holds her on his left, so she's closer to his heart.

Dick Robinson says Keely Smith and Frank Sinatra were good friends, she loved Sinatra and he loved her.

One night at some ball, a socialite came up to Sinatra and asked, "Do you want to dance?"

"No, no, I don't dance."

"Oh," said the socialite. "Too bad."

An hour or so later, Sinatra asked Keely, "Do you want to dance?"

"Frank, you just said you don't dance."

Ol' blue eyes replied, "I don't like to be asked, I like to do the asking."

Dick Robinson makes you feel like you're in the supper club, wearing the duds, drinking the bubbly, standing next to the greats, hearing what they're about to say. Listen to Legends 100.3 FM so he can connect with you and carry you through more gems. Heard locally at 100.3 FM and worldwidelegendsradio.com



BEST REASON TO FEEL GOOD ABOUT YOUNG PEOPLE

Literacy AmeriCorps

Every fall, about 40 recent college grads from throughout the U.S. arrive at the Literacy Coalition of Palm Beach County. For the next year they work at 56 sites throughout the county, teaching children and adults to read and write English. They offer homework help in Boynton Beach. They tutor struggling students in Delray Beach. They teach English to farmworkers in Belle Glade. And they do it all for \$12,500, plus a \$5,700 "education grant" at year's end; literacypbc.org; 279-9103

BEST PLACE TO SPILL THE BEANS

Rabbit Coffee Roasting Company, Riviera Beach

This is not a place to get a cup of coffee, although they'll probably have a pot brewing. It's a craft roasting business that sells coffees to retailers, restaurants and coffee bars, as well as at the West Palm Beach Greenmarket and on their website. Check out their one-of-a-kind Cold Brew. 1411 W. 13th St., Riviera Beach, 252-2028, rabbitcoffee.roasting.com



BEST PLACE TO SPEND A RAINY DAY

Norton Museum of Art

The Norton's got it — from paintings to photography, textiles to jewelry, sketches to sculpture and glass to classic films. What a great place to recharge your batteries and soothe your soul. If you can't find something here to stimulate your senses and happily fritter away a soggy afternoon, you're simply not trying. 1451 S. Olive Ave., West Palm Beach, 832-5196, norton.org



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John Prince Park, Lake Worth



Get up with the birds one Sunday and take a walk with the dog before the sun begins to bake the South Florida landscape.

John Prince Park is more than 725 acres, and half of that is water. It's a favorite of fishermen, jet skiers, and athletes of all kinds, from the guys' pick-up soccer on weekends to the sand volleyball fanatics on weeknights. Its walkways are in good shape and wide enough to share with bicyclists. There is always something new to sniff or chase for your favorite four-legged friend. The trails have mile markers so you can keep track of your distance, and there's tons of parking. Best of all, it's totally free.

John Prince Park, 2700 Sixth Ave. S., Lake Worth. 966-6600

BEST PLACE TO TEE OFF AND TAKE IN THE VIEW

Palm Beach Gardens Golf Course

From the Fakahatchee grass along the fairways to the Highwayman-esque background at each of the 18 holes, the Palm Beach Gardens Golf Course offers players an opportunity to gaze at the South Florida scenery in between swings — as long as they don't mind the jumbo gator that lives in one of the water hazards. 11401 Northlake Blvd.; 626-7888; gardensgolf.com



BEST INSPIRATION FOR A CARL HIAASEN CHARACTER

Benjamin Herman Siegel

Benjamin Herman Siegel, a South Florida man and reptile store owner, was arrested for beating his employees with a lizard. He purportedly swung the bearded dragon lizard in the air, around his head and struck his employees. Siegel was charged with battery and animal cruelty. In 2012, Siegel

was in the news for hosting a cockroach-eating contest. One contestant choked to death.

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BEST SUNSET SEASIDE SHOPPING
Thursday Night Sunset Celebration

It's almost like going on vacation when you soar over the 65-foot-high Blue Heron Bridge and see the Atlantic Ocean beyond Singer Island. Maybe that's why it's so easy to get into a laid-back island vibe at Sailfish Marina's weekly dock party. Several dozen vendors display their colorful wares. Strains of Jimmy Buffet or reggae float on the ocean breeze. The boats are beautiful, the people are chill and the sunset is ridiculously beautiful. Hungry? The Don't Miss Dish: The Sailfish Marina Restaurant's popular grouper dogs and conch fritters. Sunset Celebration, 6-9 p.m. Thursdays, Sailfish Marina, 98 Lake Drive, Singer Island. Free. Parking is \$5 or by valet. 844-1724; sailfishmarina.com



BEST NEW VOICE
Michael Lesh



Michael Lesh has shaggy hair, hazel eyes and hockey-player shoulders. He loves math and he loves Wayne Gretzky. On June 15, 2002, Michael's big brother Richard stopped at a 7-Eleven in Miami. He wanted a candy bar and a soda. A man held a gun up to him. Asked for his wallet. Richard was a peaceful kid, liked to play his guitar, shrugged the guy off and walked away. The man shot him in the back. Richard died. He had \$50 in his wallet, if that. Michael wrote his brother's story in an essay last year, part of the "Do the Write Thing Challenge," a program that gives middle school students a chance to fight bullies, fight violence, using their ink as their war paint. In his essay, Michael wrote: "I

wonder if the killer would have made a different choice if he had pictured my family crying over Richard at his funeral? Would it have made him more sympathetic, knowing how many people's lives he was destroying? Maybe he would have a different perspective if he knew ... we still think about Richard every day."

Michael wants everyone to know what happened to his brother, but what he wants his essay to do most, he wants it to make people think before they act.

BEST PLACE TO GET LOST IN NATURE
Jonathan Dickinson State Park



Named for a shipwrecked Quaker merchant bound for Philadelphia — whose crew and family braved harassment by the local Indians as well as exposure and starvation — this recreation-rich park now boasts about 11,500 acres of herons, egrets, bald eagles, ibis, otters, turtles, hiking, paddling, biking, horseback riding, picnicking, boat tours, environmental education programs and campgrounds. Stick to the marked paths, Kemosabe. 16450 SE Federal Highway, Hobe Sound, 746-1466, jdstatepark.com

BEST EYE-OPENING EVENT FOR A GREAT CAUSE
SleepOut

Pitch a tent, plop down in it and pretend to be homeless for the night. Hundreds do so every year at SleepOut, a public-awareness event put on by The Lord's Place. SleepOut recognizes the plight of the homeless and symbolizes the struggles an estimated 2,200 men and women in the county face every day. Meyer Amphitheatre, West Palm Beach; 537-4660; thelordsplace.org





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Jukebox Music Series

Atlantic City Boys – January 13, 2016 @ 8PM

A Band Called Honalee – February 6, 2016 @ 8PM

The Magic of Motown – March 2, 2016 @ 8PM

The Doo Wop Project – March 14, 2016 @ 8PM

Special Add-On Performance:

Darlene Love – February 19, 2016 @ 8PM



Classical Café Series in Stage West

Calidore String Quartet – January 6, 2016 @ 2PM

David Kaplan, piano – January 20, 2016 @ 2PM

New Dances of the League of David

Irrera Brothers – February 23, 2016 @ 2PM

Navah Perlman, piano – March 30, 2016 @ 2PM

Weekend Family Fun Series – Saturday @ 11AM

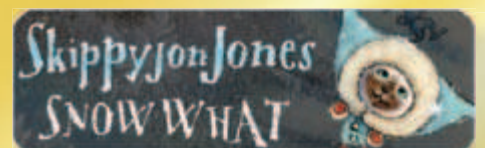
Skippyjon Jones Snow What – October 24, 2015

Lightwire Theatre's Moon Mouse – January 9, 2016

Mutts Gone Nuts: Canine Cabaret – January 30, 2016

Junie B Jones' Essential

Survival Guide to School – April 30, 2016



www.duncantheatre.org

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Inspired to help her community hydrate and nourish skin, Julia Kenty opened Sun Spray Tanning & Boutique in downtown West Palm Beach. Sun Spray products contain natural, yummy ingredients like avocado oil, argan oil and Vitamin D. Ms. Kenty will assess a client's skin tone, mix up a solution and spray tan the client by hand with a heated, airbrush device, the Evolv, or she will lead the client to an open-air, spray-tanning booth, the VersaPro, a spa-like reprieve she likes to call the ultimate "me time." Whether you want to establish a regular tanning routine or glam up for a special occasion, go to Sun Spray Tanning, get the glow and get the dress, without the guilt. 323 S Dixie Hwy., West Palm Beach, 345-3747, mysunspray.com

BEST JOURNEY BACK TO JOURNEY
Odyssey Road

Those who came of age in the '80s remember Journey playing across the airwaves and into their adolescence. Don't Stop Believin'. Escape. Stone in Love. Steve Perry hit the high notes like no one else. Locals can relive the beloved band's torchy repertoire by bringing their lighters to an Odyssey Road tribute show. odysseyroadband.com

BEST REMINDER THAT YOUR LIFE'S REALLY NOT THAT BAD

The Sheriff's Office Booking Blotter

Times are hard in the daily newspaper business, so online papers have discovered a cheap and easy way to rocket up their readers: Just link to the Palm Beach County Sheriff's Office gallery of recent mugshots. The escapee from Tennessee. The underaged drinker. The overfull drinker who mistook U.S. 1 for a public rest room at 3 a.m. And, of course, all those marijuana possessors. Browsing the photos is sometimes fun, sometimes scary and sometimes terrifying. But remember, every funny, bedraggled, drunk and unlucky face you see is innocent until proved guilty. Palm Beach County Sheriff's Office; pbso.org

BEST FARM-TO-TABLE AMERICAN GRILL

The Cooper, Craft Kitchen & Bar



The Cooper was conceived out of the love that owner Richard Rosenthal and his team share for creating unforgettable mealtime experiences for friends and family. The menu is influenced and inspired by fresh ingredients that are locally sourced and mindfully prepared. Complementing the menu are thoughtfully crafted cocktails using fresh ingredients and premium spirits. The

Cooper's barrel-aged cocktails are modern interpretations of classic drinks. There is also an extensive wine list and selection of microbrewed draft beers. The Cooper strives to provide sustainable, environmentally conscious food in a contemporary setting, with unparalleled service. PGA Commons, 4610 PGA Blvd., Palm Beach Gardens; 622-0032; thecooperrestaurant.com

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Palm Beach County Food Bank

Each year we stock up on canned goods — tuna, chicken, soup — and snacks like crackers and peanut butter, and we load the bounty into our hurricane supply tub and squirrel it away in the closet or the garage. Then, hurricane season passes, and we haven't even had to open the tub. After thanking God for sparing us for another year, what do we do with the ten tins of tuna in the tub? Here's an answer: Donate it to your food bank. It's 100 percent tax deductible. Did you know that just \$1 can provide seven meals to the hungry? All the money and food you donate stays right here in Palm Beach County. Palm Beach County Food Bank, 525 Gator Drive, Lantana. 670-2518; pbcfoodbank.org



BEST-KEPT SHADY SECRET

The Society of the Four Arts Botanical Gardens

Behind the wrought-iron gates of The Society of the Four Arts Botanical Gardens lies a magical mecca of flora. Flowing fountains and wide walkways separate the blossoming vines, fragrant trees and ornamental bushes and trees. It is a place to meander and meditate or read and reflect. Best of all, it's free. 2 Four Arts Plaza, Palm Beach; 655-7227; fourarts.org



BEST CRUSADER

Rand Hoch, Palm Beach County Human Rights Council

In 1988, Rand Hoch founded the Palm Beach County Human Rights Council, a nonprofit, nonpartisan organization to fight discrimination against gays and lesbians. Twenty-seven years later, a list of the group's accomplishments under his leadership would fill pages — from 1990, when the County Commission added sexual orientation to its Fair Housing Ordinance, to 2015, when Hoch nudged West Palm Beach Mayor Jeri Muoio to ban city travel to Indiana in protest of that state's "religious freedom" law. When Gov. Lawton Chiles appointed Hoch a Judge of Compensation Claims in 1992, he was legally required to refrain from political activity. But by temporarily stepping down from the group he founded, Hoch became the state's first openly gay judge; pbchrc.org

BEST PLACE TO SEE A LIGER UP CLOSE

McCarthy's Wildlife Refuge, Loxahatchee



Mark McCarthy has been rescuing exotic animals at his compound in Loxahatchee for nearly two decades. When someone purchases or obtains an animal that's beyond their ability to handle and care for, they often end up with Mark and his wife, Aneth. Injured animals picked up by Florida Fish and Wildlife officers also end up at the facility, where Mark tries to rehabilitate them if he can. He has tigers, and lions, and even a very rare lion/tiger cross, called a liger. His first passion was snakes and his snake room has dozens of venomous specimens. The sanctuary offers private, small group tours that allow visitors to get up close to these rare animals, and Mark's staff is well-educated and able to answer questions about the care and feeding of the unique animals. McCarthy's Wildlife Sanctuary, 12943 61st St. N., West Palm Beach. 790-2116; mccarthyswildlifesanctuary.com

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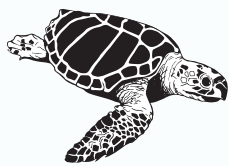
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The Book Exchange & Comic Book Shop

Borders Books went out of business. Barnes & Noble in CityPlace is now a gym. What's an old-fashioned book lover to do? Book Exchange is everything a used bookstore should be. Long shelves packed floor to ceiling with more than 100,000 used books, most of them 50 percent off the cover price, plus a vast collection of all the Marvel, DC and independent comic books a true collector could want. As one devoted booklover puts it: "Although you could probably find some of the same books online, I personally don't think it's the same as digging through their shelves, squeezing through the narrow aisles and plopping down on the floor to thumb through a stack of good finds. Book Exchange is a gem in the North Palm Beach area." 807 Northlake Blvd., North Palm Beach; 853-1555



and enjoy a show at Cobb Theatre. With dozens of retailers, that's just one of about a billion ways your night could go. 11701 Lake Victoria Gardens, Palm Beach Gardens, 340-1600, downtownatthegardens.com

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BEST LEGENDARY SOUNDS

Legends Radio

Every so often, you hear a song that takes you back. Takes you back to a time of happiness, a time of laughter, a time of tears. Independently and locally owned and operated, Legends Radio provides listeners in Palm Beach County the nostalgia of the Great American Songbook — the most influential American songs from the 20th century. With an exclusive format designed specifically for the socially active and educated adult, Legends Radio keeps you entertained with the vocal stylings of Frank Sinatra, Michael Bublé, Dean Martin, Diana Krall, Vic Damone, Ann Hampton Callaway, Tony Bennett and more. Spend your weekends listening to the nationally syndicated "Dick Robinson's American Standards by the Sea" or the "Sounds of Sinatra." Heard locally at 100.3 fm, worldwide at legendsradio.com

BEST PLACE FOR A NIGHT OUT

Downtown at the Gardens

It's the end of the week, and you deserve it: a night out at Palm Beach's premier boutique shopping, dining and entertainment destination. There is something for everyone at this two-story palatial playground, and everything to please someone, but our recommendation is to drink first and shop later. Get in the spirit of things at Dirty Martini, the huge new lounge that can accommodate up to 400 guests before hitting up Urban Outfitters for some hipster t-shirts. Pick up some fashion accessories for Fido at Whole Pet Essentials, puff on an e-cig at Atmos Vapor Lounge, split at pie at Grimaldi's Brick-Oven-Pizzeria

BEST GUY TO HAVE YOUR BACK

Dr. Michael Papa

When Dr. Papa began serving the Palm Beach County community in 1989, he implemented an innovative gentle approach to chiropractic care and physical therapy and has built on that foundation for 25 years. His multidisciplinary practice offers a combination of health care, chiropractic care, complementary therapies and state-of-the art diagnostic testing that enhances his ability to treat each patient's individual needs, bringing lasting resolutions to their health concerns. Jupiter West Medical Center Physical Therapy, 2632 W. Indiantown Road, Jupiter, 744-7373 and 9089 N. Military Trail, Palm Beach Gardens; 630-9598, papachiro.com

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Whether you're pounding pavement in high heels, running a 5K in tennis shoes, or climbing the corporate ladder in loafers, the shoes you wear can make or break your journey. In a time where shoe warehouses are around every corner and department stores are offering a plethora of fashionable footwear, how does one really find the perfect fit? Footwear & More is the new and unique shopping destination for the Palm Beaches. With over 8,000 square feet of footwear and accessories, they have something for every style and budget.

The highly trained and knowledgeable staff at Footwear & More will provide you the ultimate shoe shopping experience at outlet prices. From measuring your feet to providing options in all shapes and sizes, men and women alike will be adequately pampered ... down to their tippy toes! West Palm Beach, 539 Clematis St.

BEST SMALL GROUP FITNESS FOR WOMEN

Get in Shape for Women

To empower women through body transformation — that pretty much sums up the mission of Get in Shape for Women. When you attend one of their small group classes, led by certified personal trainers, you will find yourself among women who are also dedicated to achieving their fitness and weight loss goals. You will find women who inspire you, as well as women who will be inspired by you. You will enjoy the camaraderie of your small training group, the attention and encouragement by your instructor and classmates. Get in Shape for Women centers its entire program on four main components: weight training, cardiovascular training, nutrition and accountability. Combine these components with a motivated support group and you will be empowered, you will be transformed. 799-555, 4755 PGA Blvd., Palm Beach Gardens

BEST NEW SPORTS COMPLEX

Ibis Golf & Country Club

Step into the pool area and immediately you feel like you are at a five star resort — people dining poolside, children playing in the splash zone, adults swimming laps. This is what members proudly refer to as the Ibis Experience. Ibis Golf & Country Club's new Sports Village is phase one of a \$33 million enhancement plan to the club's amenities. You can easily burn away your day (and calories) at the 15,000-square-foot fitness center, outfitted the latest in technology and equipment including spinning, Pilates and an innovative yoga wall. Or stop by the luxurious spa for pedi or a hot stone massage. Then its time meet friends for an exquisite dining experience at the Bistro, while overlooking the lushly landscaped pool complex. 8225 Ibis Blvd., West Palm Beach, 625-8500, ibisgolf.com



BEST RESALE SHOP FOR SERVING THOSE IN NEED

The Church Mouse

If you've shopped in Palm Beach and haven't visited The Church Mouse, you are missing out on incredible finds that support an incredible cause. The chic resale shop is owned by the Episcopal Church of Bethesda-by-the-Sea and run solely by volunteers. In business since 1970, it's Palm Beach's upscale version of a thrift shop. Drop by on opening day the first Monday in October and you'll find a line around the block as shoppers wait to nab that \$500 suit for a mere \$75, or that Givenchy gown for \$100.

They offer an ever-changing array of high-end, gently used clothing, accessories, furnishings, housewares and artwork at affordable prices. Just steps from Worth Avenue, The Church Mouse is one of the top donation based resale shops in the country. Proceeds from the sale of their donors' surplus items fund local nonprofits with a focus on education, food relief and housing for homeless families. Donations, which are tax deductible, are accepted year round. 378 S. County Road, Palm Beach; 659-2154; bbts.org



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If there is a child or baby in your life then be sure to take a trip to Cottage Cache Kids, which specializes in unique, upscale children's clothing, including a lovely assortment of newborn, toddler and children's clothes up to size 10. They also offer a great assortment of children's accessories, books and exclusive gifts. When you enter the door you will be greeted by Diane Naylor and her adorable pooch, Molly. Customers love the personalized service and the extra special touch of complimentary gift wrap and gift shipping services. 378A Tequesta Drive, Tequesta, 772-285-5045

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Shutter Orchids is filled with orchids, orchid supplies, arrangements and unique gifts. Customize designs for your home or office. Shutter will deliver your arrangement to your home, office or place of

business the same day. They fill any order, large or small, and deliver it with the utmost care. Take a favorite vase or flowerpot to them and they'll gladly make a custom arrangement to fill it. 126 Center St., Suite #10, Jupiter, 301-0394

BEST FAMILY & ANIMAL PORTRAITS

Mignon Roscher Gardner

If you have ever thought about having a portrait painted of yourself, your loved one or your beloved pet, then make sure you consider commissioning international portrait artist Mignon Roscher Gardner. She is the daughter of world-renowned portrait painter, Frederick Roscher, painter of popes, royalty, presidents and Palm Beach society. Roscher studied at



the finest academies throughout Europe and passed on his old masters technique, talent and a lifetime of knowledge to his daughter, Mignon Roscher Gardner. She continues his legacy, having painted celebrities, clergy, society and sports figures. She is also known for her beautiful equine and wildlife paintings. 308-9840, artistmignon@aol.com, artistmignon.com

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BEST SEA INSPIRED DESIGNS

Oceans Allure



Oceans Allure is the place to find ocean-inspired unique jewelry, art, accessories and home decor. The store specializes in silver and semi-precious stone jewelry pieces designed by Monique Comfort. Monique's obsession with the ocean and passion for jewelry is showcased

beautifully in the store in Legacy Place. In addition to her beautiful jewelry designs, you will find great ocean themed gifts, hand-painted artwork and fabulous and fun ladies apparel. 11300 Legacy Ave, #110, Palm Beach Gardens, 799-0201



KidSanctuary Campus is committed to improving the lives of children in foster care by providing safe homes and offering brighter futures.



Connie Frankino
Founder and President



Marlo Massey
Executive Director

561.653.8274
kidsanctuarycampus.org



Boys Cottage Opening Summer 2105 • Enrichment Center Groundbreaking 2016



Paradise Lost Palm Beach

Paradise Lost is a consignment emporium which offers men's and women's designer clothing, shoes, handbags and accessories; oil paintings, watercolors, prints and other framed genres; fine glassware; antique furniture, fine china, pottery, sculptures and other objects d' arte; fine and costume jewelry; and rare books, classic films and collectible music.

Paradise Lost specializes in items that are hard-to-find, one-of-a-kind or have (merely) slipped-the-mind. The shops aspire to be that rare combination of interest and value, offering items that range from wacky to wonderful—a delightful blend of fashion boutique, estate sale and museum. Paradise Lost is not to be rushed in and out of, but rather—wandered through—with enough leisure to study and savor and take it all in, knowing that - while you may not have purchased a thing—you will come back again and again, for the sheer enjoyment of it.

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BEST GIFT THAT KEEPS ON GIVING

KidSanctuary Campus



There are so many nonprofits doing wonderful things for our community, but KidSanctuary Campus is as good as they come. This special group provides a safe home for abused, neglected and abandoned children in foster care. KidSanctuary Campus will be opening their third home for children

this summer, and some of the top interior decorators in the nation will rally around the cause to donate both time and resources to help decorate rooms in the new home, helping the kids feel as special as they are. Kidsanctuary.org

BEST WAY TO BUY A DRINK FOR A FRIEND

AirTab

How great is it to buy a round of drinks for friends? Now you can do that with just the swipe of a finger, and you don't even need to be at the bar! We think AirTab is the most innovative app of the year because you can use it to send a drink over the phone to anyone then they redeem that drink



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because Perfect Vodka has been actively supporting charity events throughout Palm Beach County. What more could you ask for in a vodka? perfectvodka.com



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Dr. Harold Bafitis

Dr. Harold Bafitis is one of the leading plastic surgeons in Palm Beach County, supporting charities here and abroad, even traveling overseas on mission trips to help

children. He also travels to Johns Hopkins University to train other surgeons on how to perform procedures. Breasts, facelifting, abdominoplasty, rhinoplasty? He does it all and is a cut above the rest. Pun intended. drbafitis.com

BEST PLACE TO FIND A TREASURE

Treasures for Hope Charity Store

At Treasures for Hope Charity Store, the passion is to help children and families in crisis in Palm Beach County. The nonprofit organization's primary mission is to financially support Place of Hope, a faith-based family style foster care agency, and Villages of Hope, an independent living residential support and life-skills development agency for emancipated foster youth and other homeless youth, through the proceeds generated by our charity store operations. The store is filled with many treasures, including furniture, home décor, and boutique clothing. Help put hope in a child's life one treasure at a time.

3540 Northlake Blvd., Palm Beach Gardens, 691-8881

BEST NON-GMO VODKA

Perfect Vodka



Have you heard of the smoothest vodka on Earth? Like, smoother than silk or a glass of ice cold refreshing water? Well, Perfect Vodka is just that smooth and luxurious. Perfect Vodka is also an all-natural, gluten free, non-GMO spirit. It won a gold medal at the 2014 International Craft Awards Competition in Los Angeles, competing with over 120 other spirits. If the name already sounds familiar, that's

BEST UP-AND-COMING PUBLIC RELATIONS FIRM

Pantelides PR and Consulting

When *Florida Weekly* launched in Palm Beach County five years ago, we noticed a definite trend in big businesses — If you weren't a PR agent, you had a PR agent. Over the past year, Pantelides PR & Consulting has made a solid impression as one of the best up-and-coming PR firms in the area. With over a decade of experience as a news anchor and reporter, founder Emily Pantelides is able to offer a direct connection to the media. PantelidesPR.com

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BEST EMPORIUM
Paradise Lost

It aspires to offer interest and value, this consignment emporium which offers men's and women's designer clothing, shoes, handbags and accessories; oil paintings, watercolors and prints; fine glassware; antique furniture, fine china, pottery, sculptures; fine and costume jewelry; and rare books, classic films and collectible music. Paradise Lost specializes in items that are hard-to-find, one-of-a-kind or have slipped-the-mind. The shops aspire to be that rare combination of interest and value. Paradise Lost is not to be rushed in and out of, but rather — wandered through — to study, savor, take it all in, knowing that you will come back again and again, for the sheer enjoyment of it. 219 Royal Poinciana Way, Suite 3; 230 Sunrise Ave., and 227 Sunrise Ave., all in Palm Beach; 223-2284

BEST PLACE TO KEEP YOUR MONEY LOCAL
Anchor Commercial Bank

If you prefer to do business with a privately held local Bank, Anchor Commercial Bank is for you. Anchors' staff members live and work in your community. The bank offers a wide range of banking products, both for individuals and the business community, tailored to fit your personal needs. The bank has two conveniently located branches, at 13951 US Highway 1 in Juno Beach and 11025 RCA Center Drive in Palm Beach Gardens. Contact Kathleen Jacks at 383-3155.



MOST STYLISH WAY TO GET AROUND TOWN
Vespa of Palm Beach

Do you Vespa? Since 1946, Vespa has been presenting La Dolce Vita, "the sweet life," to customers all around the globe. Vespa scooters offer elegant style coupled with cost-efficient, eco friendly, reliable and hassle-free transportation. A beautiful new and convenient showroom offers an amazing selection of scooters, full service and parts department, and a large selection of accessories. 2272 Okeechobee Blvd., West Palm Beach, 833-8511

BEST PLACE TO DONATE YOUR HOME GOODS
Gulfstream Goodwill Industries

Gulfstream Goodwill Industries, a nonprofit established in 1966, is more than just a collection

of thrift stores. Goodwill is the original recycler, accepting donations of gently used items (currently with an emphasis on home goods) to prevent unused items from going to landfills. The environmentally conscious organization is currently working on establishing public-private partnerships with local businesses to increase recycling efforts throughout all areas of the organization. The revenue generated by the retail stores support all of the programs and services offered to the community, including evaluation services, employment services, developmental services, youth services, residential services, brain injury rehabilitation, vision services and more. When someone donates and/or shops at a Gulfstream Goodwill store, they are supporting these programs and services. "Donate Stuff. Create Jobs." Gulfstreamgoodwill.com

BEST WAY TO COMMUNICATE WITH THE WORLD
Multilingual Language and Cultural Society

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart." — Nelson Mandela
Multilingual Society offers private and group language classes in French, Spanish, Italian, German and others for various levels of proficiency. In addition to classes, it offers weekly cultural and social events such as foreign movies, book clubs, art receptions and conversation groups so you can practice your newly acquired language skills in a more real life scenario. The Multilingual Society introduces you to native speakers and other students speaking or learning the language you are interested in. It is more than learning a language, it is a worldly experience — you will be surrounded by friendly, knowledgeable, well-traveled people. 210 S. Olive Ave., West Palm Beach

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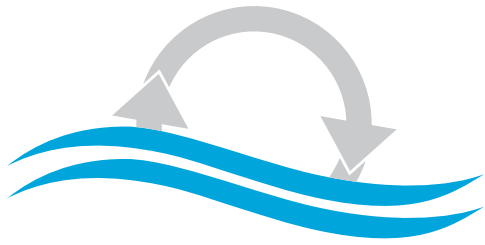
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BEST WAY TO GET MOVING

All My Sons Moving & Storage

When you see or hear an All My Sons Moving & Storage advertisement, you most likely will find out that the company is the official movers of all the South Florida professional teams — the Miami Heat, the Miami Marlins, the Florida Panthers, the Miami Dolphins and Florida Gator Football. However, something else that will always be included is our company motto, “All My Sons Moving & Storage, Let Our Family Move Yours.” That’s what the AMS team lives by, day in and day out. Those words set the standards high, for every move. Specializing in local, long distance, commercial and residential moving, All My Sons Moving & Storage is family owned and operated with over four generations of moving experience. With guaranteed binded prices and all movers going through extensive background checks and drug testing, you will know exactly what you will be paying and

who will be arriving on the day of the move.

All My Sons Moving & Storage is not just a moving company. The firm supports many charities and non-profits in Palm Beach County, such as the Education Foundation of Palm Beach County, the American Red Cross, the Homeless Coalition of Palm Beach County and Toys For Tots, just to name a few.

BEST DOCTOR TO HAVE ON YOUR NERVES

Gardens Neurology

Graduating from Princeton and completing a resi-

dency at Harvard, Dr. David Silvers has over 20 years of experience in neurology. Chosen by his peers to be on the prestigious list of America’s Top Physicians every year since 2010, Dr. Silvers is board certified in neurology, electrodiagnostic medicine and neuromuscular medicine. He also holds certificates in the treatment of stroke and traumatic brain injury. After working in private practice and serving as an associate professor of Neurology at the University of Connecticut Medical School, Dr. Silvers and family relocated to Southeast Florida, specifically to north Palm Beach County to bring his expertise and unmatched bedside manner to adults with various neurological disorders and adolescents with insomnia, headache and concussion. 799-2831, gardensneurology.com

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For the highest quality furnishings, custom upholstery services, designer lines, one-of-a-kind pieces, handmade rugs, hand embroidered pillows and exotic antiques, Excentricities has you covered! For information visit www.Excentricities.com



BEST PLACE TO DOCK AND DINE

Waterway Café

Waterway Café is a South Florida dining tradition since 1986. Featuring a delectable menu of fresh seafood, steak, chicken, pasta, pizza and desserts combined with unparalleled ambience and live weekend entertainment, there is no better place to sit back and enjoy the Intracoastal. Afraid of the wait? Don't be — at Waterway Café, you can radio in from your boat & have a table or food waiting upon your arrival. With 300 feet of docks, bring the sailboat or the yacht and enjoy a tropical drink in paradise. 2300 PGA Blvd., Palm Beach Gardens, 694-1700, Waterwaycafe.com

BEST LUXURY PR FIRM

Fashion Doctors Media Group

For businesses and organizations wanting to target the socially active, the affluent, the luxury clientele — your prescription is for Fashion Doctors. Servicing Palm Beach, New York and Boston, Fashion Doctors Media Group deals in strategic public relations and marketing communications to your ideal customer. Founder Marianna Dubois brings her experience from an extensive career in fashion, journalism, restaurant ownership, charity fundraising and public relations to the firm, offering the highest end of service to some of the area's most elite businesses. Under Marianna's leadership, Fashion Doctors Media Group has been nationally recognized for implementing strategies that exceed traditional public relations and events. Services include brand building, product launches, charity

consulting, viral marketing, social media campaigns and advertising. thefashiondoctorspr.com, 843-9554

BEST SELECTION OF DISTINCTIVE HARDWARE

Anderson's Classic Hardware

Celebrating its 80th year in West Palm Beach, family owned and operated Anderson's Classic Hardware continues to offer the best selection of distinctive hardware in its 2,500-square-foot showroom. Featuring decorative accents for doors, cabinets, faucets and other home hardware from top manufacturers, the service-oriented and knowledgeable staff at Anderson's will help you find the perfect final touch. 605 S. Olive Ave, West Palm Beach



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WELLINGTON'S BEST PRIVATE GOLF AND POLO CLUB

The Wanderers Club Wellington

The Wanderers Club brings together family-friendly golf, tennis, and polo in the heart of Florida's premier equestrian community — the Village of Wellington. A charming home away from home, you'll find The Wanderers Club is a welcome retreat for every member of the family. Besides golf, tennis, and polo, the club offers casual dining at The Duke's Bar, Veranda, and poolside, as well as fine dining at Stables Restaurant. The entire family can enjoy the junior Olympic-size pool, and there is a separate kiddie pool and play area. To top it off, the club has an extensive summer reciprocal membership program. 1900 Aero Club Drive, Wellington; 795-3501; wanderersclubwellington.com



BEST PLACE TO GET YOUR FIT TOGETHER

Ultima Fitness

Ultima Fitness is a cutting edge fitness facility committed to providing an unmatched level of customer service and fitness expertise to residents of Palm Beach County. Serving the West Palm Beach com-

munity for over 21 years, Ultima Fitness offers a wide variety of amenities and fitness programs in a 19,000-square-foot facility.

Whether you're searching for the challenge and motivation of group fitness or personal attention of a nationally credited certified fitness coach, Ultima is the place to reach and exceed your personal fitness goals. West Palm Beach, 400 Clematis St., 659-1724, ultimadowntown.com

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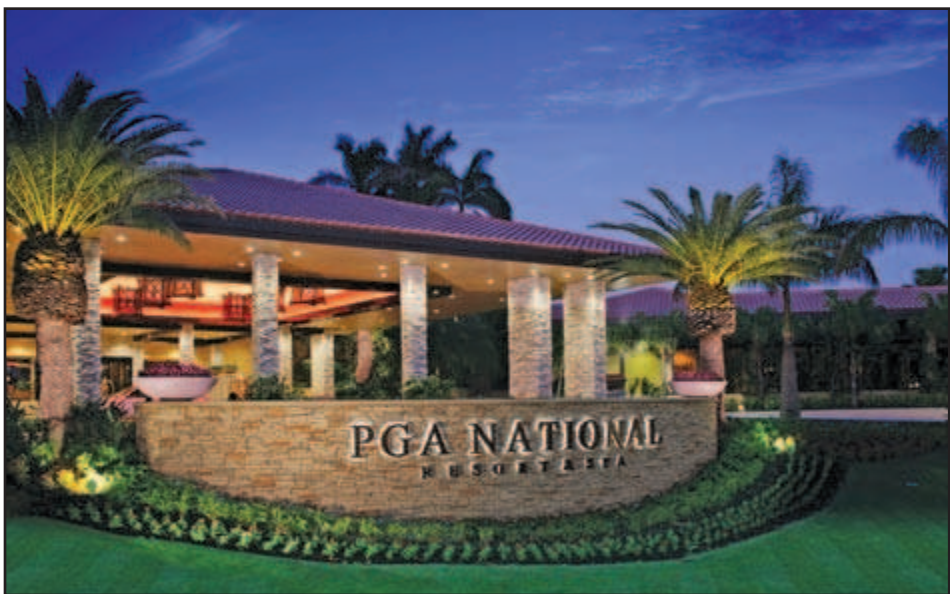




BEST DESTINATION FOR ARTS AND ENTERTAINMENT

West Palm Beach Arts & Entertainment District

The West Palm Beach A & E District is a centralized collection of inspiring arts and entertainment venues; art and history museums; galleries; libraries; performing arts companies; and art education institutions. Situated in the heart of West Palm Beach, the district includes more than 20 distinct and distinguished cultural destinations that form a defining industry cluster. The A & E District enhances the appeal of West Palm Beach, drawing attention to its status as a vibrant city illuminated by its beauty and range of creative expression. A free trolley dedicated to connecting partners makes getting around the district easy and enjoyable. DowntownWPArts.com.



BEST PLACE TO GET PAMPERED

PGA National Resort & Spa

After a day on one of five championship golf courses, where legends like Greg Norman have come to play every February, indulge in an ancient spa tradition with a dip in the Pyrenees salt pool. Chill at a sparkling, zero-entry pool — part of the resort's recent \$100 million renovation — stop by iBar's famous happy hour, and ease into the nightlife. Retreat to a plush guestroom with stunning golf-course, pool and lake views available, and awake from your dreams with breakfast at the Palm Terrace. Paradise, indeed. 400 Ave of the Champions, Palm Beach Gardens, 627-2000, pgaresort.com

BEST FAMILY HEIRLOOMS

Hamilton Jewelers

This century-old family owned jewelry store is steeped in tradition. Founded in Trenton, N.J., in 1912, it came to Palm Beach in 1977, when owner Irving Siegel retired here, his winter home. Mr. Siegel wouldn't stay retired long. He opened a store on Worth Avenue. Hamilton is an original tenant of The Gardens Mall. President Hank Siegel and his father, Chairman Martin Siegel, carry on Irving's tradition with the same integrity, value and service to clients and the community at large. Their exclusive collections, including bridal, jewelry, watches, and home, are the best in the



business, heirlooms that last for generations. 215 Worth Ave, Palm Beach, and The Gardens Mall, 659-6788, hamiltonjewelers.com



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BEST PLACE TO DISCOVER A TREASURE

True Treasures

Why pay retail when you can find a True Treasure? With the highest quality furniture and home décor items at outstanding values in two Palm Beach locations, you are sure to find a treasure. Continuously consigning the finest gently used furniture and items from prestigious estates throughout the Palm Beaches, you will find inventory offered at steep discounts from retail — and selections change almost daily! Stop in today and browse the fine art, china, antiques and other home accessories displayed like the treasure they truly are. Crystal Tree Plaza, 1201 US Highway 1, Suite 15, North Palm Beach, 625-9569; 3926 Northlake Blvd., Palm Beach Gardens, 694-2812, truetreasuresinc.com

BEST GIFT FOR MOTHER'S DAY

The Lord's Place

Looking for the perfect way to show appreciation for your mom this year? Show her how special she is by making a donation in her name to honor her and the mothers at The Lord's Place. Your gift will help formerly homeless mothers provide the same love and safety you knew as a child. For more than 30 years, The Lord's Place has worked to break the cycle of homelessness in our community. In addition to shelters, they provide housing programs, job training and employment, social enterprise and re-entry services. 2808 N. Australian Avenue, West Palm Beach, 537-4645, thelordsplace.org



BEST PLACE TO HIDE FROM YOUR BOSS

John D. MacArthur Beach State Park

Duck onto a winding road canopied by gumbo limbos and sea grapes. Get lost on a nature trail shaded by a tall, tropical hammock. Cross the quarter-mile boardwalk to a secluded beach. John D. MacArthur Beach State Park offers weary workers a wealth of ways to call in sick and not get caught. 10900 Jack Nicklaus Drive; North Palm Beach; 624-6952; macarthurbeach.org

BEST DINING, SHOPPING AND NIGHTLIFE MECCA

Downtown West Palm Beach

Over the past five years the city of West Palm Beach has flourished and the downtown is alive with activity, business and exciting new development projects. Eclectic eateries, independent boutiques, retail shops and art galleries all add to the colorful mosaic of offerings the make downtown West Palm Beach such a diverse and vibrant place to live, work and socialize. DowntownWPB.com

BEST RESTAURANT AQUARIUM

Too Bizaare

The fish that don't get stuffed into sushi rolls at Too Bizaare swim freely in the restaurant's vibrant aquarium. A centerpiece of the interior décor, the aquarium bursts with brilliant colors from clownfish, blue and yellow tang and other tropical species that dart about the intricate coral formations, creating a living liquid landscape. Harbourside Place, 107 Dockside Circle, (A1A and Indiantown Road) Jupiter; 203-2510; toobizaare.com



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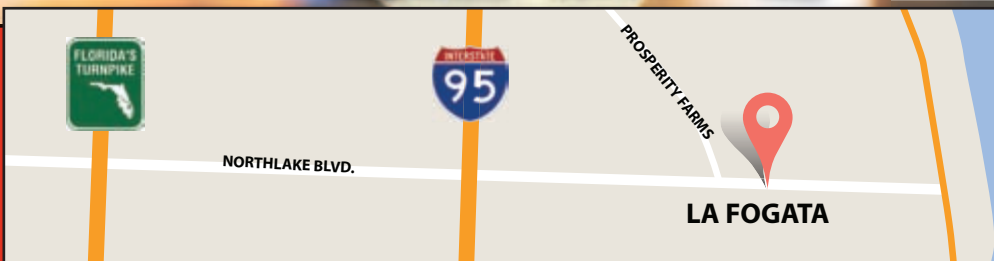
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BEST PLACE TO GET YOUR FILET ON

PGA National Resort & Spa - Ironwood Steak And Seafood

The tender, mouth-watering filets at Ironwood are unsurpassed. Indulge in the signature Tomahawk for two, a 32-ounce cross of Wagyu and Black Angus beef dry-aged for 21 days and cooked to perfection in a Vulcan 1,200-degree broiler. Of course, there are plenty of options for seafood lovers as well. And this Wine Spectator-award winning restaurant's floor-to-ceiling wine room is a visually stunning complement to the menu, with 36 wines by the glass and varieties from growing regions throughout the world. 400 Ave of the Champions, Palm Beach Gardens, 627-2000 pgaresort.com



longer than five seconds agree Juno Pier is our top spot, as long as you don't expect Hawaiian-sized waves in Palm Beach County. It's one of the most consistently good spots in the region, with good wave quality, an easy paddle-out in clean, clear water and suitable for both beginning and advanced riders. On the other hand, thesurfingsite.com, which evaluates surf spots around the world, advises visitors to be on the lookout for sharks, undertow and the dread Beach Patrol. co.palm beach.fl.us/parks/locations/junobeach.htm

BEST BATHROOM

The Mar-a-Lago Club

What makes a bathroom beautiful? At home, it's the porcelain tile and frameless shower. At The Mar-a-Lago Club, it's the plush salon filled with cushioned chairs, vanity mirrors, gold faucets and elegant décor, which includes a framed photo of a smiling, golf-shirted and much-younger Donald Trump greeting guests headed to the water closet. 1100 S. Ocean Blvd., Palm Beach; 832-2600; maralagoclub.com

BEST REAL ESTATE FIRM IN MIRASOL

Mirasol Realty

Looking for a home in The Country Club at Mirasol? Then Mirasol Realty may have the home for you. Mirasol Realty is the on-site sales leader in Mirasol, South Florida's premier residential golf community, and acts as the club's exclusive real estate partner. Set on more than 2,300 acres, The Country Club at Mirasol offers

a variety of upscale, private, family residences. Mirasol offers a unique collection of homes that feature golf course, lake or natural preserve views. Mirasol Realty's expert knowledge of this community makes the company your go-to firm for The Country Club at Mirasol. 11300 Mirasol Blvd., Palm Beach Gardens; 622-7070, mirasolrealty.com

BEST HOME TOUR

Flamingo Park

It's not just a neighborhood. It's a historic district! Every holiday season since 1991, eight or 10 Flamingo Parkers have opened their sumptuous, 1920s Mediterranean and Spanish Mission homes to anyone curious enough to pay \$35 for a peek inside, a glass of wine and an hors d'oeuvre. And every year about 600 people line up to stroll the land boom development on a former pineapple plantation between Belvedere Road and Okeechobee Boulevard. It's fun. It's friendly. It feeds the neighborhood association's bank account — and it provides the proud owners a reason to give the house a good cleaning; flamingopark.net



BEST SPOT TO GET WIPED OUT

Juno Pier

We do a passable dog paddle, but the men and women who can actually stand up on a surfboard for

LUXURY
PR GROUP

Marianna Dubois and Joannie Danielides are two longtime professionals who are joining forces to launch The Luxury PR Group headquartered in Palm Beach. While each of the women complement one another with their talents and contacts, they also bring different strengths to the table.

Joannie's areas of expertise focus on health, medical and higher education and over the years and she has represented institutions such as ColumbiaDoctors, NYU College of Nursing, Jupiter Medical Center, Northeastern University and The Boston Conservatory, to name a few. Marianna's strengths are in fashion, special events and hospitality and luxury brands.

Marianna has represented such companies as The Worth Avenue Association, Seminole Casino Coconut Creek and 150 Worth. National public image campaigns, program launches, gala events, feature placements in national, regional and local press are just a few of the achievements that Marianna and Joannie are recognized for. Over the years, Marianna and Joannie have collaborated on projects in Palm Beach, Boston and New York. Most recently they collaborated on the successful launch of Palm Beach Italian Week. They are now merging the talent they cultivated in their original companies, Danielides Communications, Inc and The Fashion Doctors Group under the umbrella of The Luxury PR Group.

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ARTS & ENTERTAINMENT DISTRICT WEST PALM BEACH

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World Thrift

If thrift stores are only for the hoi polloy, what are those Mercedes doing in the parking lot? And those Audis? And that Porsche? And how come back in 2013, World Thrift bought the former Park Avenue BBQ Grille next door, just because they needed more parking space? Yes, the 33,000-square-foot behemoth is a cluttered, noisy jumble of used clothes, furniture, books, shoes and home appliances, but there are real treasures to be found here. Mercedes aside, your American Express Gold Card is not welcome, however. It's cash only, and cash for profit, too. World Thrift is a business, not a charity outreach. 2425 N. Dixie Highway, Lake Worth; 588-4050

BEST PLACE FOR A SONG AND DANCE

Duncan Theatre

As we have come to expect, the 28th season at the Duncan Theatre showcased another year of amazing programs that featured cutting-edge dance, classical music and varied music offerings. This past season brought the iconic modern dance companies of Martha Graham and Paul Taylor plus the emerging west coast, buzz-worthy BodyVox and BODYTRAFFIC, music by Rachel Lee Priday & David Kaplan and the Manhattan Piano trio. The popular music was diverse as well with concerts by British imports — The Mediaeval Baebes, Rock 'n Roll Hall of Fame inductee Darlene Love, country music powerhouse Jo Dee Messina, and the Latin sounds of Tito Puente Jr. and his amazing band of musicians. We can hardly wait to learn what is in store for all of us next season. The Duncan Theatre is at Palm Beach State College, 4200 Congress Ave., Lake Worth; 868-3309 or duncantheatre.org

BEST WAY TO DRIVE SOMEONE UP THE WALL

A Perfect Party

Rent a portable rock-climbing wall, a bounce house, a water slide, inflatable or just about any kind of party equipment at South Florida's premiere entertainment

company. From backyard parties and company picnics to corporate events and more, they pride themselves on maintaining a plethora of party supplies and quality entertainment. 1444-A Skees Road, West Palm Beach, 798-1744, aperfectparty.net



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Lighthouse for the Blind
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BEST PLACE TO STAY ON THE BALL

Roger Dean Stadium

The spring training home of the Miami Marlins and the St. Louis Cardinals, this remarkable baseball facility also serves as the summer home field for the Palm Beach Cardinals and the Jupiter Hammerheads of the Florida State League. So whether you want to see current or future stars, this is your field of dreams. Play ball! 4751 Main St., Jupiter, 775-1818 (main number), 630-1828 (box office), rogerdeanstadium.com



Mission Statement

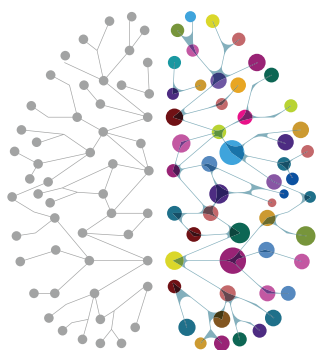
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Cycle Party

The whirlwind on wheels known as Cycle Party offers daring drinkers a distinct way to descend upon downtown. Up to 15 passengers hop aboard a guided quadra-cycle and pedal from place to place. Pub crawls are the most popular reason to rent the contraption, but those celebrating anniversaries and birthdays find them fun, as well. cycleparty.com



BEST MAN DRESSED AS A WOMAN

Bill Jackson, a/k/a "Jacqie"

"I'm not a drag queen," he will tell you. "I'm a heterosexual male cross-dresser." After all, drag queens do their best to look like beautifully real women. This heterosexual male cross-dresser wouldn't fool anyone, and apparently that's the appeal. When Jacqie brings her "Jacqieoke" show to karaoke bars around town — Benny's On The Beach, Lake Worth's South Side Tavern and Manalapan Pizzeria in the Plaza Del Mar — the places are packed. Apparently, there's something about a man in a dress that gives men who dress as men the courage to get up and sing in public. [Facebook.com/jacqie.jackson](https://www.facebook.com/jacqie.jackson)

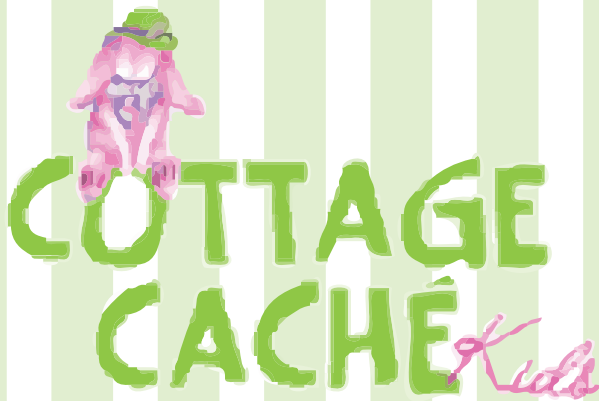
BEST PLACE FOR COFFEE, DOUGHNUTS AND STEPHEN KING

Mandel Public Library of West Palm Beach

The other day we walked into a doughnut shop and a really great library broke out.

Yes, the West Palm Beach public library really has a Dunkin' Donuts inside, straight ahead when you walk through the doors. Feed your belly with the Boston cremes, then feed your brain with the books. And that's not all. The Mandel also has CDs, DVDs, computer classes, tax preparation help and "Itsy Bitsy Yoga For Non-Crawling Babies."

The doughnuts will cost you. The books are free. 411 Clematis St., West Palm Beach; wpb.org/mycitylibrary; 868-7700



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BEST PLACE TO BURN YOUR BUNS

Jupiter Inlet Lighthouse and Museum

The heart starts to pound after 20 or so steps. The body temperature begins to rise after 20 more. Muscles ache upon reaching the 105th. Ascending the circular staircase at the Jupiter Inlet Lighthouse and Museum is a bonafide bun burner. Imagine climbing it every day. We'd have a derriere like Matthew McConaughey's. 500 Captain Armour's Way; 747-8380; jupiterlighthouse.org



BEST CHECKBOOK CHARITY

Impact100 Palm Beach County

It's an idea so simple and effective a woman must have thought it up. Each year, the female members of Impact100 write a check for \$1,000 each and then they meet for one day to hear the appeals of local nonprofit agencies vying for grants. The finalists depart, the women vote and that evening the grants are announced. Last year, the woman raised \$320,000. This year, they met at Lynn University in Boca Raton and disbursed \$400,000. 700 S. Dixie Highway, West Palm Beach, Suite 200; 336-4623



BEST PLACE TO PRETEND YOU'RE FRENCH

Le Rendez-vous

If you want to talk cheese and wine like the French, pull up a stool at this cozy bar and ask your server or bartender (don't underestimate the pedigree of the server or the guy pouring the wine; it might be the owners) for their opinion. They'll ask you questions about what you like and what you don't, then offer up a dish handmade to please your palate. Sometimes they'll struggle for the word in English, while you struggle with the word in French, which makes for lively conversation. You're both richer for it. The white leather bar chairs are comfortable and the room is airy and adorned with artwork. Eavesdrop on the men at the end of the bar. They're speaking Parisian French in rapid fire: It's a challenge to try to keep up. Don't miss: foie gras, cheese plates, quiche and croissants. Le Rendez-vous, 221 Datura St., #105, West Palm Beach. 273-5441; trendyparisianrestaurant.com



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May 28, 5:30–9pm

Downtown West Palm Beach District

Sample signature tastes and specialty cocktails and enjoy the tour through festive Downtown West Palm Beach.

CBN20 - CELEBRATING TWO DECADES OF CLEMATIS BY NIGHT FUN

Thursdays, June 11 – June 25, 6–10pm

Thursdays, July 9 – August 27, 6–9pm

West Palm Beach Waterfront

Weekly downtown tradition will celebrate with two bands every Thursday throughout the summer.

THE POOL

June 4 – July 4, 7–11pm

West Palm Beach Waterfront

Interactive installation has fascinated and entertained thousands around the world and will now shine in Downtown West Palm Beach for its first Florida appearance.

4TH ON FLAGLER

Saturday, July 4, 5–10pm

West Palm Beach Waterfront

South Florida's largest outdoor Independence Day celebration.

WAR GAMES

Sunday, July 5, 10am–7pm

Meyer Amphitheater, Downtown West Palm Beach

A fun and exciting crossfit-style competition that pits the branches of the military against each other in a rigorous fitness battle to see who will earn bragging rights.

GLOWING CATAMARAN CRUISES

June 5 – August 29, 9–10:30pm

(Fridays and Saturdays)

\$40 per person, includes beverages

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BEST CREW

North Palm Beach Rowing Club

Concentration. Dedication. Endurance. Strength. The 30-plus members of the North Palm Beach Rowing Club who exemplify such traits partake in a sport described as one of the most-grueling. Passionate paddlers pay to play in a fancy fleet of Echos, Peinerts, Swifts and Wintechs. Weekly workouts take place up and down the Intracoastal Waterway. 13425 Ellison Wilson Road, Juno Beach; 691-0912; npbrc.com

BEST PLACE TO HAVE AN INTELLIGENT CONVERSATION

Total Wine & More

Talking about terroirs while waxing about wine can make for a civilized evening in the tasting room. Total Wine & More offers a calendar filled with classes that explore everything from grape harvesting to regional topography to varietal nuances. Discuss the emergence of Super Tuscan or enter the longstanding California vs. France debate. 11221 Legacy Ave., Palm Beach Gardens; 622-7340; totalwine.com



BEST PLACE TO SEE A COUNTRY MUSIC CONCERT

Coral Sky Amphitheatre, formerly Cruzan

OK, so it might be the only place to see a country music concert, but fans obviously love it, even if lots of those shows are during the sweltering summer months. This year is also the biggest year for the Country Mega-Ticket, which boasts 10 shows beginning with Darius Rucker in May and wrapping with Aldean. Sure, it's great to have reserved seats, but there's something a little romantic about snuggling next to your guy or gal under the coral sky. And it's not all country: Dave Matthews makes his annual pilgrimage for two nights of shows, and Train and Van Halen are on the schedule, too. Coral Sky Amphitheatre, 601-7 Sansbury's Way, West Palm Beach. livenation.com

BEST UNDESERVED MEDIA COVERAGE

"The Donald"



That's Mr. Donald John Trump Sr. to you. He's a golf course developer. He's a casino owner. He's a TV game show host and the master of Mar-a-Lago. Most of all, he's a world-class blowhard with an absolute genius for generating gobs of publicity for even his most minuscule gestures. Come to think of it, the only people with less class are those so-called "legitimate journalists" who jump every time he barks, "Trump."

BEST CITYPLACE GYM NOT IN CITYPLACE

CrossFit CityPlace

Any way you work it, CrossFit CityPlace is a real workout away from CityPlace. It's at least a mile down Dixie Highway, housed in a less-than-upscale former automotive garage. But drive by most any day and you'll find the place filled with members willing to make the trek, or jogging around the block in teams. 2400 S. Dixie Highway, West Palm Beach; crossfitcityplace.com; 366-9348

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BEST PLACE FOR AUTHENTIC, TOP TIER CABARET

The Royal Room at the Colony Hotel, Palm Beach

OK, so maybe it's the only place for real authentic cabaret. Why there aren't more venues offering this is a mystery. Remember all those black and white movies with ladies in party dresses and men in suits and ties nursing their hi-balls in a dim room, bar at the back. On stage, a song and dance show dazzled. The Royal Room is a little bit like that. Top shelf liquor and top shelf talent are served up in an elegant setting. The clothes are a bit more casual but the acoustics are far better. The quality of the entertainment is staggering: Top



performers from Broadway and top acts from Chicago and New York's circuit escape to sunny South Florida for a week or two. This past season, performers included Clint Holmes, Regis Philbin, Steve Tyrell, and Barbra Streisand's kid sister Roslyn Kind made her Royal Room debut. The Royal Room at The Colony Hotel, 155 Hammon Ave., Palm Beach. 655-5430; thecolonypalmbeach.com



BEST PLACE TO ROAM THE RIVERBANK
Riverbend Park

A place filled with shady chickee huts, rustic artifacts, tree-lined trails and wild-and-scenic waters deserves a visit. Riverbend Park calms the soul, captivates the spirit and cools the senses within a 666-acre boundary steeped in Seminole Indian history. Visitors can bike, hike, kayak and picnic, and if they're lucky, spot a scampering river otter. 9060 Indiantown Road, Jupiter; 741-1359; pbcgov.com/parks/riverbend

BEST REASON TO GET WET
Shakespeare by the Sea

Lovers of the Bard get eight chances each year to see a live outdoor play during Shakespeare by the Sea. Guests attending the July performances better bring their umbrellas. It's going to rain. But it's worth the risk of getting drenched to hear such prose as "to thine own self be true." July 9 through 12 and 16 through 19; Carlin Park, Jupiter; 543-8276; pbshakespeare.org



BEST LUXURY CASINO
Seminole Casino Coconut Creek

It was in the cards that Seminole Casino Coconut Creek would offer over 2,300 of the hottest Las Vegas-style slots, as well as over 65 live table games, including blackjack, baccarat, poker and more. You won't be gambling whether you choose to dine at the fine NYY Steakhouse or Sorrisi, or feast on casual fare at Fresh Harvest, 1st Street Deli, Nectar or Sunset Grill. Seminole Casino Coconut Creek offers ladies night, Sunday brunch, live entertainment, and more. 5550 NW 40th St., Coconut Creek 33073. 954-977-6700 or seminolecoconutcreekcasino.com.



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Palm Beach Zoo & Conservation Society

For a mere \$150, you and seven of your closest friends can spend 30 minutes up close and personal with Wilbur The Two-toed Sloth. You can take photos while a 10-toed human shares fascinating information about sloths and the zoo's sloth conservation efforts. You can even feed Wilbur grapes "dependent on her behavior." Who knows? Perhaps you'll even find out why a female sloth is named Wilbur. And if the "Sloth Experience" isn't your cup of tea, there's the "Anteater Experience," the "Koala Experience," and, for the truly brave, "The Black Bear Experience." 1301 Summit Blvd., W. Palm Beach; 547-9453; palmbeachzoo.org

BEST SPIRITUAL BOOKSTORE/ BOUTIQUE/CAFÉ
Within

This peaceful shop has hundreds of books focusing on making you a better person. Anyone who is in recovery, struggling with emotions, feeling lost and alone in this hectic world can find a little comfort here. Within specializes in books to aid in recovery, spiritual guides, angels and more. It also has a small café (but with big flavor from fresh-ground coffee beans), and spiritual gifts, including jewelry and keepsakes. The store also hosts meetings like Codependents Anonymous. If you're looking for something unusual,



you'll find it tucked into this strip mall of stores and eateries. Within, 5865 S. Congress Ave., Lake Worth. 922-0313; withinbookscafe.com

BEST SLICE OF PIZZA LIKE YOU GOT WHEN YOU WERE A KID
Atlantis Pizza

Atlantis Pizza, tucked into a tiny space beside Rosalita's Tex Mex Grille at the northwest corner of Lantana Road and Congress, is not beautiful. It doesn't have dozens of tables, and there's no wait staff. But you can get two authentic "slices" and a drink for \$4.95 for lunch. Authentic mozzarella has a perfect stretch that lets you know you're about to be very satisfied. An Italian restaurant's red sauce lays the foundation for many of its dishes and if a venue misses the mark there, well, there's not much hope. Atlantis' red sauce is light and flavorful, not acidic or overpowering, and it obviously didn't come out of a can or a jar. If it's take-out night, make Atlantis Pizza your new go-to. Atlantis Pizza, 5925 S. Congress Ave., Atlantis, 965-3330

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Equestrian's First Place

Get on your high horse for a great time. Featuring a 12-stall barn, this working arena boasts riding lessons, breaking and training for young horses, horses for sale, trails to ride on, and summer camps for kids of all ages and all levels of riding. Giddyup! 2552 B Road, Loxahatchee, 827-6681, equestriansfirstplace.com

BEST PLACE TO SMELL SOMETHING FISHY

Cod & Capers Seafood Market



If you're a seafood lover (and who isn't?) you'll get hooked the minute you enter this South Florida jewel. Started in 1984 as a small retail market, Cod & Capers now boasts an adjoining café to complement its stunning array of every kind of seafood you can imagine. Dive in! 1201 U.S. Highway 1, North Palm Beach, 622-0963, codandcapers.com

BEST PLACE TO FIND THE BALL IN YOUR COURT

Palm Beach Gardens Tennis Center

OK, we know love means nothing in tennis, but there's no way tennis buffs won't fall head over racquets for this place — offering 13 hydro-grid clay courts (and five more slated to open in 2015) plus year-round programming for all ages and abilities, taught by certified teaching professionals. 5110 117th Court N., Palm Beach Gardens, 775-8277, pbgfl.com/tennis




BEST STAINED GLASS IN PALM BEACH

Bethesda-by-the-Sea Episcopal Church

This gorgeous stone church just a block from the Atlantic Ocean in Palm Beach is a landmark worth seeing. There are so many stained glass windows, elaborately detailed, which tell the biblical stories. There are more than 50 stunning stained glass windows, but the most beautiful might be the sapphire colored Te Deum window over the altar. It was shipped from England in three pieces on three different boats to protect it from catastrophic loss. You'll also find enough other art — paintings, sculpture, wood carvings — to fill a museum. Tours focusing on the architecture and embellishments are offered September through May at 12:15 p.m. the second and fourth Sunday of the month. During the summer, tours are offered at 11:15 a.m. the fourth Sunday.

Bethesda-by-the-Sea Episcopal Church, 141 S. County Road, Palm Beach. 655-4554; bbts.org



The Church of Bethesda-by-the-Sea's


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CHURCH MOUSE

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The Church of Bethesda-by-the-Sea's Church Mouse is just south of Palm Beach's Town Hall and just north of Worth Avenue. Thanks to our generous donors, the Church Mouse is recognized as one of the top donation based resale shops in the country! Our store is over 4,500 square feet, and we sell everything from top shelf designer clothing, handbags, and accessories to furniture, crystal, china, and books. Most importantly, 100% of the proceeds from The Church Mouse provide funds for Bethesda's Outreach ministry—for all the ways the parish cares for those in need. This ministry focuses on three key areas of need: Education (mentoring, tutoring, and supporting homeless high school students), Food (supporting our area's food relief agencies through grants), and Shelter (housing for families who are homeless). We are among the busiest shops in Palm Beach. So, we invite and encourage you to shop to support those in need around the corner and around the world!

The Church Mouse is open Monday–Saturday (October through the last Saturday in June). Donations, which are tax deductible, are accepted year round (Monday–Friday in the off-season) and The Mouse will even arrange to pick up your gently-used donations.



BEST PLACE TO CUT TO THE CHASE
Palm Beach International Raceway

Unleash your inner Jeff Gordon at one of the most popular raceways around, hosting scores of events each year. Its track designs accommodate every kind of auto racing, from high-level national events to local amateur series. Whether you watch from the grandstands or hit the road yourself, PBIR offers you the perfect place to rev it up and put the pedal to the metal. 17047 Beeline Highway, Jupiter, 622-1400, racepbir.com



BEST PLACE TO CHILL
Ann Norton Sculpture Gardens, West Palm Beach

Boasting its phenomenal tropical and subtropical plants, breathtaking sunsets and unparalleled view of the Intracoastal Waterway — not to mention its convenient proximity to downtown West Palm Beach — the Ann Norton Sculpture Gardens is an inspired place to reflect amid the plants, the water and its namesake's monumental sculptures. 253 Barcelona Road, West Palm Beach, 832-5328, ansg.org



BEST PLACE TO CRACK UP
Palm Beach Improv

We dare you to keep a straight face in this place. The Improv features the biggest and brightest names in comedy. Grab a table and browse the menu for frilly drinks with names as silly as the jokes, served in large glasses. In addition to national acts, head over on a weekday night for local talents performing in open mic showcases. 550 S. Rosemary Ave., West Palm Beach, 833-1812, palmbeachimprov.com



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BEST DOG-LOVING GROUP
The Friends of Jupiter Beach

The Friends of Jupiter Beach is “a grassroots, volunteer-driven not-for-profit group dedicated to keeping a special section of Jupiter Beach clean and dog-friendly in northern Palm Beach County.” Since 1994, your neighbors have been working hard to keep the dog beach open. They began organizing monthly beach clean-ups and providing dog-waste disposal bags and receptacles at beach crossovers. Credit the late Anita Lankler, who inspired the community to take care of the environment and to preserve this place for our four-legged friends.



The Friends of Jupiter Beach, North of the Juno Beach lifeguarded area to South of the Carlin Park lifeguarded area crossovers 25-59, Jupiter. 748-8140; friendsofjupiterbeach.org

BEST WAY TO WIN AN ELECTION

West Palm Beach City Commissioner Paula J. Ryan

Back in 2011, Paula Ryan lost the race to become West Palm Beach’s mayor to Jeri Muoio. When Dist. 3 City Commissioner Kimberly Mitchell resigned to run for mayor this year, Ms. Ryan ran to complete the term. John Smith, an employee of Duffy’s Sports Grill, quickly qualified to oppose her, then just as quickly dropped out. Ryan’s name didn’t even have to appear on the ballot. Not so fast, though. With only a year left in the term, she’ll have to run again in 2016.



BEST PLACE TO PLAY DOCTOR

Schoolhouse Children’s Museum & Learning Center, Boynton Beach

Dr. Nathaniel Weems arrived in Boynton Beach on Nov. 7, 1925, to deliver babies. Forty years and 7,500 babies later, he retired. But “Papa Doc Weems” still keeps an office on the second floor of this delightful museum. A reproduction of Dr. Weems’ office, furnished with some pieces he actually owned, reminds the children who visit of the man who brought so many children into their town. 128 E. Ocean Ave., Boynton Beach; schoolhousemuseum.org; 642-6780

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(561) 967-5525

Jupiter Super Store
1280 W Indiantown Rd, 33458
(561) 748-6614

Palm Beach Boutique/Embassy
210 Sunset Ave, 33480
(561) 832-8199

Palm Beach Gardens Boutique
4224 Northlake Blvd, 33410
(561) 622-2910

Riviera Beach
3500 Broadway, 33404
(561) 842-9112

Royal Palm Beach
9920 Belvedere Rd, 33411
(561) 784-2830

West Palm Beach/Gulfstream
4895 Okeechobee Blvd, 33417
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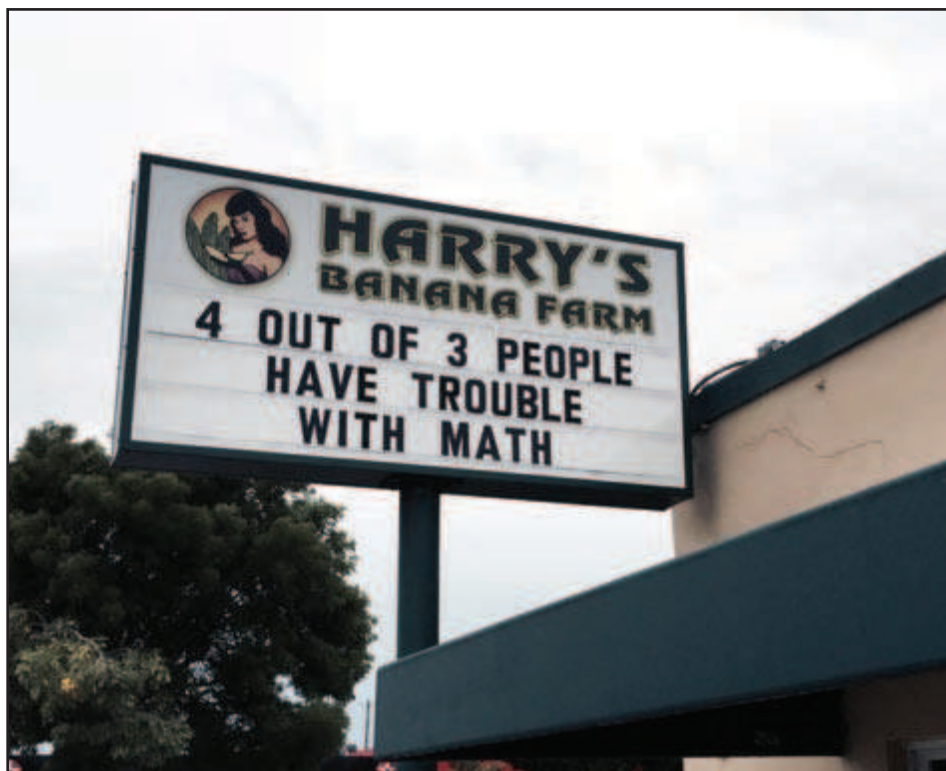
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BEST BAR FOR A CHEAP BEER & EVEN CHEAPER LAUGHS

Harry's Banana Farm

Harry Seifert opened the joint in 1954 as "Harry's Open Door Bar," but when local athletic teams refused to be sponsored by a business with "Bar" in the name, he renamed it "Harry's Banana Farm." Everybody likes farms, right? And 60 years later, that's not the funniest thing about it. Even teatotalers acknowledge that Harry has the wittiest marquee on U.S. 1.

"We're all here cause we're not all there."
 "Come in and meet your next ex-wife."
 And the delightfully self-congratulatory:
 "More people read this sign than your stupid blog."
 1919 N. Dixie Highway, Lake Worth

BEST PLACE TO PUT ALL OF YOUR EGGS IN ONE BASKET

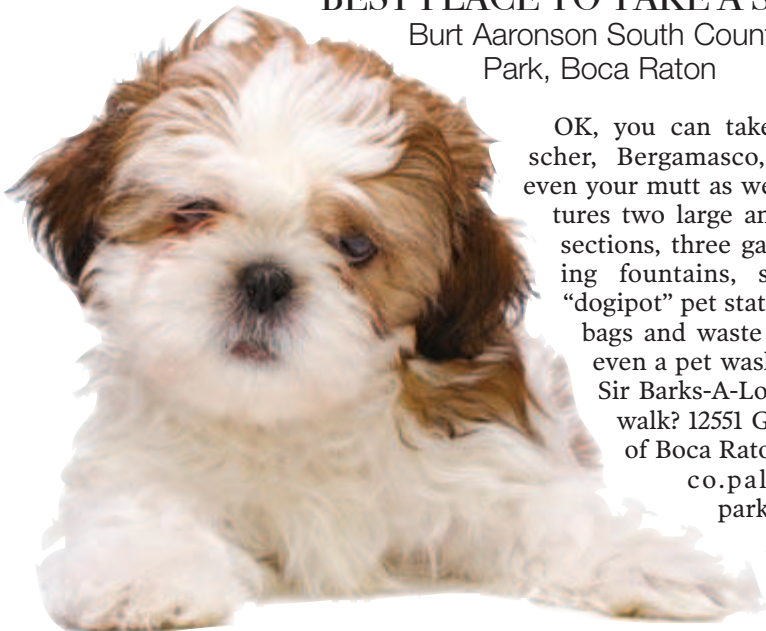
Heritage Hen Farm

Did you know the color of a hen's eggs depends on the color of her earlobe? That's just one of many fun facts you'll learn at this free-range farm that produces the tastiest eggs in the state. Come in and run "afowl" of their endless array of eggs while learning something about sustainable farming. 8495 S. Haverhill Road, Boynton Beach, 767-9000, heritagehen.com



BEST PLACE TO TAKE A SHIH-TZU

Burt Aaronson South County Regional Park, Boca Raton



OK, you can take your Affenpinscher, Bergamasco, Leonberger or even your mutt as well. This park features two large and one small dog sections, three gazebos, pet drinking fountains, shaded benches, "dogipot" pet stations (with plastic bags and waste receptacles) and even a pet washing station. Hey, Sir Barks-A-Lot, wanna go for a walk? 12551 Glades Road, west of Boca Raton, co.palm-beach.fl.us/parks/amenities/dog-parks.htm



"Join us! We'd love you to be a part of our family."

– Justin Thompson, General Manager, The Wanderers Club, with his family.



Photography by LILA PHOTO

*Dues-Only Membership – No Initiation Fee Required Full Golf Memberships Available**

- Traditional golf with no tee times, tennis, and fitness
- Casual dining at The Duke's Bar, Veranda, and poolside
- Fine dining at Stables Restaurant
- A junior Olympic-size pool, kiddie pool, and play area
- Year-round social calendar and child-friendly programs

The Wanderers Club is Wellington's family-friendly, private country club.

For membership information, call Anna Grzebien at 561.795.3501, ext 225.

membership@wanderersclubwellington.com • wanderersclubwellington.com
 1900 Aero Club Drive • Wellington, FL 33414



*Waiting list for Social Memberships.

Dues-Only Membership may be recalled once the Club Membership reaches its full complement, beginning with the last in, unless the then established membership deposit is paid. All memberships are prorated as of initiation date.





FRIENDLIEST PET STORE EMPLOYEE FOR ADVICE ON PET FOOD AND PET CARE

Eddie Balmaseda at Paws on The Avenue, Lake Worth

It's hard to know whom to trust when it comes to your pet. That's why, when you find someone, it's like finding a good mechanic for your car. Eddie Balmaseda has been helping people with their pet questions at Paws on the Avenue in Lake Worth for nearly five years. Pet owners tend to be anxious when they have a problem, and Eddie's calm manner sets them at ease. He's a good listener. He's always quick to tell you to check with your vet if he thinks the question is outside his expertise, but for pet care questions, grooming tips and food advice, Eddie is the answer. Paws on the Avenue, 525 Lake Ave., Lake Worth. 588-6533



BEST AFTERNOON-DRIVE DISC JOCKEY

Andy Preston

He's rocked the Palm Beaches for more than two decades. He's seen thousands of concerts, interviewed hundreds of musicians and emceed countless SunFest gigs. He's Andy Preston, the voice of the Gator 98.7-FM. Preston owns the afternoon drive by sharing with his legion of listeners an encyclopedic knowledge of the classic-rock world. gaterocks.com



BEST PLACE ON A PIER FOR A COLD CORONA AND FRESHLY MADE FISH DIP AND PITA CHIPS

Benny's on the Beach, Lake Worth

Benny's is a Lake Worth treasure and has been since 1986. It's at the base of the Lake Worth Pier and extends out above the waterline so you seem to be surrounded by the sea. You can watch the tourists frolic in the waves, the birds hoping for a dropped French fry, the fisherman out at the end of the pier passing hour after hour with pole and line. Upstairs, it's usually quieter than down, and you don't need a reservation to sit up there. For a snack, the fish dip — you haven't really discovered South Florida until you've had fish dip, which doesn't sound as delicious as it is — is made fresh and Benny's uses mahi mahi (instead of a cheaper fish) and the pita chips have just the right texture and seasoning. Order it with a Corona, with a lime if you like, and you're on island time. Warning: You probably won't want to stop with the appetizer after you see their menu. Benny's on the Beach, Lake Worth Pier, 10 S. Ocean Ave., Lake Worth, 582-9001



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BEST TRAILER PARK

Briny Breezes

In the 1920s, it was a strawberry farm nestled between the Intracoastal Waterway and the Atlantic Ocean. In the 1930s, the farmer rented parking spaces to travel trailers for \$3 a week. In the 1950s, the farmer retired and the tourists bought the lots. In 1963, the Town of Briny Breezes was incorporated. And in 2006, a condo developer offered that town's 400-plus residents \$510 million for their 43 acres. They turned him down. Today, a single trailer and lot are on the market for \$132,500; brinybreezes-fl.com.



BEST MURDER MYSTERY EXPERIENCE

Actors With a Clue!

Professor Plum, with the candlestick, in the library... or not. Actors With a Clue! is Florida's premier murder mystery company creating custom interactive shows for public and private events, restaurants, hotels, corporate events and more. Offering comedic murder mysteries, scavenger hunts, mock wedding shows — just to name a few — Actors With a Clue! custom tailors their shows to any group to keep them fresh and entertaining. For business owners looking to provide one of a kind entertainment to guests of all ages, Actors With a Clue! is your self-contained, fully insured solution. Only using professional actors, singers and comedians with combined experience of more than 30 years, Actors With a Clue! is guaranteed to liven any event. For shows, pictures and video, visit actorswithaclue.com, or call Lori Revilla at 207-8947



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TAB, YOU'RE IT!



BEST UNDER-APPRECIATED, OLDEST AND LARGEST BOTANICAL GARDEN IN THE COUNTY
Mounts Botanical Garden, West Palm Beach

It's Palm Beach County's oldest and largest public garden. You'll find plants from six continents on Mounts 14 acres, including tropical and subtropical plants from around the world. Exotic trees, tropical fruit, herbs, citrus and palms flourish here. Stroll the walkways between the ponds with thriving aquatic plants, stop in the romantic gazebo, and see hundreds of butterflies. They host a variety of special events from the Fall Family Festival to the annual Connoisseur's Garden Tour held Mother's Day weekend. They also offer dozens of classes, host garden society meetings and have a staff of Master Gardeners who are happy to help fix what's wrong with your plant. Admission is a \$5 donation, which is a bargain. Mounts Botanical Garden, 531 N. Military Trail, West Palm Beach. 233-1757; mounts.org



BEST PLACE TO GO BACK TO THE DRAWING BOARD
Armory Art Center of the Palm Beaches

Are you a budding Picasso, Matisse, Michelangelo or DaVinci? Find out with a class at Palm Beach County's leading visual arts education and exhibition center. Courses run the gamut from ceramics, painting, photography and printmaking to jewelry, sculpture, stone carving and drawing. Come find your inner artist. 1700 Parker Ave., West Palm Beach, 832-1776, armoryart.org

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BEST UPSTART THEATER COMPANY THAT IS LEAVING THE AREA

Slow Burn Theatre Co.

This little theater company has offered top-notch performances of musicals that would make Broadway houses envious.

Its latest production, "Rent," was worthy of a second viewing. Next up: "Little Shop of Horrors" (June 5-28), which will be its last at Olympic Heights High School in Boca Raton.

Next season, be prepared to make a drive as the company moves to the Broward Center for the Performing Arts in Fort Lauderdale. slowburntheatre.org

BEST DIRECTOR

J. Barry Lewis



The affable Mr. Lewis once again tops our list for best director because of his versatility.

This season alone, he will have directed three major productions — "Glengarry Glen Ross" at the Maltz Jupiter Theatre, and "Buried Child" and "Lady Day at Emerson's Bar and Grill," both at Palm Beach Dramaworks. Rest assured that he drew nuanced performances from his casts, underscoring why he is one of the region's go-to directors.

BEST ACTOR

Rob Donohoe



Mr. Donohoe has made a name for himself locally in such meaty fare as Edward Albee's "A Delicate Balance," but this season he has shown his range as the defeated Shelly in David Mamet's blistering "Glengarry Glen Ross," at the Maltz Jupiter Theatre, and as the drunken Dodge in Sam Shepard's mind-blowing "Buried Child."

BEST ACTRESS

Elizabeth Dimon



The self-effacing Ms. Dimon has shown herself to be capable of anything from musical comedy ("The Music Man") to drama ("Our Town") to the absurdist ("Exit the King"), delivering heartfelt performances that never slip into bathos.

Smell the fresh scent of food drifting over the water as you enjoy our waterfront dining in Palm Beach Gardens. At Waterway Café, we are the only floating bar and restaurant in Florida and we invite you to join us. Whether you are stopping by for happy hour or dancing, we are the best restaurant in Palm Beach to fulfill your every need.

We provide customers with a one of a kind atmosphere full of flavorful food, the best service, fresh scents, reggae music, and best of all - you can enjoy it all while being on the water. Being listed as the top restaurant by the Palm Beach Post for several years, we love to live up to our reputation. We hope to see you soon.

JOIN US!

<p>FRIDAY Rich Mojica - Acoustic Music 4:00pm to 7:00pm</p>	<p>SUNDAY Sway with the island beat of Reggae with "Rythmation" 7pm until midnight</p>	<p>HAPPY HOUR 1/2 price Drinks Mon -Tue -Thu: 4:00pm to 6:30pm Wed: Noon-6:30pm Fri: 3:00pm-6:30pm</p>
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BEST KEPT SECRET IN JUPITER

Old Florida Bar and Grill

If you live in Palm Beach, you know Duffy's. If you enjoy waterside dining and live entertainment, you likely know the Tiki Waterfront Seagrill, formerly at the Riviera Beach Marina. But what you may not know (but should know) is that the same visionary who opened Duffy's 30 years ago, the same entrepreneur who brought us the Tiki Bar, has recently opened the best kept secret in Jupiter and all of Palm Beach County — The Old Florida Bar and Grill off Indiantown Road. Bob Gregory sold Duffy's to the late Paul Emmet 12 years ago right before opening the Tiki Waterfront Seagrill, which closed last year due to renovations at the Riviera Beach Marina. Though he still plans to reopen with a new waterfront restaurant when the Marina is complete, you can satisfy your desire for mouth watering food, thirst quenching cocktails and live entertainment at his new location, guaranteed to impress with the nostalgic vibe of Old Florida combined with a "non-tiki" flair. Stop in today to see Bob, his wife, Dawn, or brother Tom and tell them the secret's out! 250 W. Indiantown Road, Suite 101, Jupiter, 203-2302



BEST PLACE TO EAT AFTER A GALA

The Brass Ring Pub

Let's face it: Sometimes, rubber chicken and a small Key lime torte just aren't going to do it for dinner. So if your tummy's still grumbling after a late night fete, head to the place where you'll see everyone else who needs a little late night fix, The Brass Ring Pub. Countless well-dressed partygoers rub elbows with the jeans and T-shirt crowd to get a mouthful of the delicious burgers. Open till 1 a.m., you're bound to see someone you know. Rkorson.net/brassringpub, 200 U.S. 1, North Palm Beach, 848-4748



Not sure what to get mom this year?
Honor her with a gift to The Lord's Place that helps **ALL** mothers be their best.



This Mother's Day, show your mom how much she means to you by making a donation in her name — in honor of the mothers at The Lord's Place. Your gift will help formerly homeless mothers provide the same love and safety you knew as a child.



TO DONATE:

Online: thelordsplace.org Check: 2808 N. Australian Avenue, West Palm Beach, FL 33407 Call: 561-537-4645

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BEST PLACE TO SEE AND BE SEEN

Marciano Family Optometric

Same great doctors, great new location. After 10 years in practice, Marciano Family Optometric invites you to their new office location featuring state-of-the-art diagnostic equipment as well as a new updated luxury eyewear boutique. Why not make something you need, something you love? With options ranging from Ray Bans, Flexons, and Lacoste to Tom Ford, Fendi, Gucci, etc., your eyeglasses no longer are just for seeing but also for being seen. For those who prefer contact lenses, Marciano Family Optometric now offers the newest daily disposable contact lenses in bifocal or multifocal designs — perfect for the full- or part-time contact lens wearer who may want to break away from their eyeglasses for social, professional or sporting events. Beyond eyewear, Marciano Family Optometric is passionate about eye-care. They invest in new technology that enables them to diagnose eye diseases, such as cataract, glaucoma, macular degeneration, diabetic retinopathy, among others. They provide specialty contact lenses for those with keratoconus or irregular prescriptions. They offer multiple treatment options for patients of all ages suffering from dry, irritated eyes. The in-office saying at Marciano Family Optometric sums it up — “Offering the best care to each patient, every year.” For more information or to schedule an appointment, call 242-1200 or visit drmarciano.com

BEST ENVIRONMENTAL SOLUTION

Stewart Materials

Stewart Materials renourishes beaches on both Florida coasts. How they do it defines the solution. Stewart Materials’ inland sourced, process-controlled sand is a functionally and aesthetically optimal solution for Florida beaches. Green, responsible practices underpin Stewart Materials’ staunch stance on environmental stewardship. Between 2013 and 2014, the company supplied 430,000 tons of sand for Collier County beaches. Recently, 400,000 tons were supplied for renourishment projects in Palm Beach County. Stewart Materials – Responsibly Enhancing Florida Life. 2875 Jupiter Park Drive, Suite 1100, Jupiter, 972-4517, stewartmaterials.com

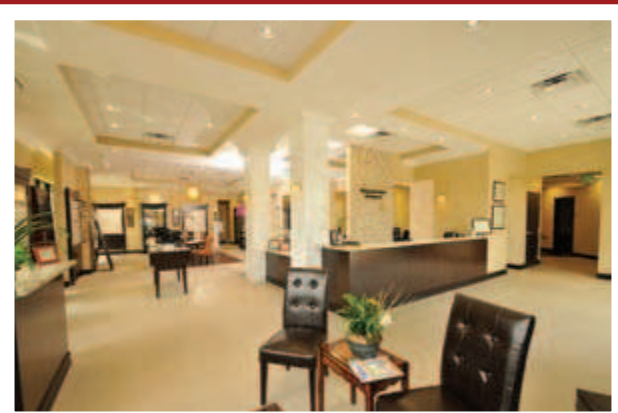
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Family owned and operated, La Fogata has been serving Palm Beach County authentic Mexican fare since 2000. The restaurant offers a large traditional selection of 100 percent homemade entrees. It's a popular spot to enjoy 2-for-1 house Margaritas any time of the day. You can't beat the complimentary endless basket of chips and salsa. La Fogata offers a warm and welcoming environment and delicious food at reasonable prices. 924 Northlake Blvd., Lake Park 848-6565



BEST NEW JOB

Trey Radel, PR master

Let's say you're a high-profile personality and you've just been busted for buying an eight-ball of blow. Who 'ya gonna call? Former U.S. Congressman Trey Radel, that's who! Trey understands your troubles, and lucky for you, that smooth-talking son-of-a-gun has just opened a public relations firm. That's right, Southwest Florida's most tarnished public figure is going to help you clean up your image. Like it says on his website, "(Legal and political) battles are no longer even fought with facts, figures or logic." Obviously, because this is the most illogical career path he could have chosen to make his comeback from ignominy. But the facts remain, Radel was found guilty of buying cocaine after having voted to have welfare recipients drug tested. And even though he managed to have his record expunged, we will never forget, despite all the polish, smooth talk and flim-flam.



BEST HOTEL CONCIERGE

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Need an expert to find the best restaurant, golf course, theater, car rental, limousine ride, museum, park or local pub? Elaine's your gal. Former chef concierge at the St. Regis and Georgian Hotels in L.A. — with impressive stops at the Chicago Hilton and Longboat Key Club Resort along the way — she brings decades of experience, wisdom and unrivaled service to her guests. 5 N. A1A, Jupiter, 745-7164, jupiterbeachresort.com

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BEST PLACE TO SEE A GHOST (ORCHID)

Corkscrew Swamp Sanctuary

Pale, translucent and elusive, South Florida's most famous flower — the especially prolific ghost orchid of Corkscrew Swamp Sanctuary — made a surprise out-of-season appearance this year when it sprouted a lone blossom at the end of January. The orchid usually blooms in mid-summer, and naturalists at the sanctuary couldn't really explain the winter phenomenon — they were just happy snowbirds of the human variety had the chance to see the pride of South Florida swamps. corkscrew.audubon.org



BEST NEW APP

NewsByMe

Sometimes, it just happens that way: An entire culture rambles along on square wheels until one day, some genius looks at those wheels and says, "What if we just rounded off the corners?"

That's NewsByMe, a new community-based app that lets every citizen participate in the events of a community, by reporting them. Instantly. To anyone and everyone else with an interest in that community.

It sounds simple, but so does the wheel. And it's never been done quite this way before. Free for downloading from the Apple store, the app lets you pick a region, a town or a block and discover instantly anything going on there reported by anybody else. Traffic jams. Events. Crime. A radar trap. A celebrity sighting. What's happening on your child's college campus. Anything. And if you see something of interest, you use your smart phone to take a picture, you type a line or two, and you deliver it, so every other NewsByMe user has the freshest report in the world. And other users might be anywhere in the world.

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