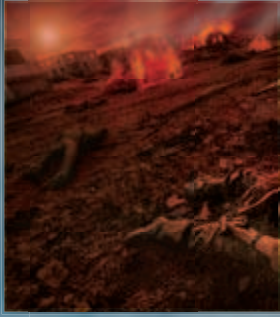


PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**<sup>®</sup>  
 IN THE KNOW. IN THE NOW.

WEEK OF SEPTEMBER 10-16, 2015

www.FloridaWeekly.com

Vol. V, No. 48 • FREE



# IT'S COMING

Some folks think  
 the end is near.  
 Preppers are  
 ready for it.



BY ROGER WILLIAMS

rwilliams@floridaweekly.com

**I**T'S COMING, AND IT'S PROBABLY COMING sooner rather than later: The Collapse, whether economic, political or martial, following an act of war or an immense natural disaster. The moment when China calls in its debts, or a unity of currencies from there and Brazil, Russia and India ends the supremacy of the mighty dollar, making printed money worthless and bank savings inconsequential.

"It's coming — I've never dealt with more cash buyers," says Neil Wiseman, an east coast Realtor based in Fort Lauderdale.

SEE PREPPERS, A8 ►

**INSIDE**



**"Idol" winner not idle**

Kelly Clarkson plays a show in West Palm Beach. **B1** ►



**Behind the Wheel**

Acura RLX races toward top shelf. **A18** ►



**Antiques**

Vintage baby products great for display, not use. **A19** ►



**Scott's Three for 3**

We offer a trio of dining spots with staying power. **B15** ►

## Lifelong learners race to sign up for classes at FAU in Jupiter

BY AMY WOODS

Special to Florida Weekly

Fall classes at Florida Atlantic University's Lifelong Learning Society in Jupiter are selling out as swiftly as spring-training games at nearby Roger Dean Stadium.

Signups for the semester that begins Oct. 12 are well underway, and several four-, eight- and 10-week courses already have



BATCHELDER

reached capacity and closed.

"We have a couple of instructors who sell out even before their classes begin," said Kami Barrett-Batchelder, the society's associate director.

Like Professor Jeffrey Morton, who draws 600

students to every 1½-hour "American Foreign Policy" class on the schedule. And Middle East expert Robert Rabil, whose "U.S. National Security, Islamism and Globalized Conflicts" class attracts just as many. Political analyst and author Robert Watson's "Your Guide to the 2016 Presidential Election" class also fills up fast.

SEE CLASSES, A15 ►

Download  
 our **FREE**  
 App today

Available on  
 the iTunes and  
 Android App Store.



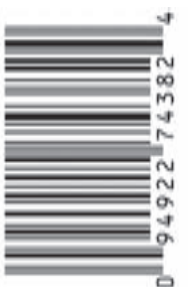
PRSR STD  
 U.S. POSTAGE  
 PAID  
 FORT MYERS, FL  
 PERMIT NO. 715

OPINION A4  
 PETS A6  
 HEALTHY LIVING A14  
 BUSINESS A12

INVESTING A13  
 REAL ESTATE A17  
 ANTIQUES A19  
 ARTS B1

SANDY DAYS B2  
 EVENTS B4-6  
 PUZZLES B7  
 CUISINE B14-15

Palm Beach Gardens Medical Center **ER** SETTING THE GOLD STANDARD IN EMERGENCY CARE IN THE HEART OF OUR COMMUNITY 561.625.5070 Call for a physician referral





## COMMENTARY

## Hurricane warning

leslieLILLY

llilly@floridaweekly.com



Erika wore me out. As a native Floridian, I have seen enough and experienced enough to know that neglecting preparation in advance of a hurricane is a serious mistake. I was home alone, my regime untested for severe weather, and my preparation incomplete to prepare for a multi-day siege of inoperable systems.

So four days out, when the “cone of uncertainty” put South Florida in the crosshairs, I began to get ready.

I had lead-time to get started, the antidote for waiting too late to start. A vision motivated me of myself in a rain slicker, struggling in high winds and torrential rain to secure would-be projectiles while dodging lightning bolts. I wanted to be safely indoors, snug with my pugs, basking in the soft glow of a battery-operated lantern when the expected storm arrived.

Alternatively, many of my neighbors took the “wait and see” approach. This was at the point in time when the direction and strength of Erika was still much in doubt, its course disrupted by encounters with land and opposing winds.

It was a gamble. The exceptionally warm water between the weather sys-

tem and Florida held the possibility of Erika refueling its punch before making landfall in the state. Gov. Scott issued a statewide emergency but many residents did nothing, took the risk, and won the bet — this time.

The National Hurricane Center downgraded Erika to a tropical depression. The storm dissipated into a shadow of its former, Category 1 self, dumping heavy rain on Florida’s Gulf Coast, mostly sparing us of even that on the Atlantic side of the state.

Preparing for a hurricane when you do not get one is tricky. Complacency occupies some of the space created by the experience. We become less inclined to heed future warnings. If a long time passes without a major hurricane, we think we live a charmed life. If you have never experienced a hurricane, you have no reason to think otherwise.

We congratulated ourselves for escaping Erika while residents in New Orleans were marking the 10th anniversary of Hurricane Katrina, its devastation still present in the city. New Orleans survived the hurricane only to drown in the hubris of the Army Corps of Engineers. The agency was in majority responsible for the catastrophic failure of the dikes and levees it designed and constructed as flood protection for the city and surrounding parishes.

Floodwaters filled the city up like milk streaming into a bowl of cereal. It was a man-made disaster just waiting on a major hurricane to overflow the bowl.

If Southern Louisiana is the poster

child for the worst that can happen, then South Florida is the poster child for hurricane mayhem waiting to happen. Look at the map that tracks the paths of Atlantic hurricanes since data were first collected. Florida is cocooned so thoroughly in a web of tracks that it is hard to see anywhere in the state that has not taken a hit or been affected by these seasonal storms.

It has been nearly 10 years since South Florida has had a major scrape with a hurricane.

In the meantime, a massive amount of coastal and western development has proliferated in places we did not know we had places. What a hurricane-force wind does not succeed in leveling, massive flooding from hurricane rain and storm surges will devastate.

South Florida’s takeaway from Katrina? A hurricane can turn a landscape into a swamp. South Florida is a swamp turned into a landscape. It can all turn on a dime.

The Army Corps of Engineers and the South Florida Water Management District (SFWMD) are the two principle agencies managing South Florida’s flood-control system. The Corps’ record of accomplishment in Louisiana should put fear in our hearts, and because political conservatives took a cleaver to SFWMD’s mandate and budget, the agency’s capacity to do its job is emasculated.

South Florida’s flood control system depends on 60-year-old infrastructure known to be woefully inadequate by

today’s engineering standards, and no funding is forthcoming to address the issue. The cost estimate runs from \$4 billion to \$5 billion to do a complete overhaul.

The state’s Plan B is really Plan Z. The state’s elected leadership cut investment in SFWMD despite the increase in and need for maintenance expenses for canals, levees and other flood-control structures. The state’s present system cannot deliver effective flood protection along hundreds of miles of coastline nor across the vast checkerboard of canals that create islands of dense development surrounded by flood zones.

Twenty-three years ago, Hurricane Andrew was the first tropical depression to form during the Atlantic storm season. It turned into a Category 5 with 138 mph winds before you could say “Bahamas,” and barreled into South Florida.

People, who — after a long spell without storms — didn’t prepare, lived to regret it.

The storm devastated the region and left 5,000 people homeless.

We have been warned. ■

— Leslie Lilly is a native Floridian. 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.

# TOP 5% IN THE NATION FOR LABOR & DELIVERY

LABOR AND  
DELIVERY  
EXCELLENCE  
AWARD™  
2015  
★★★★★  
healthgrades

Award winning reasons to choose St. Mary’s for maternity and neonatal services, including caring people, advanced technology and more than 75 years of experience.

- The largest Level III Neonatal Intensive Care Unit in Palm Beach County
- The only state-designated center for high risk moms and babies in Palm Beach County
- More deliveries than any other hospital in Palm Beach County
- Neonatologists and anesthesiologists in-house 24/7
- Specialized physicians and staff
- Comprehensive child birth education
- Dedicated children’s hospital offering a wide array of services

Please call **561.882.9100** to register for a free tour and educational session.  
All participants will receive a free **‘Welcome Baby’ gift bag!**

 **St. Mary’s**  
Medical Center  
West Palm Beach, Florida



 **Palm Beach**  
Children’s Hospital  
at St. Mary’s Medical Center


ACADEMIC AFFILIATION WITH



901 45<sup>TH</sup> Street, West Palm Beach | **561.882.9100** | **StMarysMC.com**

Faith, community and healthcare for more than 75 years.

Follow us on:   



WHAT HAPPENS WHEN YOU  
COMBINE EXPERIENCED  
SPECIALISTS WITH ADVANCED  
CARDIOVASCULAR TECHNOLOGY?  
**PATIENTS SURVIVE.**



It takes a highly skilled professional to perform a successful heart catheterization. **Palm Beach Gardens Medical Center** has 41 Cardiac Specialists with advanced training, including Cardiologists, Interventional Cardiologists, Electrophysiologists, and Cardiothoracic Surgeons. You want nothing but the best for your heart, and we want nothing but the best for you.



**Palm Beach Gardens**  
Medical Center

Visit **PBGMC.com/myheart**  
for a **FREE** heart risk assessment screening.



PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**  
IN THE KNOW. IN THE NOW.

*Publisher*

Michelle Noga  
mnoga@floridaweekly.com

*Editor*

Betty Wells  
bwells@floridaweekly.com

*Regional Manager*

Michael Hearn  
mhearn@floridaweekly.com

*Reporters & Contributors*

Scott Simmons  
Athena Ponushis  
Leslie Lilly  
Roger Williams  
Amy Woods  
Janis Fontaine  
Ron Hayes  
Myles Ludwig  
Steven J. Smith  
Carolyn Susman  
Evan Williams

*Presentation Editor*

Eric Raddatz  
eraddatz@floridaweekly.com

*Graphic Designers*

Elliot Taylor  
Marissa Blessing  
Amy Grau  
Paul Heinrich  
Meg Roloff  
Hannah Arnone

*Account Executives*

Lisette Arias  
larias@floridaweekly.com

Alyssa Lipes  
alipes@floridaweekly.com

Diane Jacobs  
djacobs@floridaweekly.com

Juan Velazquez  
jvelazquez@floridaweekly.com

*Sales and Marketing Assistant*  
Betsy Jimenez

*Circulation Manager*

Willie Adams

*Circulation*

Evelyn Talbot  
Headley Darlington  
Clarissa Jimenez  
Giovanny Marcelin  
Brent Charles

*Published by*

Florida Media Group LLC

Pason Gaddis  
pgaddis@floridaweekly.com

Jeffrey Cull  
jcull@floridaweekly.com

Jim Dickerson  
jdickerson@floridaweekly.com

*Street Address:*

11380 Prosperity Farms Road, Suite 103  
Palm Beach Gardens, Florida 33410  
Phone 561.904.6470 • Fax: 561.904.6456



## Subscriptions:

One-year mailed subscriptions:

\$31.95 in-county

\$52.95 in-state

\$59.95 out-of-state

Call 561.904.6470

or visit us on the web at  
www.floridaweekly.com  
and click on subscribe today.

PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**  
IN THE KNOW. IN THE NOW.

# OPINION

## One equal temper



roger WILLIAMS

rwilliams@floridaweekly.com

Could it be true?

The greater one's comfort and ease, the less prepared one becomes for the inevitable catastrophe all of us must someday face together.

For so-called preppers or survivalists, especially the serious ones who appear in this week's front-page story, the answer is, yes. Unequivocally, yes.

To them, the rest of us are potential "zombies," wandering cow-like to and from supermarkets groaning with food untraceable in its origins or even seasons, or shopping malls laden with goods we don't need and won't have when society breaks down.

All of which leads to a dangerous forgetting, on our parts.

Perhaps, like the lotus-eaters in the fated crew of Odysseus, the wily adventurer in Homer's now 3,000-year-old tale, "The Odyssey," the comfortable consumers among us will simply forget.

We'll forget in particular everything we need to know to remain alive after the crash, or at least to behave civilly toward each other as we re-learn how to remain alive.

We'll forget where we came from or where we're going in a proud nation of many histories but only one traditional ambition: to achieve both peace and harmony for all Americans, and others.

As the preppers see it, they are Odysseus, and we are their crew — some of us.

Some of them, as it turns out, would prefer to leave some of us behind, the ones who don't view things quite like they do.

"If you have any substance abuse, alcohol, mental conditions, or serious health condition, do not apply... No liberals, atheist, socialist or progressives need apply," reads one post on a prepper-group website.

Sure. Maybe no Jews or gypsies, either. Maybe no blackies, or brownies. Maybe not Audie Murphy who was a Democrat, or Abe Lincoln who was a Republican, or Martin Luther King Jr. who was a preacher.

Odysseus, arguably the ultimate survivalist, saw it differently. This translation comes from the great epic about him, describing how he saved members of his crew with substance abuse problems, apparently: "(The Lotus-eaters) gave them to eat of the lotus, which was so delicious that those who ate of it left off caring about home, and did not even want to go back and say what had happened to them, but were for staying and munching lotus with the Lotus-eaters without thinking further of their return; nevertheless, though they wept bitterly I forced them back to the ships and made them fast under the benches. Then I told the rest to go on board at once, lest any of them should taste of the lotus and leave off wanting to get home. So they took their places and smote the grey sea with their oars."

But perhaps the original notion — that comfort is the enemy — is not entirely correct. Not yet, anyway, and maybe not ever in this sprawling, merry country, where the Boy Scout motto by Robert Baden-Powell, echoed by the Girl Scout motto, goes like this: "BE PREPARED, which means you are always in a state of readiness in mind or body to do your DUTY."

As it turns out, preppers and survivalists can be includers, too, people who may live perfectly comfortable lives until circumstances require that they don't.

They take no pages from the book of those who exclude — who prepare for a catastrophic event by retreating, withdrawing, and arming themselves against the hungry and poor, for example. Against the least among us.

Includers like Dan Powers would probably help anybody in need or trouble (Mr. Powers was an Eagle Scout).

Mr. Powers has a month's supply of canned goods, water and animal feed, a

year-around vegetable garden, an outdoor shower he made after Hurricane Charley, and many rain barrels to help water plants and flush toilets (he makes and sells them) at his Alva home. He has rocket stoves, and ample supplies of wood and kindling, and solar-powered Mason-jar lights, and a hand-cranked radio and portable generator. He also has a rifle — a .22 with a 10-round magazine. The weapon is not for people, he says, but for small game.

Other includers like John Comito, born and raised in Ohio, and Cesar Peralta, born and raised in Venezuela, will share what they know with anyone.

Mr. Comito, for example, has a prolific garden, raises rabbits and fish, and will teach anybody who wants to know how to do it, at the weekly GreenMarket at Lee County's Alliance for the Arts.

Mr. Peralta, meanwhile, is preparing to open a several-acre produce and farm stand in Olga — all comers welcome, and he will talk passionately not just about how to grow food, but about how to preserve it, a key skill in prepping or surviving.

All of them live in this extraordinarily comfortable society, and none of them appears to be addicted to the lotus-fruit of comfort — not to me.

What they know at bottom, however — the wisdom behind the skill — strikes me as the most powerful of all their knowledge, more important than their craft. It's a single epiphany I wish on all preppers, anywhere, a truth expressed by the English poet, Alfred Lord Tennyson, at the end of his poem, "Ulysses:"

I say memorize it. And never forget it, come hell or high water.

"Tho' much is taken, much abides; and tho'

We are not now that strength which in old days

Moved earth and heaven, that which we are, we are;/One equal temper of heroic hearts,

Made weak by time and fate, but strong in will

To strive, to seek, to find, and not to yield." ■

## The GOP field that failed



richLOWRY

Special to Florida Weekly

The rise of Donald Trump is, in part, a function of a vacuum.

He is thriving in a Republican field that is large, talented and, so far, underwhelming. To paraphrase Bruce Springsteen, there's 17 candidates and nothing on. Except Donald Trump.

Now, this has much to do with the media, and with Trump's unique qualities as a showman. He has the advantage of not caring about anything, apparently — the facts, his reputation or, ultimately, winning the presidency. In consequence, he is a free man.

Yet no speech, no policy proposal, no argument, nothing from the other candidates has come close to capturing the imagination of voters, giving Trump the space to loom all the larger.

The weakness starts at the top, or what was supposed to be the top. Jeb Bush's "shock and awe" has turned into getting sand kicked on him at the beach by a loudmouth and bully. It's not just

that Bush is trailing Trump badly in the polls; he has acceded to the terms of the debate being set by the mogul.

In the argument with Trump over mass deportation, clearly Bush is right. But the split screen with Trump doesn't necessarily do him any favors. Trump is such a forceful communicator that he comes off as some sort of throwback alpha male, whereas Bush is such an earnest wonk, he looks and sounds like a sensitive dad from a contemporary sitcom. It's like watching a WWE wrestler get a stern talking to from Ned Flanders.

Scott Walker, in contrast, had a surge early in the campaign. It dissipated over time when his limited preparation on national issues didn't match his outsized early press exposure. A so-so debate performance and the rise of Trump have continued his long fade to middle of the pack in the latest early state polling. Who could have predicted that the Midwestern candidate who tells stories about buying shirts for \$1 at Kohl's would have to play populist catch-up with the New York billionaire who travels by eponymous helicopter?

As for Marco Rubio, for whom expectations have been so high, he has

been the least reactive to Trump. His campaign is still betting on the long game. It believes his talent will tell over time, but he doesn't have a natural geographic or ideological base.

Ted Cruz may be benefiting most from the Trump surge in his strategic positioning. He has a cogent theory of the case, which is that if he is nice to Trump — and the other outsider candidates — he eventually can inherit his supporters. This makes intuitive sense, although Cruz — exceedingly careful in crafting his words and in calculating his interest — is hardly a natural anti-politician.

It is still early, of course. The rules of gravity say Trump will come back down to earth. The media interest that is so intense now could burn out. His lack of seriousness should be a drag over time.

Even if he fades, though, someone else will have to fill the screen. To this point, no one else has been big or vivid enough to do it. ■

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



## One Jupiter sponsors art, event to honor Onesimo Marcelino Lopez-Ramos

SPECIAL TO FLORIDA WEEKLY

One Jupiter, a collaborative, community initiative formed to honor the memory of Onesimo Marcelino Lopez-Ramos, is sponsoring an exhibition of Guatemalan art and local history on display at the Jupiter Community Center beginning Sept. 10.

On April 18, Lopez Ramos, 18, was attacked and killed in front of his home by a group of young men.

In celebration of the Guatemalan legacy in Jupiter, the public is invited for an evening of Mayan art and culture.

On Friday, Sept. 18, this free event for all ages will begin at 5:30 p.m. at the Jupiter Community Center, 200 Military Trail. At 6 p.m., there will be a showing of the documentary film, "Brother Towns." The film is the story of two towns linked by immigration, family and work: Jacaltenango, a highland Maya town in Guatemala; and Jupiter, the coastal town where many Jacaltecos have settled.

Following the film will be a discussion led by Jamie Stuve, president and CEO of the Loxahatchee River Historical Society, Dr. Timothy Steigenga, professor of political sciences and chair of humanities and social sciences at Florida Atlantic University, and Jeronimo Camposeco, advocate and expert in social and anthropological research including consulting on farm worker labor practices and Maya culture for various universities.

After the discussion, enjoy the Mayan art exhibition, Guatemalan pastries, coffee, and live music by Mayaland marimba band until 9 p.m.



This ongoing effort to spread awareness, show respect and spark conversation is coordinated by the Town of Jupiter Art Committee, El Sol Neighborhood Resource Center, Lighthouse ArtCenter, Loxahatchee River Historical Society, Guatemalan Tomorrow Fund and Oceana Coffee. The Guatemalan art exhibit will continue to be shown throughout public venues in Jupiter in 2015-16.

To help Onesimo's family with expenses, please visit [youcaring.com/inmemoryofonesimo](http://youcaring.com/inmemoryofonesimo).

For more information on how to get involved, contact Cynthia Trone, director of education at the Lighthouse Art-Center School of Art, [cynthia@lighthousearts.org](mailto:cynthia@lighthousearts.org), 748-8737. ■

## Transformations Hair by Joanne K. Linden



25+ years experience  
Professional and Reliable  
Licensed and Certified  
Confidential/Private  
Appointments

Wigs, Hair Pieces, Toppers, Hair Extensions and Volumizing for

- Hair Loss • Chemotherapy
- Thinning hair • Damaged hair
- Trichotillomania

For women of all ages!

'All the Secrets of Fabulous Hair in One Special Place'

3804 Northlake Blvd. Suite #306, Palm Beach Gardens 33403  
412-999-9694 | [www.transformationshair.com](http://www.transformationshair.com)

## DOG POO REMOVERS

WE PICK UP THE POO  
SO YOU DON'T HAVE TO!

We are a dependable and affordable pet waste removal service. Just give us a call to choose the day, time and fee schedule.

**\$15 PER DAY**

**\$50 5 DAYS A WEEK**

**\$75 7 DAYS A WEEK**

VISIT US ONLINE AT  
[DOGPOOREMOVERS.COM](http://DOGPOOREMOVERS.COM)  
OR CALL 561.827.3724

## Free Screening Fridays

**Blood Glucose: Anytime on Friday during business hours - 8 a.m to 8 p.m.**

Abacoa location only. No appointment necessary.

Far too many cases of diabetes go undiagnosed and untreated until the symptoms become severe. A blood glucose-level test at Jupiter Medical Center's convenient urgent care center is an excellent preemptive approach.

**Abacoa Shopping Center - 5430 Military Trail, Suite 64, Jupiter** (Located in the Abacoa Shopping Center, next to McDonald's.)

Offer expires Friday, September 25, 2015.

Learn more at [jupitermedurgentcare.com](http://jupitermedurgentcare.com)  
or call 561-263-7010.

 JUPITER MEDICAL CENTER

Urgent Care



# PET TALES

## Take the bite out

Do you know how to prevent dog bites? Here's some expert advice

BY KIM CAMPBELL THORNTON

Universal Uclick

It's easy to find information on the signals dogs give before they bite and ways to prevent dog bites. But a recent study published in the *Journal of Veterinary Behaviour* found that educating people about canine body language and high-risk situations isn't enough. All too often, people believe dog bites won't happen to them or that their dog won't bite, and they ignore a dog's warning signs.

"Nobody wants to believe that their beloved dog would cause harm, but all dogs have the potential to bite, whether it be in aggression or in play," says Carri Westgarth, Ph.D., a dog behavior expert at the University of Liverpool's Institute of Infection and Global Health. She and other researchers suggest that raising awareness of that reality is an important part of successful dog bite prevention.

What are the situations in which bites are most likely to occur, either to people or other animals? Trainer and expert witness in dog bite cases Jill Kessler-Miller of Palos Verdes, California, notes the following:

- When dogs are off their leash and off their property.
- When people carelessly permit dogs on extendible leashes to roam.
- When children and dogs are left unsupervised.

Dog bite attorney Kenneth M. Phillips of Beverly Hills, Calif., says other common situations that invite bites involve unsupervised children entering a yard with a



An estimated 4.5 million dog bites occur each year in the United States. Children and men are most likely to be bitten, according to the Centers for Disease Control and Prevention.

dog or dogs in it; dogs who are tethered; unneutered male dogs; and multiple dogs.

Mistakes people make include reaching in to break up a dogfight, getting too close to a dog's face and letting dogs approach other dogs or people without first asking permission.

Even the nicest dog can bite if he feels threatened, but most bites are preventable with 10 reasonable precautions.

1. Teach dogs to wait for permission before approaching other animals or people.
2. Use a 4- to 6-foot leash instead of an extendible leash. It's too easy to let a dog get out of control, and the leashes can injure people as well.

"People get tangled in them, thrown off their feet and have had fingers torn off," Miller says.

3. Be alert to your surroundings so you know if other people or animals are approaching. You need to always be ready to either control your dog if he's reactive or get him out of harm's way if

an aggressive dog approaches.

4. Teach children to ask permission before approaching any dog.

5. Take your dog to puppy kindergarten followed by obedience class. They are opportunities to work on training and socialization. Consider taking the class again so your dog gets more practice, especially if he is a large or active breed or mix.

6. Stay out of dog parks. They can be breeding grounds for canine bad behavior, such as bullying and aggression.

7. Pay attention to your own actions. Don't put your face close to a dog's face, especially if you don't know him or if he has been injured. That's just asking for a bite. The dog doesn't know you're trying to be friendly or to console him.

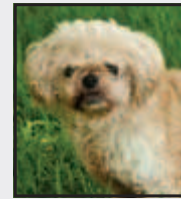
8. To separate fighting dogs, avoid the head, where the teeth are. Each owner should grab his dog's hind legs and pull the dogs away from each other.

"Don't let go," Mr. Miller says. "They will re-engage."

9. If you or your pet are bitten, clean the wound thoroughly and seek medical or veterinary attention. Report the bite to animal control.

10. Don't ignore or downplay aggressive behavior from your dog or someone else's dog, such as lunging, pulling on the leash or growling when he sees other people or animals. Nipping is a red flag, too. Dogs who get away with it become more ambitious and may graduate to more serious bites. Get help from a certified applied animal behaviorist or veterinary behaviorist. ■

### Pets of the Week



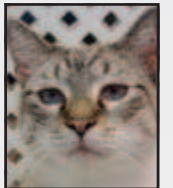
>>Ellie is a 10-year-old, 12-pound female mixed breed. She can't see too well, and is missing a tooth, but gets along pretty well. She is eligible for the Senior to Senior program – adopters pay no adoption fees.



>>Whisp is a 4-year-old female Domestic Shorthair. She is affectionate, loving and friendly and will happily greet you when you come home from a long day.

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 [hspb.org](http://hspb.org). For adoption information call 686-6656.

>>Frankie is neutered male tabby, grey and white, with beautiful blue eyes. He's approximately 3 years old. He's quiet, but enjoys the company of people – he loves getting attention!



>>Little Pepper is a spayed sandy-colored female tabby, approximately 3 years old. She's very gentle, and gets along with everyone. She really enjoys interacting with her favorite people!



To adopt: **Adopt A Cat** is a free-roaming cat rescue facility located at 1125 Old Dixie Highway, Lake Park. The shelter is open to the public by appointment (please call 848-4911, Option 5). For additional information, and photos of other adoptable cats, see our website at [adoptacatfoundation.org](http://adoptacatfoundation.org), or on Facebook, Adopt A Cat Foundation. For adoption information, call 848-4911, Option 5.



**BREITLING**  
1884

INSTRUMENTS FOR PROFESSIONALS™



CHRONOMAT 44

**HAMILTON**  
FAMILY-OWNED JEWELERS FOR 100 YEARS

THE GARDENS MALL, PALM BEACH GARDENS  
561.775.3600



**LITTLE SMILES  
KICK-OFF PARTY**

THE OFFICIAL OPENING CELEBRATION OF THE  
**15TH ANNUAL  
GHIL'S CHARITY GOLF TOURNAMENT**

WEDNESDAY, OCTOBER 7, 2015  
6PM-8PM  
THE GARDENS MALL | NORDSTROM COURT

COCKTAILS | HORS D'OEUVRES  
EXCLUSIVE SILENT AUCTION

**\$20 PER PERSON**  
ALL PROCEEDS BENEFIT  
LITTLE SMILES OF FLORIDA

**PURCHASE TICKETS AT [WWW.LITTLESMILES.ORG](http://WWW.LITTLESMILES.ORG)  
OR CALL 561.899.4700**



THE GARDENS MALL



# Retirement bash for Bob Weisman to benefit local Homeless Coalition

SPECIAL TO FLORIDA WEEKLY

One of Bob Weisman's last acts as Palm Beach County Administrator will help the least fortunate in the area.

On Oct. 2, the Homeless Coalition of Palm Beach County will be the beneficiary of a retirement party in recognition of Mr. Weisman's service.

"As a public servant, Mr. Weisman has been dedicated to helping others," said Homeless Coalition Executive Director Marilyn Munoz, in a prepared statement. "So it's fitting that his farewell bash will benefit housing programs for those who are experiencing homelessness."



WEISMAN

Mr. Weisman retired Aug. 31 as Palm Beach County administrator after 23 years of service.

"I will not stop caring about the people of Palm Beach County just because I am no longer in office," Mr. Weisman said in the statement. "This event will raise money to get people who are homeless into housing. That is something I will always care about. I can't think of a better community cause."

The event, #FlashbackFriday, will be a send-off sock hop at the Cars of Dreams Museum in North Palm Beach.

Owners John and Jeanette Staluppi have donated the unique venue for the event.

Cars of Dreams is a virtual time capsule of 1950s and '60s Americana. For \$125, guests will enjoy dinner, drinks and music while touring the classic car collection.

All proceeds will benefit the Homeless Coalition's Creating Housing Opportunities Program.

Tickets are available online at homelesscoalitionpbc.org or by calling 308-6880.

For more than 25 years, the Homeless Coalition's purpose has been to generate awareness through advocacy, education and community outreach and to motivate a community-wide response to raise funding, resources, partners and involved citizens to end homelessness in Palm Beach County. ■

# AUTO ACCIDENT?

## Get Back in the Game Full Physical Therapy Facility

Treat Neck Pain, Back Pain and Sciatica caused by

- BULGING/HERNIATED DISCS
- FACET SYNDROME
- DEGENERATIVE DISC DISEASE
- FAILED BACK SURGERY

WITHOUT THE USE OF DRUGS, INJECTIONS OR SURGERY



DR. MICHAEL PAPA  
Chiropractor  
Clinic Director

School Physical,  
Camp Physical,  
Sports Physical  
**\$20**

### GIFT CERTIFICATE

**\$150 VALUE** COMPLIMENTARY CHIROPRACTIC EXAMINATION & CONSULTATION

This certificate applies to consultation and examination and must be presented on the date of the first visit. This certificate will also cover a prevention evaluation for Medicare recipients. The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment. Expires 10/02/2015.

Here's how Aflac can help your business:

- ▶ An extra layer of protection your employees need.
- ▶ No cost to your company.

To learn more about offering Aflac to your employees, contact:  
Andrew Spilos | (561) 685-5845 | andrew\_spilos@us.aflac.com

**Aflac**  
Injury • Sickness • Disability • Life

Coverage is underwritten by American Family Life Assurance Company of Columbus. In New York, coverage is underwritten by American Family Life Assurance Company of New York. Policies may not be available in all states. There may be indirect administrative or other costs.

## ADOPTION EVENT

Presented by The Lois Pope LIFE Foundation

### Saturday, September 12th

Palm Beach County Convention Center  
650 Okeechobee Boulevard, WPB  
10am - 6pm

Free Admission & Free Parking  
**Countdown2Zero.org**

DR. SHANELE LUNDAHL  
Chiropractor

Born and raised in Laramie, WY, Shanele grew up with a grandfather who was a chiropractor and who would regularly work on her and the other family members. Upon completing her Bachelor's in Human Biology Dr. Lundahl chose to attend the exact school that her grandfather graduated from back in 1949, Logan College of Chiropractic. **She graduated Summa Cum Laude with a Doctorate in Chiropractic as well as Summa Cum Laude with a Master's in Sports Science and Rehabilitation.** She studied a variety of techniques while completing her education, and received her full body certification in Active Release Technique. Shanele enjoys spending time outdoors, reading, playing with her dog and most of all being with family.

2632 Indiantown Road  
Jupiter  
**561.744.7373**  
[www.PapaChiro.com](http://www.PapaChiro.com) • 20 Years in Jupiter & Palm Beach Gardens!  
WE ACCEPT MOST INSURANCE PLANS

9089 N. Military Trail, Suite 37  
Palm Beach Gardens  
**561.630.9598**



"I love it so much out here, and there's nothing I would need if a disaster happened. I don't need AC — I could just open the windows. I have water everywhere. I can build fires to cook. The hogs are everywhere, and if I have to shoot them or cut their throats, I don't mind, they're such a nuisance. If I wanted some turkeys or deer, all I have to do is get a license — they're in my yard. So if something does happen, I don't have to go anywhere." — **Jessica Teece**, a mid-20s woman who just bought more than five acres in the woods outside of Arcadia



Jessica Teece after a recent night hunt, with her boyfriend near Arcadia, and displaying her small arms shooting skills.

COURTESY PHOTOS

## PREPPERS

From page 1

dale who found himself in the news three years ago as the owner of Dixie Guns & Ammo on U.S. 1 in Pompano Beach. The Mayan prophesy of doom for mankind was said to be close and business was hopping in those days.

But nothing came of that prophesy and Mr. Wiseman fell on hard times. His wife divorced him, and he had to close his shop but not his eyes, he says. He knew real estate well and fell back on it.

"People are taking money out of their 401Ks and their stocks and spending cash. And I question the integrity of the stock market. I don't even know if it's real. Forget about China by itself. China might topple the U.S. dollar but it could do it with the help of Brazilian, Russian and Indian currencies, the new currencies."

Or the moment might not be economic, those preparing for disaster say. The "preppers," they're called, in a term they revile and cherish simultaneously the way Colonists once loved and hated their derivative British tag, "Yankee Doodle Dandies."

Yellowstone might finally erupt, or a narrowly focused but well-planned assault of biological or nuclear origin could dismantle both the communications and electric-power grids, offering most of us a moment of deep self-realization: We are vulnerable and unprepared.

"History is cyclical, and it shows us that it could be one or a combination of all those things," suggests Darin Smith, a sometimes resident of Southwest Florida.

"If you suppose that it will happen, then you have to think ahead," he adds. He, too, appeared in 2012 news stories.

Like some other people in the region, Mr. Smith had gotten his first real taste of desperation and need — the need to be prepared for cataclysm — years earlier, several days after Hurricane Charley, when he returned to a home on Fort Myers Beach by boat (the bridge was closed), and found National Guard troops carrying automatic rifles patrolling the neighborhoods.

Now, his bug-out location is Belize, where he lives self-sufficiently on a farm with his family, selling similar properties and occasionally traveling back to Southwest Florida to manage his interests here.

His voice, carrying the faintly nuanced accent of a Southerner, drifts in and out over a phone connection from Belize. He's



COURTESY PHOTO

For Cesar Peralta, a teacher and Olga farmer who remembers the mountain people of his Venezuelan boyhood making do with very little and preserving huge quantities of food, food preservation is one of the most important skills anyone can learn.

reasonable, articulate and certain that it will happen again.

So he offers advice to the vulnerable.

"Have something held back for that eventual rainy day. It doesn't have to be thousands and thousands of dollars. It can be a hundred pounds of rice and a hundred pounds of beans, and salt, to get your family through."

### Preppers and zombies

Especially vulnerable in the eyes of serious preppers will be us "zombies," as they refer to any who aren't prepared for a SHTF moment — the moment when the Shit Hits The Fan.

That acronym is commonly used in the world of hardcore preppers, along with this one: BOL. If you don't have a bug-out location, you're probably not a hardcore prepper, unless you live in your BOL.

Those in South Florida who believe that disaster is coming probably number a lot

more than the tally of preppers shows, they say — almost 1,000 in the Sustainable Survivalists Network, Florida Region Six, based in Fort Lauderdale, almost 400 in Fort Myers area groups and roughly an equal number in Charlotte County and immediate points north.

Many are reclusive, guarded and unwilling to discuss any of what they do in public — except with each other in conversations that begin with social media.

"If people can't go to Walmart and grab what they need that moment, what will they do?" asks one well-prepared resident of the Charlotte-Desoto County area, who calls herself Jane.

"Nothing at first. They'll walk away disappointed. But don't underestimate human beings' will to survive. Eventually they'll start looking for a way to get what they need. So what then? Well, it's best if you aren't surrounded by hungry people. A gun? Yes. Multiple guns? Yes.

"But better than having to shoot your hungry neighbors, your best defense is nobody knowing where you are or what you have."

Jane's preparation, which has evolved since the Y2K fright in which many Americans prepared for a collapse of information and communication technologies, includes a sizeable "cold room" in a wilderness home with "shelves stocked from floor to ceiling with every conceivable food product. We also keep every medical supplies in there and anything that won't keep well when exposed to heat, which includes cans... We use a rotation system so that older stuff comes home and is consumed."

She quit worrying a bit after Y2K — until the 2007 economic meltdown.

Then she started preparing again in small ways "in case the dollar went the way of the peso and toilet paper was worth a small car," she reports. "Each preparation led to another. If I need toilet paper, will





COURTESY PHOTO

**John and Sara Fitzpatrick Comito have spent years becoming self-sustaining on a half-acre urban lot, raising and preserving vegetables, fish and fowl. John, at right, with his bees.**

I need medications? Food? Deodorant? Jeans? Water? Could it get that bad?"

Yes, it could get that bad. Now she and her family are completely self-sufficient, with a deep-water well that includes a hand pump, running water for sinks, shower, toilet, a solar system feeding eight marine batteries to power refrigerator, lights and radio, and a generator converted to run on propane gas since gasoline is unstable in storage. That can run the air conditioning, refrigerator, lights and all the rest for about 18 months, she says.

### Social media

But secrecy is one thing — Jane will reveal neither her full or real name, or her exact location — and social media in the world of those prepared, is another.

"Social media in particular has given rise in part to this phenomenon of preppers which seems to be growing, because it enables people to find others of like beliefs, and to find some affirmation in what they think and do," says Peter Behrens, a recently retired professor of psychology at Pennsylvania State University. He continues to study the phenomenon of preppers, including those dating from the Cold War and fears of nuclear disaster in the 1950s and '60s, to the Y2K preppers and the Mayan prophesy preppers of more recent years.

For Professor Behrens, preppers can be broken into three categories: those who prepare as a pastime; those who spend significant money and time preparing until it becomes a preoccupation; and those for whom preparation is a pathology, and nearly all consuming.

"They've broken it into a full-blown thing that consumes their resources and income," he says. "They withdraw from ordinary relationships. They're preoccupied with reading and corresponding with other preppers. There is little self-analysis or critical thinking about what they're doing, and a lot of paranoia. And the tipping point, I believe, involves firearms. Then we have a problem. There is no serious reason to include firearms. They store thousands of rounds of ammunition, lots of guns, booby traps."

Such criticisms are merely naive, say committed preppers. For them, the moment is coming, no doubt. And whatever its cause, it could bring a complete government breakdown.

FEMA, the Federal Emergency Management Agency, would be so far out of its league, they insist, that the acronym would disappear into the smoky aftermath



of catastrophe like the rest of the federal government, leaving behind just us and our world.

Then society would become post-apocalyptic, and its citizens would likely mirror the characters in Cormac McCarthy's dark novel, "The Road."

"If trouble comes when you least expect it, then maybe the thing to do is always expect it," one of them suggests.

In a nutshell, that is the philosophy of preppers and survivalists across Florida who form a mostly invisible community of people preparing for catastrophe, and expecting it.

They may be reclusive, but they rely on social media to communicate.

"We are a family of four (who) have been hardcore prepping for seven going on almost eight years..." says Ricky J, a survivalist who invites others, but not "freeloaders," to join him and his family at a BOL near the Alabama-Florida line.

"We have an extended stockpile of food, over 100 chickens, 40 turkeys, 14 hogs with water run to all animal pens... 50 55-gallon food-grade drums of grain corn for human and animal consumption. We have 50 55-gallon drums of animal feed for our animals. We have a solar-powered well free from the grid for water. We also have a complete solar system to power our entire house free from the grid..."

His tone is decidedly more relaxed than Tripp's, who posted this unedited note last week: "My name is Tripp I'm 21 years old. I'm an active duty soldier my job is scout I'm extremely good at what I do. I've been deployed twice and fixing to go on my last before I get out of the army. I'm looking for a group or colony. I have my own weapons and also plenty of ammo. I believe my skills can be extremely helpful on account that my deployments have included combat, operations, also training foreign forces to fight future wars. Please let me know if anybody is interested."

Or this unedited one, which excludes significant parts of the population: "Looking for serious survivalist/prepper minded individuals interested in joining a retreat

(bol) in Florida Region #3. For individuals that already have bov's like small campers that will be a plus because I do not have to provide you with sleeping quarters. You must have needed skills such as Medical professional, ex-military, mechanically inclined, farmer/gardener, etc. If you're seriously concerned about your immediate family's security during certain possible events then read on.

"(But) if you have any substance abuse, alcohol, mental conditions, or serious health condition do not apply. You must have no felony convictions. You must be trustworthy, must be loyal to the constitution of the USA. No liberals, atheist, socialist or progressives need apply."

### The nonworry preppers

But there are many others, too, preppers who by nature or from experience prefer independence from the comfortable technologies and the complex, extended food-supply systems contemporary society has evolved — men and women also prepared for some level of hardship and self-sufficiency. Certainly more than the three-day standard recommended by FEMA and other government agencies.

"One must look to the future and not count on the supermarket," advises Julie Gray, who owns goats, gardens and open space near the Lee-Charlotte county line.

"It struck me the most after Hurricane Charley. There were 40 trees down, we lost a whole bunch of trees, and we went down to Walmart, a scary place. The National Guard was patrolling with rifles. I didn't know why. I thought, 'Oh, this could get really serious.'

That and her entire history changed her attitude about living here.

"Another reason I'm prepared is my Jewish heritage," she explains. "I know people who, if they hadn't secreted stuff or used their wits, would have gone down with the rest of the gang.

"So I got beans, flour. I have rice, brown and white. I do canning. I have a freezer always full. We have a whole-house generator. If I can find a way of making it solar that I can afford, that will be lovely."

Whatever it takes is her attitude.

"In Charley, we were without electricity for more than three weeks. The guys were out working on Nalle Grade Road on the electric pole one day. I had my housecoat on, so I marched out and I said, 'Tell you what: If you give me electric, I'll give you my body.' That scared them so much we had electric a half-hour later."

Mrs. Gray is 78 years old.

"I'm not worried, either," says Jessica Teece, a mid-20s single woman who just bought more than five acres in the woods outside of Arcadia, where she's stocked many pounds of hog she's killed and butchered with her boyfriend and others, and where she can grow a garden, fish, gig for frogs, and use the hunting skills she began to acquire at age 14.

"It's like, 2 percent of Americans feed all

"It struck me the most after Hurricane Charley. There were 40 trees down, we lost a whole bunch of trees, and we went down to Walmart, a scary place. The National Guard was patrolling with rifles. I didn't know why. I thought, 'Oh, this could get really serious.'

—Julie Gray, who owns goats, gardens and open space near the Lee-Charlotte county line

the rest, and other people too — and that doesn't seem right," she says.

"I love it so much out here, and there's nothing I would need if a disaster happened. I don't need AC — I could just open the windows. I have water everywhere. I can build fires to cook. The hogs are everywhere, and if I have to shoot them or cut their throats, I don't mind, they're such a nuisance. If I wanted some turkeys or deer, all I have to do is get a license — they're in my yard. So if something does happen, I don't have to go anywhere."

Such preppers sometimes have sophisticated skills that many Americans once had in the course of routine: the ability to grow and preserve food without refrigeration, the ability to build shelters, the capacity for confidence in community, and the trust of neighbors.

For Cesar Peralta, a teacher and Olga farmer who remembers the mountain people of his Venezuelan boyhood making do with very little and preserving huge quantities of food, food preservation is one of the most important skills anyone can learn — and all middle school children should be taught those skills, with others, he says.

"The way I learned was through a course at the three-county extension for the University of Florida's Institute of Food and Agricultural Sciences. Canned tomatoes, for example. Okra. Strawberries are surprisingly easy to can. What is the theory behind it? And there is so much to learn. Basically, in order to preserve tomatoes you put lemon juice or vinegar in them — and you keep a PH of about three."

Unfortunately, cutbacks in funding closed that course.

For John Comito, owner of Elemental Stone and Waterworks based in Fort Myers, mistrust of his fellow citizens is not an option — which makes him a different kind of prepper; prepared, but not prepped, he suggests.

An urban farmer who grows food for his family on a scant half-acre Fort Myers city lot, he's developed aquaponic gardening projects that far outpace the harvest-yields of his family's soil-based plantings, he says.

"We're trying to gradually get off the grid, and it's hard to do, being in an urban environment. But living on your own, not being dependent — that's at the core of what we want."

That doesn't mean alone, however.

"It's ourselves and our community. You gotta rely on people, and on other resources. Knowing you have a community is big. So finding a community would be a big thing. I fell into it at GreenMarket. We captured some good people and honest, hard-working people. So if a disaster does come down, those people are going to be prepared. They're prepped. And we're ready to stand with them."

That lies at the heart of true preparation, in the minds of many. ■



COURTESY PHOTO

**Julie Gray is preparing with goats. She won't eat them unless she has to, she says.**



# PALM BEACH

## Hang 20 Surf Dog Classic benefiting Furry



Alyson Ekstrand and Guy Ekstrand



Brenda Gruber, Emily Watkins and Chuck Watkins



Finn Blackman, Franzi Blackman, Sasaki Blackman and Scott Blackman



Lynn Emmons, Mary Macchia, Anne Hyvonen and John Schurer



Melissa LaPaglia, Nikki Milano and Jessica LaPaglia

"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



**HARBOURSIDE PLACE**  
JUPITER, FLORIDA

# WHAT'S HAPPENING IN SEPTEMBER



### STRETCH FOR STRIDES

Friday, September 25th; 7pm

Join Harbourside Place and Bodhi Hot Yoga for a massive 60-minute all levels vinyasa yoga class with live music from HelloWorld. Tickets are \$15, and 100% of the proceeds will benefit Making Strides Against Breast Cancer. Arrive early as spaces are limited.



### SUNSET PUPPY SOCIAL

Friday, September 25th, 6pm

Paddle board to Harbourside Place from Blueline with your pup. A portion of the sales at Pucci & Catana Luxury Pet Boutique will be donated to Making Strides Against Breast Cancer and \$5.00 of the paddle boarding cost, will also be donated. Paddlers and pups are encouraged to dress in pink to join the fun! Cost is \$25. 561-744-7474



### FAMILY SUNDAY FUNDAY

Sunday, September 27th; 3pm – 6pm

Join Harbourside for an afternoon of Family Fun! Enjoy kids' games and activities, lite appetizers and beverages. Cost: \$10 donation to Bluewater Babes.



# CH SOCIETY

y Friends, Carlin Park Civic Center, Jupiter



Jill Pazur, Stuart Perlin and Shirley Martinez-DeVilla



Jim Patterson, Donna Patterson, Pam McCloud, Kathy Vogt, Mike Vogt and Laila



Keith Bauer, Linda Bauer and Scrappy



Mike Bacon, Sherin Cope and Ozzy



Noah Rowsell, Scott Rowsell and Cole Rowsell

ANDY SPILOS / FLORIDA WEEKLY

e newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover.

## EXOTIC CAR SHOW



Saturday, September 12<sup>th</sup> | 5PM – 7PM

Stroll through Harbourside Place and view some of the rarest and most exotic automobiles in the world. Enjoy live music, a kids zone, and more.

**REGISTER YOUR CAR TODAY!** [Carshow@harboursideplace.com](mailto:Carshow@harboursideplace.com)

[harboursideplace.com](http://harboursideplace.com) | 561.935.9533



WEEK OF SEPTEMBER 10-16, 2015

PALM BEACH COUNTY COMMERCE

## Salt Suite expands to Palm Beach Gardens

### SPECIAL TO FLORIDA WEEKLY

The Salt Suite, with locations in Lake Worth and Delray Beach, was to open a third location, in Palm Beach Gardens, on Sept. 10.

Featuring adult and children's therapy rooms, The Salt Suite offers clients a natural way to find relief from respiratory ailments, skin conditions and more. Inside the therapy room, an environment is created to mimic the salt mines of Eastern Europe, where in the mid-1800s, it was discovered that mine workers rarely suffered from any respiratory disorders. Unrefined rock salt, which is primarily sodium chloride (NaCl) and other mineral salts, coat the walls and cover the floor in a thick sandy layer. Behind the scenes, a special machine, called a Halogenerator, circulates dry salt aerosol into the air. In microscopic form, the salt particles are almost undetectably absorbed and inhaled by clients as they doze and



COURTESY PHOTO

Unrefined rock salt and other mineral salts coat the walls and cover the floor in a sandy layer.

sleep or, in the children's room, as they romp and play.

When the dry sodium chloride enters the body, its anti-inflammatory and anti-bacterial properties do a

number of healing maneuvers. Lung functions improve; nasal passages and lung tracts clear of toxins and pollutants; bronchial inflammation reduces; and later, clients may find their endur-

ance has improved and their snoring has diminished.

"The benefits and effectiveness of halotherapy, also known as salt therapy, continue to be researched," said Jamie Gonzalez, owner of the Salt Suite Palm Beach Gardens, in a prepared statement. "So much information exists to support our belief that this is a great treatment choice for those who suffer from allergy and respiratory problems. We encourage guests to visit us and experience a session at no cost. We are confident you will feel the results."

Individual sessions are \$35. Individual and family memberships start at \$79 per month. First visits are complimentary.

The Salt Suite Palm Beach Gardens, located at 5510 PGA Boulevard, Suite #105, will be open seven days a week: Monday-Saturday from 9 a.m. to 7 p.m., and Sunday from 10 a.m. to 4 p.m. For more information call 316-3105 or see thesaltsuite.com. ■

## Worth Avenue Yachts to represent superyacht builder DYNAMIQ in U.S.

### SPECIAL TO FLORIDA WEEKLY

Worth Avenue Yachts is to be the official sales representative in the U.S. for DYNAMIQ, the new name in world superyacht builders. Worth Avenue Yachts is also appointed as the central agent for "Jetsetter," the first Dynamiq yacht under construction, the company announced.

Worth Avenue Yachts and Dynamiq will exhibit together at the Monaco Yacht Show next month. This will be the pioneering yacht builder's inaugural appearance at a yacht show.

Clients can select every aspect of

the design of their yacht, from the exterior paint scheme to the interior finish, on the company's site at [bedynamiq.com](http://bedynamiq.com). The configurator features full pricing and delivery date for every element; the transparency of which will revolutionize the way superyachts are specified and delivered. Dynamiq was launched in June at the exclusive Yacht Club de Monaco, where they presented their innovative category of superyacht grand touring vessels for long-distance journeys in top comfort and style.

The reasoning behind Dynamiq's choice of Worth Avenue Yachts as the

official sales representative is Worth's reputation for selling clients' yachts of more than 120 feet in length and almost three times faster than the market average. Dynamiq's American Representative at Worth Avenue Yachts' Palm Beach office is Connor Cogan. Hein Velema, sales broker at Worth Avenue Yachts' Monaco office, will be Central Agent for "Jetsetter," the first yacht under construction at Dynamiq. Dynamiq's new series "GTT, Gran Turismo Transatlantic" is a category of superyacht based on the GT car philosophy. It combines the comfort and

range of displacement vessels, with the performance and style of sport cruisers.

Dynamiq yachts offer top speeds up to 25 knots, so they can travel from Monaco to Saint Tropez in 2 hours, or can make the trip from Miami to the Galapagos on one tank of fuel. A shallow draft of less than 6 feet (1.75 meters) also makes Dynamiq yachts 'Bahamas friendly' and gives much more cruising freedom.

Since its launch in 2011, Worth Avenue Yachts has emerged as a leading luxury yacht brokerage, specializing in yacht sales, yacht charters and new yacht construction. ■

## Palm Beach Chamber series features wide range of industry experts

### SPECIAL TO FLORIDA WEEKLY

The Palm Beach Chamber of Commerce has announced its schedule for the coming season, which features industry experts focusing on events and activities that directly impact the Palm Beach business community.

From journalism to philanthropy, the marine industry and customer preferences, each month will present a new perspective on business trends, the chamber said in a prepared statement.

There will be a break from the traditional second Thursday scheduling. All breakfast meetings will take place at The Breakers Palm Beach, beginning with a meet and greet at 7:45 a.m. The programs will begin at 8:15.

**Monday, September 14:** Wall Street



KISSEL

Journal editor, Mary Kissel. A Palm Beach County local with a world perspective on events occurring nearby and around the world.

**Wednesday, October 7:** "Who's got the money -

and how do they share?" A panel of local philanthropists representing private, community, corporate and social-impact givers will share their best practices. Join Dani Moore, Brad Hurlburt, Cressman Bronson, and Bridget Baratta to learn more about the ask and good stewards.

**Thursday, November 12:** The annu-

al Town Employee of the Year Awards presentation, introduction of the chamber's 2016 Guide and a program featuring Wayne Huizenga, Jr. talking about the role of the marine industry, a major contributor to the local economy.

**Tuesday, December 15:** What does the resident customer really want? Carey O'Donnell will report on her company's survey to locals to determine how the business community can grow its customer base.

**Friday, January 15:** Nationally-known retail urban planner Robert Gibbs will talk about the latest trends in retail development, customer care and top-rated communities.

**Wednesday, February 10:** Security issues at home and abroad will be dis-

cussed by West Point graduate and former FBI Special Agent for the South Florida Joint Terrorism Task Force Chad Jenkins.

**Friday, March 4:** ESPN's general manager, Steve Politzner, will share key demographics that show how ripe this local market is for growth and prosperity.

**Thursday, April 7:** The chamber's annual awards breakfast recognizing that 'quintessentially Palm Beach' enterprise and the local business that has distinguished itself in leadership.

The monthly breakfasts are free to members; guests are welcomed at \$40 in advance, \$50 at the door. Registration is completed on-line through Constant Contact. ■



**Juno Beach Branch**  
14051 US Highway One  
Juno Beach, FL 33408  
(561) 630-4521

# Home Town Checking!

With Free Access to Over 55,000 ATMs Worldwide!

No Monthly Service Charges ✕ Free ATM/Debit Card

Just look for this ATM logo!



[www.TrustcoBank.com](http://www.TrustcoBank.com)



# MONEY & INVESTING

## Figuring out your mutual fund fees

ericBRETAN

estaterick@gmail.com



The federal government takes its fair share of blame for many, many things. But the one thing it does exceedingly well is collect taxes. In fact, I think one of the most ingenious things the feds ever did was to enact payroll withholding during World War II. It is so brilliant because people never miss money they never had to begin with. Could you imagine a typical employee getting her full paycheck each week, depositing it, and then having to write a check to the government? I think people would be a lot more angry about paying taxes even though they are sending the government the exact same amounts that they are today.

The financial sector has adopted some of these “best” government tax collection practices when it sells mutual funds and exchange traded funds, or ETFs, to the public. So just like paying taxes, when investing in these funds, it is imperative to understand both the obvious and not-so-obvious moneys that you are paying to these fund companies. After all, every dollar that goes to your fund manager is one dollar that you could be getting as a return or dividend but are not. So let’s start with the upfront, transparent fees that a typical

investor pays when buying a mutual fund. The first is the transaction fee that your broker (whether it be an online broker like E-Trade or a traditional broker like Morgan Stanley) will charge you to buy the fund. Typically, this fee is a nominal amount between \$10 and \$30. Some brokers have relationships with fund companies where this fee is waived. In actuality, the brokerage is collecting a fee but it is being paid by the fund company as an incentive for you to choose their fund compared to a similar one run by a competitor.

The next upfront fee you may pay is called a “load.” This is a fee, typically around 5 percent of the value of your investment, that is collected upfront by the fund company in order to pay the broker or salesperson that sold you the fund. Most loads are paid upfront but also be careful of “backload” funds, where you have to pay a fee when you sell the fund. As a generality, I stay away from loaded funds and stick with “no-load” funds. Why should you have to pay 5 percent of your investment to someone to sell you an investment? There are a few exceptions to this rule but as a whole I would be cautious of funds with a large upfront or backend load. With the thousands of funds and ETFs out there, I bet you will be able to find a very similar one without the large upfront fee.

The final fee that all ETFs and funds charge is the “hidden” fee called an expense ratio or management fee. This is the cost you will never see but is

money taken out of your investment every year. This fee covers the funds’ expenses including hiring the fund manager, administrative costs like record keeping and mailings and advertising expenses. The expense ratio for a fund can be as low as 0.2 percent for a general index fund up to 3 percent or more for specialized funds. And this fee is a yearly fee that is collected regardless of the performance of the investment. So if you have an ETF that has a bad year and loses 5 percent and has a 2 percent expense ratio, you actually lost 7 percent that year.

Some investors may think that it is worthwhile to invest in a fund with a high expense ratio. They figure they’re buying a better management team, which will generate higher returns in the long run. After all, I would rather have a fund that will generate 8 percent returns in perpetuity with a 3 percent expense ratio than a fund that will generate 5 percent returns with a 1 percent ratio. However, there have been hundreds of studies that have found absolutely no correlation between higher expense ratios and higher returns. Typically, the higher expense ratios pay for more advertising to attract more money to the funds, which doesn’t help an investor’s return one bit.

So there are two takeaways with regard to fund fees that I hope you will remember. First, it is important to look at all fees when researching a fund or ETF. For example, it is nice not to pay a transaction fee when buying a fund

but if that means the expense ratio is .5 percent higher than a nearly identical fund, is that worth it? Or some larger fund companies have different classes of a fund (i.e., class A, B, C and D) where the investments are the same but the fees are different. Class A funds may have a load where you pay something upfront but a lower management fee while class C will have no load but a higher fee. Depending on how long you plan on holding on to that investment, it may be beneficial to buy one class versus another.

The final takeaway is that fees, while important, are not the only thing to look at when selecting a fund. For example, if all an investor looked at were fees, she would probably only buy index S&P ETFs and funds. International funds, sector funds and specialty funds all will have higher expense ratios than an S&P index fund but are still important to own in a well-balanced portfolio. In addition, things like a fund manager’s track record, a fund’s turnover ratio and the types of investments selected by the fund are sometimes as important as the expense ratio. So pay attention to fund fees but don’t let that be the only deciding factor when selecting your investments. ■

— Eric Bretan, the co-owner of Rick’s Estate & Jewelry Buyers in Punta Gorda, was a senior derivatives marketer and investment banker for more than 15 years at several global banks.



“Only that day dawns to which we are awake.”

— Henry David Thoreau

Learn more at [jupitermed.com/mindfulness](http://jupitermed.com/mindfulness)

## Stress Less, Live More

Jupiter Medical Center, in collaboration with the University of Massachusetts Center for Mindfulness, is pleased to offer **Mindfulness Based Stress Reduction (MBSR)**. Thousands have benefited from this comprehensive, eight-week course. Join us and learn new ways of coping with:

- Cancer
- Anxiety/Depression
- Grief
- Many Other Conditions
- Heart Disease
- Autoimmune Disease
- Eating Disorders
- Chronic Pain
- Diabetes
- Work/Family Stress

Program includes eight classes, a CD and one, all-day retreat.

**MBSR Facilitator Mimi Bailey, RN, BS Ed**

### Orientation:

Wednesday, September 16 or Thursday, September 17, 2015 – 6:30 p.m.-8:30 p.m.

### Tuesday Classes:

September 22 and 29, October 6, 13, 20 and 27, November 3 and 10, 2015 – 6 p.m.-8:30 p.m.

### Retreat:

Saturday, October 31, 2015 – 8:45 a.m.-4:30 p.m.

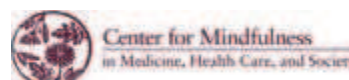
### Location:

Jupiter Medical Center, Raso Education Center, 1226 S. Old Dixie Highway, Jupiter

**Reservations are required. Space is limited to 30 participants per session. For more information on class fee, or to register, please call (561) 263-5778.**

 JUPITER MEDICAL CENTER

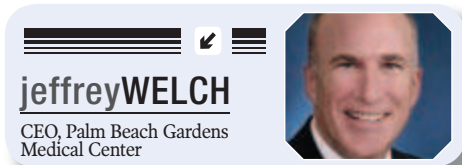
1210 S. Old Dixie Highway | Jupiter, FL 33458





# HEALTHY LIVING

## New treatment for atrial fibrillation offered at Gardens Medical Center



Approximately 2.6 million Americans experience atrial fibrillation, or AFib. This common heart disorder occurs when electrical signals in the heart become irregular, causing the heart's upper chamber to beat out of rhythm. Atrial fibrillation requires immediate medical attention because it could lead to a life-threatening stroke.

AFib may or may not cause symptoms. Some people with the disorder can have palpitations, chest pain, fatigue, shortness of breath, dizziness and/or confusion. The condition is diagnosed through an electrocardiogram, which measures the heart's electrical impulses. In some cases, AFib resolves on its own. Other times, an underlying condition such as an overactive thyroid, hypertension, diabetes, chronic lung disease or heart valve disease must be treated. Medications may be prescribed to prevent blood clots or control heart rate.

Cardioversion is a treatment option that may be recommended to shock the heart back to a normal rhythm by delivering a jolt of electricity to the heart. Doctors may also recommend atrial

fibrillation ablation, which involves threading a long, thin, flexible catheter into the heart through a blood vessel in the arm, upper thigh or neck. Energy is applied to destroy targeted tissue that has been identified as causing the irregular heartbeat.

A new treatment option, the convergent approach, is now available for the first time in Palm Beach County at the Heart & Vascular Institute at Palm Beach Gardens Medical Center. The minimally invasive procedure, designed to reduce recovery times and improve patients' overall quality of life, combines electrophysiology and cardiac surgery treatments to help restore normal heart rhythm for longtime sufferers of AFib. Early clinical experience has shown that the convergent approach, conducted in a single operating room setting, may improve early outcomes for the most challenging patients and can reduce procedure times when compared to approaches where the two disciplines work separately.

Utilizing the convergent approach, the cardiac surgeon and the electrophysiologist (EP) work together to perform cardiac ablation on a beating heart using radiofrequency (focused heat) to produce scar tissue on the heart to block abnormal electrical signals. The surgeon is able to create comprehensive, linear lesions on the outside surface of a



beating heart through a small, one-inch incision made in the patient's abdomen. There are no chest incisions and/or ports, as in other surgical ablation procedures. The EP then threads a catheter through the patient's femoral vein, in the groin, to reach the heart and fill in any gaps in the ablation. The EP utilizes diagnostic techniques to confirm that all abnormal electrical signals have been interrupted. The entire procedure lasts roughly half the time of a single-discipline catheter ablation procedure.

Following the convergent approach procedure, it is possible that the patient's daily rhythm medications may be reduced or even eliminated. Typical hospital stays last two to three days,

compared to five days or more for more invasive heart surgery, and patients can get back to their normal activities quickly.

For more than three decades, the award-winning Heart & Vascular Institute at Palm Beach Gardens Medical Center has delivered advanced cardiac care to the community. To learn more about the convergent approach and other services offered, please visit [www.pbgmc.com/our-services/heart](http://www.pbgmc.com/our-services/heart). If you're interested in attending a free monthly heart attack risk assessment screening that includes cholesterol, glucose, BMI and blood pressure tests, register by calling 625-5070. ■

## Trial: Cutting calories can affect risk factors for age-related diseases

THE NATIONAL INSTITUTES OF HEALTH

Results from a two-year clinical trial show calorie restriction in normal-weight and moderately overweight people failed to have some of the metabolic effects that have been found in laboratory animal studies. However, researchers found calorie restriction modifies risk factors for age-related diseases and influences indicators associated with longer life span, such as blood pressure, cholesterol and insulin resistance.

The study is reported in the latest issue of the *Journal of Gerontology: Medical Sciences*.

Calorie restriction — a reduction in calorie intake without deprivation of essential nutrients — has been shown to increase longevity and delay the progression of a number of age-related diseases in multiple animal studies. Called Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy, or CALERIE, the randomized trial was funded by the National Institute on Aging and the National Institute of Diabetes, Digestive and Kidney Diseases, both part of the National Institutes of Health. It was coordinated at Duke University and conducted at Washington University in St. Louis, Louisiana State University's Pennington Biomedical Research Center in Baton Rouge, and Tufts University in Boston.

"It is encouraging to find positive effects when we test interventions that might affect diseases and declines associated with advancing age," notes NIA Director Richard Hodes, M.D. "However, we need to learn much more about the health consequences of this type of intervention in healthy people before considering dietary recommendations. In the meantime, we do know that exercise and maintaining a healthy weight and diet can contribute to healthy aging."

In laboratory animals, calorie restric-



tion's favorable effects on life span have generally been found when it is begun in youth or early middle age. An equivalent trial in people would take decades. However, shorter trials can determine feasibility, safety and effects on quality of life, disease risk factors, predictors of life span and effects on mechanisms influenced by calorie restriction in laboratory animal studies.

CALERIE was a two-year randomized controlled trial in 218 young and middle-aged healthy normal-weight and moderately overweight men and women. The calorie restriction participants were given weight targets of 15.5 percent weight loss in the first year, followed by weight stability over the second year. This target was the weight loss to be expected by reducing calorie intake by 25 percent below one's regular intake at the start of the study.

The calorie restriction group lost an average of 10 percent of their body weight in the first year and maintained this weight over the second year.

Though weight loss fell short of the target, it is the largest sustained weight loss reported in any dietary trial in non-obese people. The control group's weight and calorie intake were stable over the period.

The study was designed to test the effects of calorie restriction on resting metabolic rate (after adjusting for weight loss) and body temperature, which are diminished in many laboratory animal studies and have been proposed to contribute to the effects of calorie restriction on longevity. The study found a temporary effect on resting metabolic rate, which was not significant at the end of the study, and no effect on body temperature.

Although the expected metabolic effects were not found, calorie restriction significantly lowered several predictors of cardiovascular disease compared to the control group. Average blood pressure decreased by 4 percent and total cholesterol by 6 percent. Levels of HDL ("good") cholesterol were

increased. Calorie restriction caused a 47-percent reduction in levels of C-reactive protein, an inflammatory factor linked to cardiovascular disease. It also markedly decreased insulin resistance, which is an indicator of diabetes risk.

T3, a marker of thyroid hormone activity, decreased in the calorie restriction group by more than 20 percent, while remaining within the normal range. This is of interest since some studies suggest that lower thyroid activity may be associated with longer life span.

The study also assessed calorie restriction's effects on mood (particularly hunger-related symptoms) and found no adverse effects. No increased risk of serious adverse clinical events was reported. However, a few participants developed transient anemia and greater-than-expected decreases in bone density given their degree of weight loss, reinforcing the importance of clinical monitoring during calorie restriction.

"The CALERIE results are quite intriguing," says Dr. Evan Hadley, director of NIA's Division of Geriatrics and Clinical Gerontology and an author of the study paper. "They show that this degree of sustained calorie restriction can influence disease risk factors and possible predictors of longevity in healthy, non-obese people. It will be important to learn how calorie restriction at this level affects these factors despite the lack of the predicted metabolic effects."

He adds it would also be useful to discover if calorie restriction over longer periods has additional effects on predictors of health in old age, and to compare the effects of calorie-restriction weight loss with exercise-induced weight loss.

For more information about NIA's research on aging and health, visit [nia.nih.gov](http://nia.nih.gov). ■





COURTESY PHOTO

The Lifelong Learning Society is the largest program of its size in the U.S., with 7,800 students.

## CLASSES

From page 1

“We’re talking nontraditional students — mostly 55 and older — who are coming back to school just for the enjoyment of it,” Ms. Barrett-Batchelder said.

Delving into diplomacy, terrorism and politics on a weekday morning might not sound as appealing as watching the Miami Marlins or Saint Louis Cardinals on a weekday afternoon, but for thousands of Palm Beach County residents, it provides erudite entertainment.

“These students are very well-read, they’re educated, and they come from all different backgrounds,” Ms. Barrett-Batchelder said.

Many have retired from corporate life, law firms and practicing medicine. They often live in country clubs and gated communities. As adults with an affinity for academics, most want to stay abreast of current events and now have the time to do so.

“We’re providing a service for people who don’t pay golf, don’t play tennis, don’t play cards but want to keep their minds active,” Ms. Barrett-Batchelder said.

The Lifelong Learning Society not only enriches the intellectual lives of its members, it also engages them socially. Several of the sessions feature discussion groups and question-and-answer formats to engage students and broaden their understanding of diverse issues.

“We know a lot of our members will go out to lunch before a class or after a class, and what you learned in school that day really becomes a hot topic at cock-

“I believe in continuing to learn throughout one’s life ... We offer wonderful courses with quality faculty. This community of learners wants to continue to go to school without having to study or worry about grades... without having to get a degree or pass an exam. It was just for the pure desire to continue to learn, and that is exactly what these students wanted in a lifelong-learning program.”

— **René Friedman**, Executive Director at Lifelong Learning Society

tail hour,” Ms. Barrett-Batchelder said. “I don’t know how many members I’ve talked with who said, ‘This really gave me an outlet to meet other people.’”

There is no homework, there are no tests, and students don’t receive credit. Courses cost between \$50 and \$100 and take place in an auxiliary building on campus that last year saw 27,000 enrollments. A series of one-time lectures is offered for \$35 each. The society’s curriculum encompasses everything from anthropology and the arts to history and philosophy in addition to the more popular political topics.

“There are all different kinds of subjects we cover,” Ms. Barrett-Batchelder said. “These are not how-to classes. They are university-level classes taught by university-level professors who prepare way in advance and put a lot of time into their lectures.”

Those who join the society for an annual fee of \$45 can register earlier than nonmembers, receive course discounts and avail themselves of FAU’s library. They also get first dibs on lectures that feature special guest speakers. On Dec. 3, Alan Gross is on the bill in “An Evening with Alan Gross: U.S. Humanitarian Aid Worker Wrongfully Imprisoned in Cuba for 5 Years.”

Previous speakers have included former Secretary of State Madeleine Albright, Pulitzer Prize-winning author David McCullough and legendary journalists Bob Woodward and Carl Bernstein.

The Lifelong Learning Society was established in 1997 with 125 students and has grown to become the largest program of its kind in the United States with 7,800 students. They initially gathered in churches and synagogues around town before relocating to the old movie theater in Abacoa Town Center. In 2005, the Elinor Bernon Rosenthal Lifelong Learning Complex was constructed.

The facility has a 500-seat auditorium, a 60- and 100-seat classroom, a courtyard and student lounge and administrative offices. Ms. Rosenthal, a lifelong learner and member of the society’s advisory board, spearheaded the \$6 million fundraising effort that succeeded with the help of two major donors: Milton and Tamar Maltz and the late Pearl Perloff.

“I believe in continuing to learn throughout one’s life,” Executive Director René Friedman said. “We offer wonderful courses with quality faculty. This community of learners wants to continue to go to school without having to study or worry about grades...without having to get a degree or pass an exam. It was just for the pure desire to continue to learn, and that is exactly what these students wanted in a lifelong-learning program.” ■

Ames  
Capital Management Inc.

## AN ALTERNATIVE TO MONEY MARKET FUNDS

August is behind us and both the Dow Jones Industrial Average and S&P 500 continued their retreat from their all time highs during the second quarter. China’s economy continues to struggle, along with the economies of other emerging market countries. During August, China devalued its currency while its central bank cut interest rates for the 5th time since November.

Interest rates in the US and Europe remain low as the Federal Reserve has kept rates at zero in 2015. The Fed will meet September 16-17 and is not expected to raise rates at this meeting with the global economy weak. In fact, Barclays, the highly regarded international investment bank, now forecasts the Fed will not begin raising rates until early next year. The Fed’s final two meetings of 2015 are set for October 27-28 and December 15-16.

Several retailers reported disappointing results last month. Walmart, Tiffany’s and Whole Foods hit their 52 week lows after providing weak results and guidance in August. Meanwhile, Williams Sonoma shares plunged after it provided weak guidance going forward. These retailers reinforced the view that consumers from the upper middle class down to the lower income bracket have curbed their spending.

Tumbling crude oil prices drilled the shares of the oil majors leading several analysts to predict the oil majors will cut their dividends to conserve cash. These concerns seem overdone as these firms have exceptionally strong balance sheets and cash flow. Exxon raised its dividend in April for the 33rd straight year. Chevron has raised its dividend 27 straight years and Occidental has increased its dividend 13 straight years. Conoco has paid a dividend 37 consecutive years, raised its dividend again in July, and has never once cut its dividend.

Schlumberger has agreed to acquire Cameron International for nearly \$15 billion in cash and stock as the energy sector continues to consolidate due to low oil prices. Back in November of 2014, Halliburton agreed to acquire Baker Hughes for nearly \$35 billion in cash and stock in another oil services combination and should close by year’s end. Southern Co. agreed to acquire AGL Resources last month for about \$8 billion in cash or \$66 per share. Upon completion, Southern Co. will be the 2nd largest utility in the US based on revenue.

Maintaining a defensive stance continues to be our focus as we employ our conservative dividend capture strategy. Even though sectors such as the major telecoms, utilities, the major oils and the oil and gas pipelines have fallen out of favor, these companies offer generous dividend yields with the opportunity for significant capital gains over the next year.

My weekly radio show on WWPR 1490 AM will return at 2pm on Friday, September 11. The show can also be heard live on the station’s website ([www.1490wwpr.com](http://www.1490wwpr.com)). My prior radio shows and news columns are available on my firm’s website ([www.amescapmgmt.com](http://www.amescapmgmt.com)).

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

[amescapmgmt.com](http://amescapmgmt.com)

941-378-5000

[info@amescapmgmt.com](mailto:info@amescapmgmt.com)

4419 Samoset Dr. Sarasota, FL 34241





# NEWS OF THE WEIRD

BY CHUCK SHEPHERD

DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

## Pope Mania

Muslim clerics complain of the commercialization of the holy city of Mecca during the annual hajj pilgrimages, but for Pope Francis' visits to New York, Washington, D.C., and Philadelphia in mid-September, shameless street vendors and entrepreneurs already appear to be eclipsing Mecca's experience. Merchants said they'd be selling, among other tacky items, mozzarella cheese statuettes of the pope (\$20), a "pope toaster" to burnish Francis' image on bread, a Philly-themed bobblehead associating the pope with the movie boxer Rocky, local beers Papal Pleasure and YOPO (You Only Pope Once) and T-shirts ("Yo Pontiff!" and "The Pope Is My Homeboy"). *The Wall Street Journal* quoted a Philadelphia archdiocese spokesman admitting that "you kind of have to take it in stride."

## Florida's best courtroom

In May, suspect David Riffle, charged with trespassing (after shouting "religious proverbs" at patrons of the Hard Rock Casino in Hollywood), greeted Broward County judge John "Jay" Hurley at his bail hearing by inquiring, "How you doin', a—hole?" Unfazed, Judge Hurley responded, "I'm doing fine. How are you, sir?" After listening to Mr. Riffle on religion a bit longer, Judge Hurley set

bond at \$100. In August, talking to Judge Hurley from jail via closed circuit TV, arrestee Susan Surrette, 54, "flashed" him as she tried to prove an alleged recent assault. The self-described "escort" and "porn star" ("Kayla Kupcakes") had lifted her shirt to reveal bruises. (Her bond, also, was \$100.)

## Bright ideas

■ A Chinese woman identified only as Zeng was detained and stabilized at Beijing Capital International Airport in August after being found dazed on the floor at a boarding gate. She had attempted to fly with a bottle of expensive cognac (Remy Martin XO Excellence) in her carry-on — a violation of Chinese regulations barring liquids over 100 ml (the cognac was 700 ml, selling for about \$200 in the United States) and was presented with the ultimatum to give up the bottle or miss the flight. She decided to drink the contents on the spot (but was subsequently declared too drunk to board).

■ "And Another Thing, Dad": Michael May, 44, was arrested in Lincoln County, Ky., in August after the Pilot Baptist Cemetery near Stanford reported that he had tried to dig up the grave of his dead father "in order to argue with him," according to Lexington's WLEX-TV. May told officers his dad had died about 30 years ago. (Alcohol was involved in the decision to dig.)

## More things to worry about

■ Under a 1981 treaty, at least 50 countries, including the United States, have banned their militaries from employing flamethrowers (as "inhumane"), but entrepreneurs have begun to market the devices domestically for \$900 to \$1,600 each (based on the distance of the flame, at 25 feet or 50 feet). Federal regulators appear uninterested (as the contraptions are technically neither firearms nor explosives), and only two states prohibit them outright, though a few jurisdictions believe flamethrowers are illegal under fire codes. The Ohio startup Throwflame has sensed the need for marketing savvy and describes flamethrowers as primarily for "entertainment." (Recent news reports indicate a slight run on sales under the suspicion that authorities will soon realize the danger and outlaw them.)

■ After two women accused Sheffield Village, Ohio, attorney Michael Fine of "hypnotizing" and sex-talking to them during office consultations, police and the county bar association opened an investigation in November 2014. Though Mr. Fine was being consulted on a custody matter, he was secretly audio-recorded (according to one woman's lawsuit) touting "powerful whole body orgasms" and suggesting that he was "the world's greatest lover" — among details the client recalls only vaguely if at all. The bar association

later said as many as 25 women may have been victimized. Though no criminal charges have been filed, Mr. Fine's lawyer said in August that his client had voluntarily given up his law license and was seeking "medical" help.

## Great art

■ Former Massachusetts Institute of Technology lecturer Joseph Gibbons was sentenced in July to a year in prison for robbing a New York City Capital One bank in December (while operating a video camera) in a heist that he had insisted all along was merely "performance art." (He had been suspected in a similar robbery in Rhode Island in November.) His biography on the MIT website described him as "blurring the boundaries between fact and fiction, self and persona ... with a contradictory impulse to confabulate and dissimulate." The Queens Museum in New York City has offered to screen the footage of the robbery as an art piece.

■ Artist Anish Kapoor initially denied that his 400 to 500 tons of stones, called "Dirty Corner," were "problematic," but later conceded that they might have "multiple interpretive possibilities." The installation, which ran through the summer at France's Palace of Versailles with five other large sculptures, was arranged in the form of a huge vulva, and represented, he said, "the vagina of a queen who is taking power." ■

ELEGANCE DEFINED

LUXE LIVING



Florida Weekly is proud to present Luxe Living, a monthly publication dedicated to bringing you coverage of the finest in home design, furnishings, architecture, yachts, gardening and the personalities who bring those together.

DEBUTS OCTOBER 1

For advertising information, call 561.904.6470

floridaweekly.com



FLORIDA WEEKLY  
**REAL ESTATE**

WEEK OF SEPTEMBER 10-16, 2015

A GUIDE TO THE REAL ESTATE INDUSTRY

| A17



COURTESY PHOTOS

# Singer Island's Ritz Carlton Residences

The essence of luxury and location

## SPECIAL TO FLORIDA WEEKLY

Fall in love with this highly sought-after 21st floor condominium at the Ritz Carlton Residences, Singer Island. Two master suites with separate den/office can easily accommodate an overnight guest. The kitchen offers beautiful Italian cabinetry and top-of-the-line appliances, including Subzero and Meile.

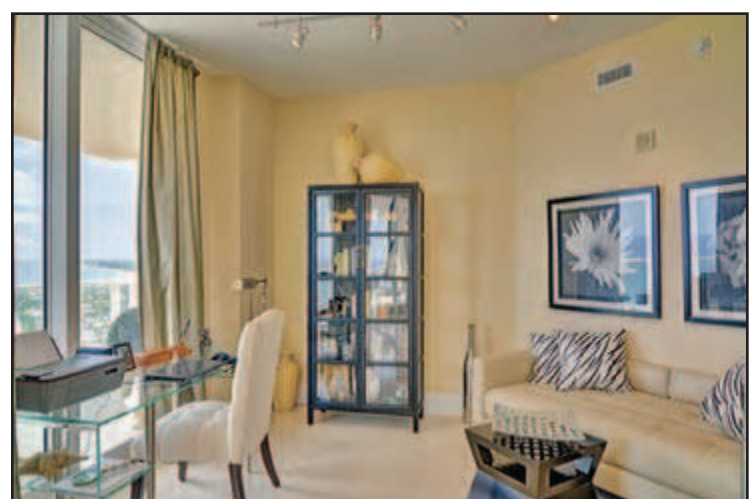


Enter the condominium, 2104B, and find a visual masterpiece with ocean views from every room. The balcony is one of the largest in the building, able to accommodate a small crowd for beach watching.

Grandly situated on 8.8 acres along the crystal blue waters of the Palm Beach coastline, The Residences are a private oasis, rising 27 stories

and offering panoramic ocean views. Imagine a home not only defined by sophisticated style and sumptuous furnishings, but equipped with impeccable service delivered by the Ritz Carlton. From valet services to on-site dining and dedicated concierge, you'll enjoy five-star living. It is nestled between the celebrated Worth Avenue, PGA National and Wellington's polo community.

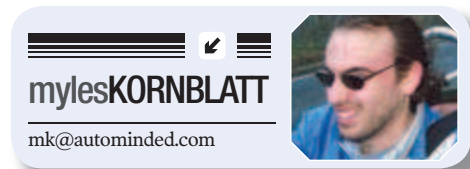
Offered at \$1,750,000. Represented by Walker Real Estate Group, Jeannie Walker 561-889-6734, WalkerRealEstateGroup.com. ■





# BEHIND THE WHEEL

## Acura RLX aims for the top shelf



This is a car that always provides a snappy response when driving with friends. They'll comment on the quick acceleration, and you'll tell them it's an efficient hybrid. They'll ask if it's a Honda in disguise, and you'll show them ultramodern features. They'll like the luxurious interior, and you might even volunteer how little you actually paid compared to their European luxury sedan.

The 2016 Acura RLX is the company's flagship that shows off all of the automaker's best features in one vehicle. Checking off every option box on this sedan results in a 377 horsepower, 30 mpg hybrid that doesn't completely raid the trust fund. Even at a value price, the pinnacle of Acura's lineup helps the company pierce into the top level of premium automobiles known as Tier One.

There is no official defining line for Tier One, but qualifying automakers typically offer eight cylinder (or more) engines, rear-wheel drive, and price tags above \$100,000 — none of which Acura currently has. Instead, the RLX Sport Hybrid charms its way onto the top shelf with some thoughtful interior design features. For instance, there are two display screens — an 8-inch display



embedded in the dashboard and a 7-inch touchscreen within the driver's reach. The dual readouts make this one of the few cars that doesn't have to choose between showing radio information or GPS navigation.

Because we are looking at the top end of Acura's highest-level sedan, it also comes with active safety features such as front and rear parking sensors, 360-degree-view cameras, blind-spot monitoring system, a collision prevention system, adaptive cruise control and a lane-keeping assist system. Combine the last few features, and the RLX can nearly drive without input on the interstate. This is not at all recommended, but it is nice to know the car is being as attentive as the driver.

This luxury car comes with some of the perfect Florida features such as a sunroof, rear window sunshades and cooled leather front seats (they're heated, too). Premium comfort that will be

appealing to the whole country includes features like noise-reducing acoustic glass, head-up display and fourteen-speaker AM/FM/CD/XM/HD stereo.

The base RLX comes with a 3.5-liter V6 engine that makes 310 horsepower. That's good power, but the front-wheel drive layout leaves some sports sedan drivers wanting. Upgrading to the frugal hybrid model surprisingly helps this transform into a more complete performance car.

The improvement includes Acura's Super Handling All-Wheel Drive system. This adds an electric motor for each back wheel, and a 21 percent increase in power over the standard RLX. Also, because each rear wheel is independently powered, it features torque vectoring — a process that spins the inner wheel faster than the outer wheel when turning. Under hard cornering, the back end doesn't swing around as in other large sedans. Instead, the independent

rear motors automatically kick in with opposing power to make the tail end snap to attention like a surprise inspection from a drill sergeant.

All of these are Tier One kinds of features, but the car seen here with its Advance Package costs \$65,950. That might seem expensive, but the same money for a completely loaded RLX will also buy the base model Mercedes E400 all-wheel drive sedan. So in many ways the RLX Sport Hybrid is like ordering the complete dinner at a Chinese restaurant, for the same price as the boutique bistro starts its à la carte menu.

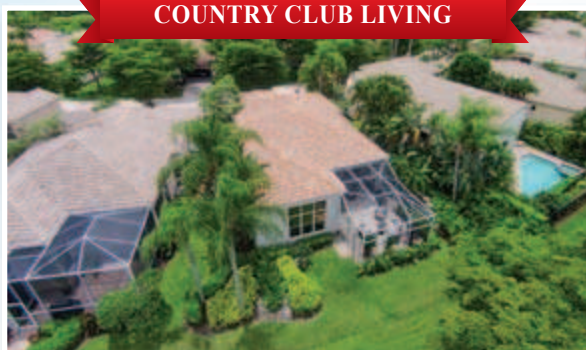
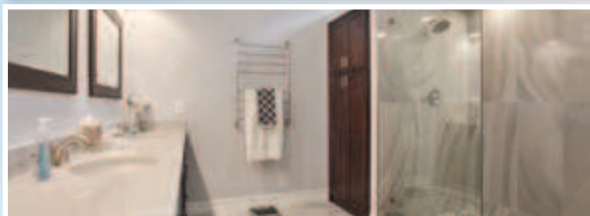
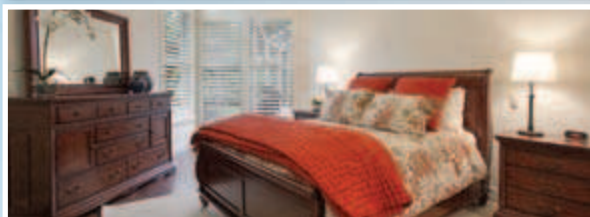
If this seems so appealing, why doesn't every budget-minded luxury and technology enthusiast own an RLX? Penetrating into Tier One territory also means entering the most discriminating market of buyers.

Design is often a main component to luxury car attraction, but this one remains more incognito. In the last three years, the company has revamped its entire lineup. All of its four-door cars now carry similar profiles with tapering door lines and extended rear c-pillars for a sporty rear overhang. The RLX is distinct compared to other cars on the market, but you might mistake it for its half-priced ILX sibling in a crowded parking lot.

The top-of-the-line Acura RLX Sport Hybrid brings value to the ultra-luxury sedan. Tier One is not often about being frugal, but those who choose this sedan care more about technology than trophies. ■

# Malloy Realty Group

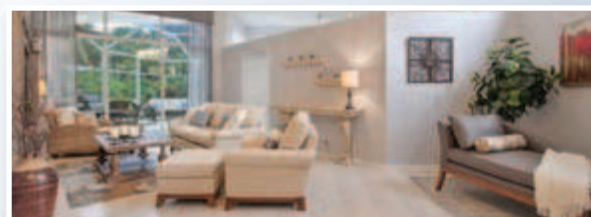
TRUSTED REAL ESTATE ADVISORS



COUNTRY CLUB LIVING

**330 Sunset Bay Lane,  
Palm Beach Gardens (BallenIsles)**

- Model Perfect SFH • Only Social Membership Required • New Large Screened Lanai with Travertine • Tile and Hardwood Flooring • High End Master and Second Bathroom Remodel
- Offered at \$332,777**



Choose the Malloy Realty Group to Sell your Home

- Professional Photography and Video Tours • Extensive Marketing Budget • Superior Market Knowledge • Team of Professionals

Call Us Today for a Free Consultation! 561-876-8135 or 561-370-5736



# Dawn & Dan Malloy

Call 561.876.8135

Keller Williams Realty

2901 PGA Blvd., Ste 100 | Palm Beach Gardens Florida 33410

WWW.[SearchPalmBeachCountyHomes.com](http://SearchPalmBeachCountyHomes.com)



# KOVEL: ANTIQUES

## Vintage baby products unlikely to pass current safety standards

BY TERRY AND KIM KOVEL

Many of the clever toys and accessories for children are just updated versions of very old things. The pacifier, now made of soft plastic, is an inexpensive idea that came from the silver and coral pacifier and teether of the 18th century. Dolls date back to the cavemen. Highchairs were in use in the 19th century, but they would have failed the safety tests given today. And antique cribs usually have bars that are too far apart and paint that contains lead, making them so unsafe you can't sell them to be used by children. But some antique cradles are bought to hold dolls, and sharp tin toys are kept high on shelves as decorations. In February 2015, an early wooden baby tender was sold by Cowan's Auctions in Cincinnati. The 15 spindles are shaped like those used on Windsor chairs. It was originally painted red, then later painted with a grain finish. There is a built-in seat and a tray so the child could walk, sit or play in the baby tender. The unusual piece sold for \$780 and will be displayed but not used by a 21st-century baby.

**Q:** I own a matching set of chest of drawers and vanity with an adjustable mirror made by the Keystone Furniture Co. of Williamsport, Pa. They are Queen Ann style and are made of oak, black walnut and maple. Both need refinishing but are in nice condition otherwise. The chest was painted in the past, and I removed most of the finish from all but three drawers. How much is this set worth "as is," as compared to being refinishing?

**A:** George Luppert (1835-1914) emigrated from Germany in 1853 and established Keystone Furniture Co. in Williamsport in 1887. It closed in 1906. Furniture made around the turn of the 20th century sells for used furniture prices. Refinishing it won't lower the price. Since you've already started restoring the finish on the chest, you should finish the job. It will look better and may be sold for a higher price. There is much discussion about refinishing museum-quality pieces. American 18th-century furniture can lose as much as 80 percent of its value if it has been refinishing, but European furniture that has been refinishing or even restored does not lose much value as long as the work is well done.

**Q:** I inherited a set of Bavarian china from my aunt. It's white with gold trim and is marked "Hutschenreuther, Selb," "Pasco" and "The Brighton." My favorite piece is a 13-inch round platter. Can you tell me its worth and age?

**A:** Your platter was made by Hutschenreuther, a company founded in Hohenburg, Bavaria, in 1814. A factory in Selb, Germany, was established in 1857. "Pasco" is the mark of Paul A. Straub & Co. of New York City, an importer in business from 1915 to 1970. "The Brighton" is the name of the

pattern, which was made from 1965 to 1987. Hutschenreuther became part of the Rosenthal division of the Waterford Wedgwood Group in 2000. Rosenthal was bought by Sambonet Paderno Industries, headquartered in Orfengo, Navara, Italy, in 2009. Your platter is a chop plate made 50 years ago. It sells for \$140 today.

**Q:** I'd like to know what my set of Depression-glass dishes is worth. The pattern is Normandie, the color amber. My mother took me to the movies in the 1930s, and they gave dishes away. She got three pieces each week. I have continued collecting them. I have 18 seven-piece place settings, plus serving pieces. Can you help?

**A:** Normandie was made by the Federal Glass Co. from 1933 to 1940. It was available in amber, crystal (clear), pink and spring green. It also was made in an iridescent marigold color, collected as carnival glass and called "Bouquet and Lattice." Sets of dinnerware aren't selling well, and Depression-glass prices are down. Retail prices for amber Normandie pieces are: dinner plate, \$27 to \$33; luncheon plate, \$10 to \$12; salad plate, \$10; bread and butter plate, \$4; small berry bowl, \$5; master berry bowl, \$10 to \$18; footed sherbet, \$7; oval vegetable bowl, \$15 to \$20; platter,

\$15; and water pitcher, \$65.

**Q:** My bookcases have a stencil printed on the back that reads "The Wernicke Co., Minneapolis, Minn." Are they valuable?

**A:** Wernicke bookcases were patented in the 1890s by Otto Wernicke, who started the Wernicke Co. in 1893 in Minneapolis and moved it to Grand Rapids, Mich., in 1897. His company was bought by the Globe Co. of Cincinnati in 1899, and the company name became Globe-Wernicke, but that lasted only a few years. In 1904, Otto Wernicke left Globe-Wernicke and acquired Fred Macey Co. of Grand Rapids. The company name became Macey-Wernicke, and in 1908, Macey Co. The glass front stacking bookcases, advertised as "Elastic Book Cases" and known as "barrister" bookcases, made by all of these companies sell for about \$100 to \$125 each.

**Tip:** To clean pewter, rub it with fresh cabbage leaves. ■

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



This 19th-century baby tender is 20 inches high. It sold in 2015 at a Cowan's Auction in Cincinnati for \$780.

# Sotheby's

INTERNATIONAL REALTY

## The Art of Living



**JUPITER EQUESTRIAN ESTATE** | \$22,900,000 | Web: 0076580  
Todd Peter | 561.281.0031



**MIRADOR** | \$4,400,000 | Web: 0076497  
Doc Ellingson | 772.229.2929



**RITZ CARLTON** | \$3,095,000 | Web: 0076692  
Cristina Condon, 561.301.2211 | Todd Peter, 561.281.0031



**THE TESORO CLUB** | \$1,900,000 | Web: 0076489  
Doc Ellingson | 772.229.2929



**BREAKERS WEST ESTATE** | \$1,349,000 | Web: 0076342  
Joe DeFina, 561.313.6781 | Christine Gibbons, 561.758.5402



**MEDALIST CLUB** | \$950,000 | Web: 0076716  
Doc Ellingson | 772.229.2929

PALMBEACH BROKERAGE | 340 Royal Poinciana Way, Suite 337 | Palm Beach, FL 33480

561.659.3555 | sothebys homes.com/palmbeach

Operated by Sotheby's International Realty, Inc.

Visit [onlywithus.com](http://onlywithus.com) to discover the benefits available through us alone.





**Jeannie Walker**  
Luxury Homes Specialist

# WALKER REAL ESTATE GROUP

## 561.328.7536



**Jim Walker III**  
Broker

**Singer Island • Palm Beach Gardens • Jupiter • North Palm Beach • Juno Beach**

*Representing The Palm Beaches Finest Properties*



**Ritz Carlton Residence 402A**  
3BR/3.5BA - \$3,780,000



**Ritz Carlton Residence 2003A**  
3BR/3.5BA - \$3,750,000



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



**Ocean's Edge 1401**  
4BR/4.5BA - \$2,875,000



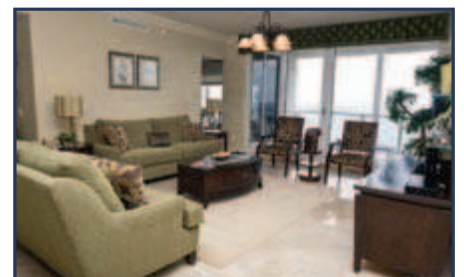
**Oasis Singer Island 15B**  
3BR/3.5BA - \$2,599,000



**Oasis Singer Island 12A**  
3BR/3.5BA - \$2,395,000



**Ritz Carlton Residence 2503B**  
2BR+DEN/2.5BA - \$2,150,000



**Ritz Carlton Residence 1502B**  
3BR/3.5BA - \$1,999,000

**Sign up today for the Singer Island Market Update**  
[www.WalkerRealEstateGroup.com](http://www.WalkerRealEstateGroup.com)



**Ritz Carlton Residence 402B**  
3BR/3.5BA - \$1,750,000



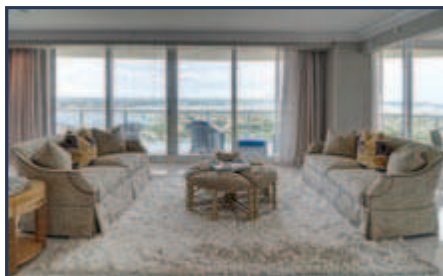
**Ritz Carlton Residence 2104B**  
2BR+DEN/2.5BA - \$1,750,000



**Ritz Carlton Residence 1805B**  
2BR+DEN/2.5BA - \$1,725,000



**Ritz Carlton Residence 1105B**  
2BR+DEN/2.5BA - \$1,599,000



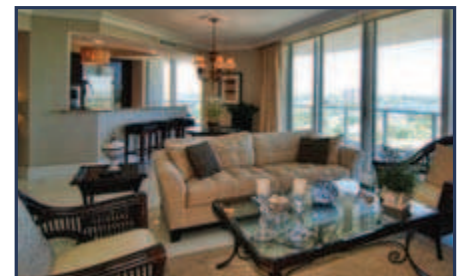
**Ritz Carlton Residence 2506B**  
2BR+DEN/2.5BA - \$1,395,000



**Beach Front 1603**  
3BR/3BA - \$1,299,000



**Ritz Carlton Residence 1506B**  
2BR+DEN/2.5BA - \$1,285,000



**Ritz Carlton Residence 1206B**  
2BR+DEN/2.5BA - \$1,249,000



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



**Ritz Carlton Residence 606B**  
2BR+DEN/2.5BA - \$1,125,000



**Ritz Carlton Residence 306B**  
2BR+DEN/2.5BA - \$1,075,000



**Martinique ET1201**  
2BR/3.5BA - \$675,000



**Info@WalkerRealEstateGroup.com**





## ARTS &amp; ENTERTAINMENT

SEPTEMBER 10-16, 2015

A GUIDE TO THE ARTS &amp; ENTERTAINMENT SCENE

## Inner Piece

## Kelly Clarkson goes on a journey in her latest album

She was the original "American Idol." But Kelly Clarkson has gone on from that initial fame in 2002 to release seven solo albums that have spun No. 1 hits.

It's on the strength of those albums that she's playing major venues, like Perfect Vodka Amphitheatre, where she will perform Sept. 17, with opening acts Pentatonix, Eric Hutchinson and Abi Ann.

Her debut, "A Moment Like This," became the best-selling single of 2002.

Her latest, "Piece by Piece," released in February, was her third to debut at the top of the charts. It reunited Ms. Clarkson with frequent collaborators Greg Kurstin, Jesse Shatkin, Jason Halbert, Eric Olson and Chris DeStefano.

It's a concept album that tells a single story, using themes of heartbreak, personal struggles, peace and empowerment.

Or the makings of a music career. ■



MEET OPENING ACT ERIC HUTCHINSON, B12

## HAPPENINGS



COURTESY PHOTO

William Inge's Pulitzer Prize-winning "Picnic" runs through Nov. 8.

## Single tickets on sale now at Dramaworks

BY JANIS FONTAINE

pbnews@floridaweekly.com

**Palm Beach Dramaworks** 2015-16 season is just around the corner, and single tickets just went on sale. On Oct. 9, the theater offers William Inge's Pulitzer Prize-winning story of a handsome stranger who drifts into a town full of lonely women, upsetting its balance. "Picnic" runs through Nov. 8. Also on tap:

- **The History Boys** — Dec. 4-Jan. 3. **Alan Bennett** wrote this funny, touching story about the effect an unconventional teacher has on eight of his students.
- **Long Day's Journey Into Night** — Jan. 29-Feb. 28. The Tyrone family's secrets and demons are revealed in **Eugene O'Neill's** semi-autobiographical, Pulitzer Prize-winning play.
- **Outside Mullingar** — March 25-April 24. A romantic comedy set in the verdant Irish countryside, part Romeo and Juliet and part Hatfields and McCoys.
- **Satchmo at the Waldorf** — May 13-June 12. **Terry Teachout** captures the essence of Louis Armstrong as he waxes poetic about his life just a few months before his death in 1971.

The execs at Palm Beach Dramaworks work hard to offer something extra for the people who feel as passionately about the live theater as they do.

Its two main programs — **Knowledge & Nibbles** and **Dramalogue** — will be offered again this year.

**Knowledge & Nibbles** is a lunch-and-learn event that takes place before each production. First you enjoy lunch at a local eatery, then you return to the theater where you meet the director and the actors and get an up-close-and-personal look at bringing a production to life. (You can skip lunch, but why would you?) The first event is at 11:45 a.m. Oct. 7, with lunch at **Grease** followed by a meeting with the director and actors of "Picnic." Members: \$25 lunch and

## Drinking this beer is your civet duty

BY CAROLYN SUSMAN

Florida Weekly Correspondent

Drop into Dixie Grill in West Palm Beach, known for its wide variety of craft brews, and you will find a stout that is unbelievable and unique.

Beer Geek Brunch Weasel.

You read that right.

According to its Danish producer, Mik-keller, this is an "imperial Oatmeal stout (that) is brewed with one of the world's most expensive coffees, made from droppings of weasel-like civet cats."

Its Web page also states that these "fussy Southeast Asian animals are picky and will eat nothing but the best and ripest coffee berries. Enzymes in their digestive

systems aid the process of breaking down the beans which brews a strong, fist-in-the-air flavored coffee."

The coffee flavor ends up in this extremely rich and dark-colored stout.

"It's definitely odd," says Dixie Grill co-owner Jason Matta, who first discovered this line of brunch and breakfast stouts while in New York. He ended up at a bar where the bartender recommended the Beer Geek Brunch and he loved it.

He followed up a few years later by tasting the Weasel variety at an Orlando restaurant, Redlight Redlight. He's a 2007 graduate of the University of Central Florida in Orlando.

SEE BEER, B12 ►



SEE HAPPENINGS, B10 ►



# SANDY DAYS, SALTY NIGHTS

## For men, marriage equals winning



I recently had a conversation with a friend my age, a man who was married out of college but divorced early and who now lives the life of a bachelor. It is, by all accounts, a very good life. So it surprised me when he confessed that he considers himself a failure.

"A failure?" I asked. "Why?"

He shook his head sadly. "Because I'm not married."

This from the man who pokes fun at his married friends?

Who tells me that none of the couples he knows are happy?

Who always seems relieved to have escaped so early?

My friend is handsome and charismatic, professionally successful and financially well off, liked and respected. There's no reason why he should feel like a failure.

But when I thought about it, I realized that this is the same language I've heard from other unmarried male friends. They often speak in terms of failure. Brilliant, ambitious men will lapse into remorse and self-pity when the topic of marriage comes up. I see them weighed down by the enormous pressure of matrimony. If only they could get married,



they confide to me, then their sense of personal success would rocket.

Which might explain many of the perplexing matches out there.

Every week I hear about some ill-suited couple. "Why did he marry her?" someone (usually a woman) will ask. Now I think the answer is simple: Because, for men, being in a bad marriage is better than being in no marriage

at all. Marriage equals success. Period.

The problem, I believe, is that women don't automatically equate marriage and success. A marriage where a woman feels cherished and loved? Definitely a success. A marriage built on respect and trust? Absolutely. A marriage where communication is encouraged? Of course. But these conditions are not issued with the marriage certificate.

They take work. From both spouses.

Yet unhappily married women are always asking me, "Why are men so good at wooing but so bad at everything that comes after?" They want to know why the foot rubs and flowers stop as soon as they walk down the aisle. What about all the sweet gestures that vanished as soon as they said "I do"? What happened to the romance, the candlelight, the passionate kisses?

For a long time, I had trouble answering these women. It didn't seem right to claim that men simply lost interest. It didn't seem fair to say that the magic had worn off. It must be something else, I reasoned, something we weren't seeing.

Now I wonder if these recent conversations with my unmarried male friends haven't provided the explanation.

Perhaps, for a man, marriage itself is the prize. Placid, rocky, tumultuous, vibrant — it doesn't matter. All marriages score equally on the man scale of success. Which would explain why some men don't feel the need to invest in a relationship once the marriage certificate is signed. So what if their wives feel unappreciated? What if resentment is building in every crack and crevice of the union? What if they're the only ones who don't seem to notice? As far as they're concerned, they're winning. ■

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







  
 Present

Sept.  17-27  
 2015

**ISLAND HOPPER**  
 Songwriter Fest



  
[ISLANDHOPPERFEST.COM](http://ISLANDHOPPERFEST.COM)



See you this fall when nationally acclaimed singer-songwriters share their lyrics and voices in this second annual music festival. Catch dozens of shows Sept. 17-27 on Captiva Island, Fort Myers Beach and in Downtown Fort Myers. Get up close to irresistible artists like Kristian Bush, Jana Kramer, Parmalee and LoCash at intimate venues.

Learn more at [IslandHopperFest.com](http://IslandHopperFest.com).  
 #ISLANDHOPPER





## CALENDAR

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

## THURSDAY 09.10

**The Unity World Day of Prayer** — 7 p.m. Sept. 10, Temple Israel, 1901 N. Flagler Drive, West Palm Beach. Caps a daylong prayer vigil that begins with a 9 a.m. convocation and a prayer event at 11:15 a.m. Info: 833-6483.

**Shalom Story Time** — 10:30 a.m. Thursday, Sept. 10, 17 and 24. A free one-hour storytelling session on Thursdays in September at the Society of the Four Arts Children's Library, 2 Four Arts Plaza, Palm Beach. Sponsored by the Friedman Commission for Jewish Education's PJ Library. Each week the stories will focus on a different holiday: Sept. 10 - Rosh Hashanah. Sept. 17 - Yom Kippur. Sept. 24 - Sukkot and Simchat Torah. Register for Shalom Story Time at palmbeachjewish.com/youth or call Hindel Levitin at 659-3884.

**An Exhibition of Guatemalan Art** — 5:30 p.m. Sept. 10, Jupiter Community Center, 200 Military Trail, Jupiter. Learn about the history and artistic contributions of your Guatemalan neighbors and spend the evening discovering Mayan art and culture. At 6 p.m., a screening of the documentary "Brother Towns" is planned, which tells the story of two towns linked by immigration, family and work: Jacaltenango, Guatemala, and Jupiter, where many Jacaltecos have settled. A discussion and a reception with refreshments and live music by Mayaland marimba band follow. Hosted by One Jupiter, a collaborative community initiative that honors the memory of Onesimo Marcelino Lopez-Ramos. Info: 745-9860.

**Clematis by Night** — 6-9 p.m. Sept. 10, The Palm Stage at the Waterfront, Clematis Street, West Palm Beach. Info: clematisbynight.net

**Sept. 10:** Pocket Change performs your Motown and R&B favorites. pocketchangephasetwo.webs.com

**Sept. 17:** Army Gideon gets fans up on their feet with Reggae beats flavored with Blues, Rock and Funk. Info: armygideon.com

**Sept. 24:** Adam Jason Band, features this dazzling singer/songwriter/musician artist with rock 'n' roll roots. Info: adamjason.com

## FRIDAY 09.11

**Screen On The Green** — 8-11 p.m. Sept. 11, West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Screening "Tangled." Rated PG. BYO blankets and lawn chairs to this theater under the stars. Info: Wpb.org/events.

## SATURDAY 09.12

**Hillsboro Lighthouse Tour** — Sept. 12. The light beam from the Hillsboro Lighthouse can be seen 28 nautical miles out to sea, making it the most powerful lighthouse beam in the world. Park in the public parking lot across from the Sands Harbor Resort, 125 N. Riverside Drive, Pompano Beach. Look for the HLPs Lighthouse tour table at the dock. Lighthouse tour transportation is by one of four shuttle boats from the Sands Harbor Resort, sailing hourly from 8:30-11:30 a.m. \$25. Free for HLPs members (annual dues are \$25 individual, \$50 families, \$100 corporate. Flat shoes with rubber soles and closed toes required. Children must be 48 inches tall. Info: hillsborolighthouse.org/tours.

## LOOKING AHEAD

**Le Cercle Francais de Jupiter** — Sept. 17. A discussion of the French system of education is planned. Call Yvonne Jeck at 744-0018.

**Exhibition: Exposure** — Opening reception 6-9 p.m. Sept. 18, Artisans On The Ave. Gallery, 630 Lake Ave., Lake Worth. A photographic show featuring artists E.J. Morales, Susan Oakes and Lorayne Vitrone. Gallery hours: 11 a.m.-9 p.m. Monday-Saturday and 11 a.m.-6 p.m. Sunday. Free. Refreshments. Info: 762-8162 or 582-3300.

**Harmony Without Borders** — 7 p.m. Sept. 19. A concert featuring more than 60 young musicians from three countries, ages 8-18, including 30 children with the Imagina Symphonic Orchestra in Leon, Mexico, 10 children from the Pequeñas Huellas cultural project in Torino, Italy, and 24 children from the Miami-based Siman Orchestral Foundation. Tickets for the 7 p.m. performance are \$25, \$48 and \$65 for VIP, but the public, especially children, is invited to attend a free rehearsal at 2 p.m. on Sept. 19. Info: 243-7922, Ext. 1. Delrayarts.org

**Music@FPC/WPB** — 4 p.m. Sunday, Sept. 20, First Presbyterian Church of West Palm Beach, 301 S Olive Ave, West Palm Beach. Features a performance of sacred piano music by composer Gail Smith. Tickets: \$10 adults, \$5 for seniors and students. Info: kathywillow@comcast.net or call 655-1707.

## AT MOUNTS

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

**Mounts Botanical Garden Book Discussion Series** — 7-8:30 p.m. Sept. 8, Clayton Hutcheson Complex Conference Room. Free. Talk books with other garden enthusiasts. Fiction and non-fiction, in partnership with the Palm Beach County Library System. September's book: "Mister Owita's Guide to Gardening," by Carol Wall.

**Everything Orchids: A Shady Affair Plant Sale** — 9 a.m.-4 p.m. Sept. 12 and 9 a.m.-3 p.m. Sept. 13. A plant sale featuring all things orchids, plus begonias, bromeliads, orchids, ferns, hoyas, aroids. Free for members; \$10 nonmembers.

**Rawsome Eats: Live Cooking Demonstration & Class** — 9-11 a.m. Sept. 20, Mounts Auditorium. Learn to prepare a raw feast with Thanksgiving flavors. Instructor: Raw food chef Nina Kauder. \$30 members; \$40 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; palm-beachzoo.org.

Ongoing:

**Story Time at the Zoo:** 10:30 a.m. Saturday

**Meet Hati, the new tiger:** The zoo's new tiger is a 12-year-old male Malayan who came from the Fort Worth Zoo. Visit him in the Kimelman Tiger River habitat.

**Visit new parents Dhathi and Madhu:** These Indian pygmy geese welcomed

their four goslings on July 15. The mortality rate is very high for these geese.

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

**The Wild Things Show:** Noon daily.

## AT THE PLAYHOUSE

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

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

## AT THE LIGHTHOUSE

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way, Jupiter. Admission: \$10 adults, \$5 children ages 6-18; free for younger than 6. Jupiter Lighthouse participates in the Blue Star Museums program. Children must be at least 4 feet tall to climb. Tours are weather permitting; call for tour times. RSVP required for most events at 747-8380, Ext. 101; jupiterlighthouse.org.

**Twilight Yoga at the Light** — 7-8 p.m. Sept. 7, 14, 21 and 28. Led by Mary Veal, Kula Yoga Shala. On the Lighthouse Deck at sunset! For all levels. Bring a yoga mat and a flashlight. Time varies by sunset and is weather dependent. Check the website for weather updates and exact start times.

**Lighthouse Sunset Tour** — Sept. 9, 16 and 23. 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** — 6:15 p.m. Sept. 27. Tour lasts approximately 75 minutes. \$15 members, \$20 nonmembers. RSVP required at 747-8380, Ext. 101.

## 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.

## AT THE JCC

The Mandel JCC, 5221 Hood Road, Palm Beach Gardens. Info: 689-7700; jconline.com/pbg

In the Lyons Art Gallery:

**Sept. 10:** Soulmates: Jewish secrets to a meaningful relationship; duplicate bridge games; bridge intermediate class; learn to play duplicate bridge

**Sept 11:** Bridge: advanced beginner's supervised play; duplicate bridge; beginner's bridge ii class

**Sept 13:** Closed at 1 p.m. for Rosh Hashanah

**Sept 14:** Closed for Rosh Hashanah

**Sept 15:** Closed For Rosh Hashanah

**Sept 16:** Canasta 101 class; ladies of literature; mah-jongg & canasta play session; duplicate bridge

**Sept. 17:** Soulmates: Jewish secrets to a meaningful relationship for women; duplicate bridge games; bereavement support group; bridge intermediate class; learn to play duplicate bridge

## AT THE IMPROV

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

**Michael Ian Black** — Sept. 10-12. \$22.

**Christopher Titus** — Sept. 13. \$25.

**Jeff Dye** — Sept. 17-20. \$20.

## AT PV AMPHITHEATRE

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

**5 Seconds of Summer** — 7:30 p.m. Sept. 13.

**Van Halen** — 7:30 p.m. Sept. 15

**Kelly Clarkson and Pentatonix** — 7 p.m. Sept. 17

## 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. You'll see live and preserved specimens of human-loving organisms and insects, as well as video of infestations, and exhibits that let you get up-close to these organisms.

**Discovery Center** — Specifically targeted for kids age 5 and younger, the newly opened area features a giant 16-foot long water table, a "Lite Brite" art wall with big pegs for little hands, a lounge area, a story time area and dress-up area.

## AT THE FAIRGROUNDS

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

**The 2015 Palm Beach Auto Swap Meet** — 9 a.m.-6 p.m. Sept. 12-13. Everything automotive. Info: PalmBeach-AutoSwapMeet.com or 954-205-7813.

**South Florida Fall Boat Show** — 9 a.m.-6 p.m. Sept. 12-13. Marine mart, seafood festival, island music and more than 100 boats and watercraft. \$10; free for age 12 and younger. southfloridafallboatshow.com

## LIVE MUSIC

**The Colony Hotel** — 155 Hammon Ave., Palm Beach. Info: 659-8100 or 655-5430; thecolonypalmbeach.com

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



## CALENDAR

- **The Norm Kubrin Trio** — Saturday evenings in Polo. Call for time.

**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

**Live Music on the Garden Terrace** — Thursday, Friday and Saturday night at Farmer's Table, 1901 N. Military Trail, Boca Raton. Info: 417-5836; farmerstableboca.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

**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.

**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/.

**The Tin Fish** — 118 S. Clematis St., West Palm Beach. Info: 223-2497

## ONGOING

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

**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; ansng.org.

**APBC Art on Park Gallery** — 800 Park Ave., Lake Park. APBC Members Abstract Only Exhibit 2015: This exhibit showcases 2D and 3D work by the members of Artists of Palm Beach County through Sept. 19. Info: 345-2842; artistsofpalmbeachcounty.com

**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.

- **NEW & NOW: New Faculty Exhibition** — Through Sept. 26. A multimedia exhibition features the work of new faculty members. Artists include Judith Olney, Ying Zhou, Nolan Baumgartner and Chad Steve in ceramics; Isabel Gouvía and Izel Vargas in 2D; Robert Barra and Anita Lovitt in drawing; John Cutrone, Cindy Bartosek, and Melanie Ottenstein in printmaking and fibers; Barbara Winkel for glass; Ingrid Webster in jewelry; Tina Kraft in painting; Leigha Foy in photography and digital media; Tristyn Bustamante

in sculpture; and Lesa Goltz and Mark Rupperecht in youth education.

**Art & Wine Promenade** — 6-9 p.m. the last Friday of the month. Stroll the streets of West Palm Beach's Northwood Village, visit galleries, go shopping, enjoy a glass of wine, then have dinner at one of the neighborhood's restaurants. The CRA Information booth at Northwood Road and Spruce has village maps and a wine-tasting card. Info: northwoodvillage.org.

**Artisans on the Ave** — 630 Lake Ave., Lake Worth. Hours: 11 a.m. - 9 p.m. Monday-Saturday. Info: 582-3300; ArtisansOnTheAve.com

**The Atala Chapter of North American Butterfly Association meets** — 7 to 9 p.m. the third Thursday at Pine Jog Environmental Education Center, 6301 Summit Blvd, West Palm Beach. Free. Guests welcome. Info: nabapalmbeach.org

**The Benzaiten Center for Creative Arts** — 1105 Second Ave. S., Lake Worth. Located in the Historic FEC Train Depot, you'll find a glassworks studio, a gallery and gift shop, and a metal works studio. To schedule a private tour, call Anita at 315-1446. Info: 508-7315; benzaitencenter.org

**The Boca Raton Museum of Art** — 501 Plaza Real, Boca Raton. Free for members, students with ID, and age 12 and younger; adults \$12; seniors (65+) \$10; students (with ID) \$5. Info: 392-2500; bocamuseum.org.

- **"Izhar Patkin: You Tell Us What to Do"** — Through Jan. 10. The Israeli-born, New York based artist exhibits mural-size paintings on tulle fabric.

**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.

**Burns Road Recreation Center** — 4404 Burns Road, Palm Beach Gardens. Info: pbgfl.com; 630-1100.

**The Adult/Senior Club** — hosts bingo and games. Free for members, \$3 residents and \$5 nonresidents guests (first guest visit is free). Join the club for \$25 per year residents, \$50 nonresidents. Coffee and snacks. Info: 630-1100 or email recinfo@pbgfl.com.

- **Bingo** — 1-4 p.m. Mondays starting Sept. 14. Arrive by 12:45 p.m. to purchase your Bingo cards.
- **Social Bridge and other games** — 12:30 p.m. Mondays, Lakeside Center, 10410 N. Military Trail.

**The Burt Reynolds Institute for Film & Theatre** — The BRIFT recently announced its fall/winter schedule. Classes meet in Lake Park Town Hall, 535 Park Ave., Lake Park. Advance registration required. Call Donna at 561 743-9955.

- **Acting in Commercials** — 7-9 p.m. Sept. 18 and 25. This course is taught by television and radio personality Jo Ann Pflug who has appeared in 250 television shows. \$99. Bring a memory card for recording your performance.
- **Fundamentals of Acting (FOA)** — 1-4:30 p.m. Sundays. Novice and intermediate performers learn and perfect the finer points of act-



**#SFL TOP PICKS**

**09.12**

■ **Hillsboro Lighthouse Tour** — Tour the lighthouse, built in 1907, on Sept. 12. Park in the public parking lot across from the Sands Harbor Resort, 125 N. Riverside Drive, Pompano Beach. Look for the HLPs Lighthouse tour table at the dock. Lighthouse tour transportation is by one of four shuttle boats from the Sands Harbor Resort, sailing hourly from 8:30-11:30 a.m. \$25. Free for HLPs members (annual dues are \$25 individual, \$50 families, \$100 corporate. Flat shoes with rubber soles and closed toes required. Children must be 48 inches tall. Info: hillsborolighthouse.org/tours.



**09.12-13**

■ **Everything Orchids: A Shady Affair Plant Sale** — A plant sale featuring all things orchids, plus begonias, bromeliads, orchids, ferns, hoyas, aroids. 9 a.m.-4 p.m. Sept. 12 and 9 a.m.-3 p.m. Sept. 13. Free for members; \$10 nonmembers.




**#GETINSHAPE**

■ **Free Saturday Tai Chi Classes** — Agape Healing Arts leads this ancient Chinese exercise pattern. 9-10 a.m. Sept. 12, 19 and 26 at Harbourside Place; Info: harboursideplace.com.

**#JUSTROAR**

■ **Meet Hati, the new tiger at The Palm Beach Zoo & Conservation Society.** Info: 533-0887; palmbeachzoo.org.

- ing for film and theater. Advanced actors hone their skills. Led by instructor/actor/director Sherman Roberts. Ongoing. \$25 per class.
- **Teleprompter Proficiency** — 1-3 p.m. Sundays. A six-week course in one of the most requested skills for actors by South Florida casting directors and talent agents. Also beneficial for business executives who need strong presentation skills. An intensive two-hour one-on-one workshop is also offered. Patty Serrano, owner of Little Panther Prompter, leads. \$150. Register in advance.
- **Scene Study and Character Analysis** — 7 p.m. Mondays. For beginning, intermediate and advanced actors to become comfortable in their own skin. Led by actor/producer/director Todd Vittum. Ongoing. \$25 per class.
- **Creative Writing** — 6:30-9:30 p.m. Tuesdays. For the serious writer. This instructor asks for a commitment to attend on a regular basis. Moderated by author/playwright/journalist Donna Carbone. Ongoing. \$25 per class.
- **Art of Improvisation** — This class is for age 16 and older inter-



# CALENDAR

ested in improv. Taught by Todd Vittum from 7:30 p.m. to 9:30 p.m. Thursday. \$25 per class.

- **Side by Side** — 10 a.m.-noon Saturdays. Learn monologue delivery, scene study and improvisation. For ages of 10-15. Taught by actor/producer/director Todd Vittum. \$20 per week.

**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.

**The Choral Society of the Palm Beaches** — Rehearsals are held at 7 p.m. Tuesdays at The First Presbyterian Church, 4677 Hood Road, Palm Beach Gardens, for the holiday performance. Arrive at 6:30 p.m. to register. New singers can audition at any Tuesday rehearsal in Sept. Info: choralsocietypalmbeaches.org

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

**The Cultural Council of Palm Beach County** — 601 Lake Ave., Lake Worth. Info: 471-2901.

- **MilaGROWTEENS: The Future** — Through Oct. 3. Teens from the Milagro Center exhibit their work.

**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 Loxahatchee Chapter** — Leads nature walks. New adventurers are welcomed. Get info and register at loxfltrail.org

- **John Prince Park Walk** — 7:30 a.m. Sept. 5. A 2 to 4 mile walk, leisurely pace. Info: 963-9906.
- **Hike In Jonathan Dickinson State Park** — 8 a.m. Sept. 6. Meet at the front gate. A 7-12 mile hike, moderate pace. Info: 391-7942.
- **Monthly Chapter Meeting** — Sept. 7. Meet members. Guests welcome at the annual Labor Day family ice cream social at Okeehelie Park's screen room behind the nature center, 7715 Forest Hill Blvd., West Palm Beach. Watch for the sign. Info: 324-3543.
- **Trail Maintenance** — 8 a.m. Sept. 12. Join FTA members for a little trail clean-up work trimming trails. Info: 317-3631.
- **Okeehelie Park Walk** — 7:30 a.m. Sept. 19. Leisurely pace. Info: 439-5780.

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

sofpalmbeach.com

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

- **Friday Nights on the Waterfront** — 6-10 p.m. Sept. 11 (Tom Jackson Band) and Sept. 18 (Making Faces).
- **Free Saturday Tai Chi Classes** — 9-10 a.m. Sept. 12, 19 and 26. Agape Healing Arts leads this ancient Chinese exercise pattern.
- **Saturday Live Music** — 6-10 p.m. Sept. 12 (Groove Merchant), Sept. 19 (Wonderama) and Sept. 26 (The Helmsmen).
- **Island Sundaze** — 3-7 p.m. Sept. 13 (Karlos Marz Band), Sept. 20 (Bryce Allyn, formerly of Boxelder) and Sept. 27 (High Tide).
- **Exotic Car Show** — 5-7 p.m. Sept. 12. Stroll through Harbourside Place and view some of the most rare and exotic automobiles, live music, kid's zone. Register your car via email at carshow@harbourside.com.
- **Book Signing at Native Visions** — 5-9 p.m. Sept. 19. Meet Daniel Myburg, a Zimbabwe-born wildlife photographer, who will sign his new book, "Circle of Life."
- **Free Yoga by Luna** — 6:30-7:30 p.m. Tuesday and Thursday. A free evening yoga class at the waterfront amphitheater.

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

**Holden Luntz Gallery** — 332 Worth Ave., Palm Beach. Exhibition: "Let the Good Times Roll, through Sept. 26. A group exhibition featuring photographs that capture the "pleasures in life from youthful games and leisure time activities, to moments of celebration and scenes of romance." Photographers include Harry Benson, Brassai, Robert Doisneau, Jacques-Henri Lartigue, and Sabine Weiss. Info: 805-9550; holdenluntz.com

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

- **Wild about reading** — 10 a.m. Sept. 12 and 10-11:30 a.m. and 2:30-4:30 p.m. Sept. 8. Relax in the shade with lemonade and cookies and read with a Ranger, then go on a nature walk. Reservations required.
- **Discover Reading Scavenger Hunt** — 9 a.m.-5 p.m. Sept. 5, 12. Explore the river area on this self-guided walking tour and learn about the park's wildlife and natural and cultural history.
- **Celebrate International Literacy Day!** — Sept. 8. Free entry with your library card or if you donate a gently used family-friendly book at the gate.

**Jupiter Community Center** — 200 Military Trail, Jupiter. Info: 741-2310.

**Fall Thursday Movie Matinees** — 1:30 p.m. Thursdays at the Jupiter Community Center Auditorium. Free popcorn and lemonade. Info: 741-2400.

- **"The Good Lie"** — Sept. 24. Rated PG-13. Starring Reese Witherspoon.

**The Jupiter Senior Softball Association** — Games are played at 8:30 a.m. Monday, Wednesday and Friday mornings at Jupiter Community Park. Open to all men 55 and older. Info: 748-5573 or visit leaugelineup.com/

**The Lake Park Public Library** — 529 Park Ave., Lake Park. 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.

- **Third 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.

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

**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.

**The Mandel Public Library of West Palm Beach** — 411 Clematis St., West Palm Beach. Info: 868-7701; mylibrary.org

- **increMental-U** — More than 60 personal enrichment programs between Sept. 8 and Dec. 16, blending of traditional library resources with arts and lifelong learning for adults. Classes include voice lessons, acting, comedy improv, print-making, perfume and soap making, art classes, beekeeping courses, professor-led lectures, technology, personal finance and more. All are free. Get a catalog of classes at the library or at wpbcitylibrary.org

**McMow Art Glass** — 701 N. Dixie Highway, Lake Worth. Classes and retail sales, plus private tours available (call Anita at 315-1446.) Info: 585-9011; mcmow.org

**The Morikami Museum and Japanese Gardens** — 4000 Morikami Park Road, Delray Beach. Info: 495-2223; morikami.org.

- **Sushi & Stroll Summer Walk Series** — 5:30-8:30 p.m. Sept. 11. A cold drink, a breathtaking sunset, walking paths through the tranquil garden and over bridges, food from Cornell Café, shopping at the museum store, a drumming performance by Fushu Daiko. If you're feeling ambitious, there's a smart phone tour. Tickets: \$8 adults, \$6 age 4-10, free for members and age 3 and younger.

Exhibitions:

- **The Morikami Menagerie: Creatures in Japanese Art** — Through Sept. 13. The Japanese people have a deep love of the natural world and its wild creatures, so they are frequently represented in Japanese art, and in works from traditional folk art to modern forms like anime.
- **Japan's Robot Kingdom** — Through Sept. 13. "This exhibition explores Japan's vast robot kingdom through a collection of vintage toys, figurines and comics."

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

Intensive language courses for beginners are registering now. For details, registration and RSVP: 228-1688 or nk@multilingualsociety.org

**The North County Art Association (NCAA)** — meets at 7 p.m. the second Monday of the month at the Lighthouse ArtCenter in Tequesta. Visit the NCAA Connection Blog at northcountycartasociationnews.blogspot.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 Norton Museum of Art** — 1451 S. Olive Ave., West Palm Beach. The Norton will be closed from Sept. 7-25 to prepare for its new season and its upcoming renovation and construction. The Norton will re-open on Sept. 26 with its annual Moon Festival celebration. Info: 832-5196 or norton.org.

**The Palm Beach Gardens Historical Society meets** — 7 p.m. the second Wednesday of the month Christ Fellowship Main Building, Room 212, 5343 Northlake Blvd., Palm Beach Gardens. Info: 622-8538.

**The Palm Beach Photographic Center** — City Center, 415 Clematis St., West Palm Beach. Info: 253-2600 or visit workshop.org or fotofusion.org.

- **2015 Members' Exhibit** — Through Nov. 7. Six of the 81 members whose work is on display are from Palm Beach County. Free.

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

**Sunday Sunrise Meditation** — 6:15 a.m. Sunday, 1/2 mile north of the Juno Beach Pier at Boardwalk 29, in Juno Beach. For all ages and abilities. Free. Info: 307-2600; helpingtraveler@gmail.com

**Sunset Celebration on the Intra-coastal** — 6-9 p.m. the last Friday of the Month, Lake Park Harbor Marina, 105 Lake Shore Drive, Lake Park, between Northlake and Blue Heron boulevards. Tolliver & Cash perform a blend of rock, pop, country and blues. Cash bar. Artisan vendors. Free parking. Info: 881-3311; lakeparkflorida.gov

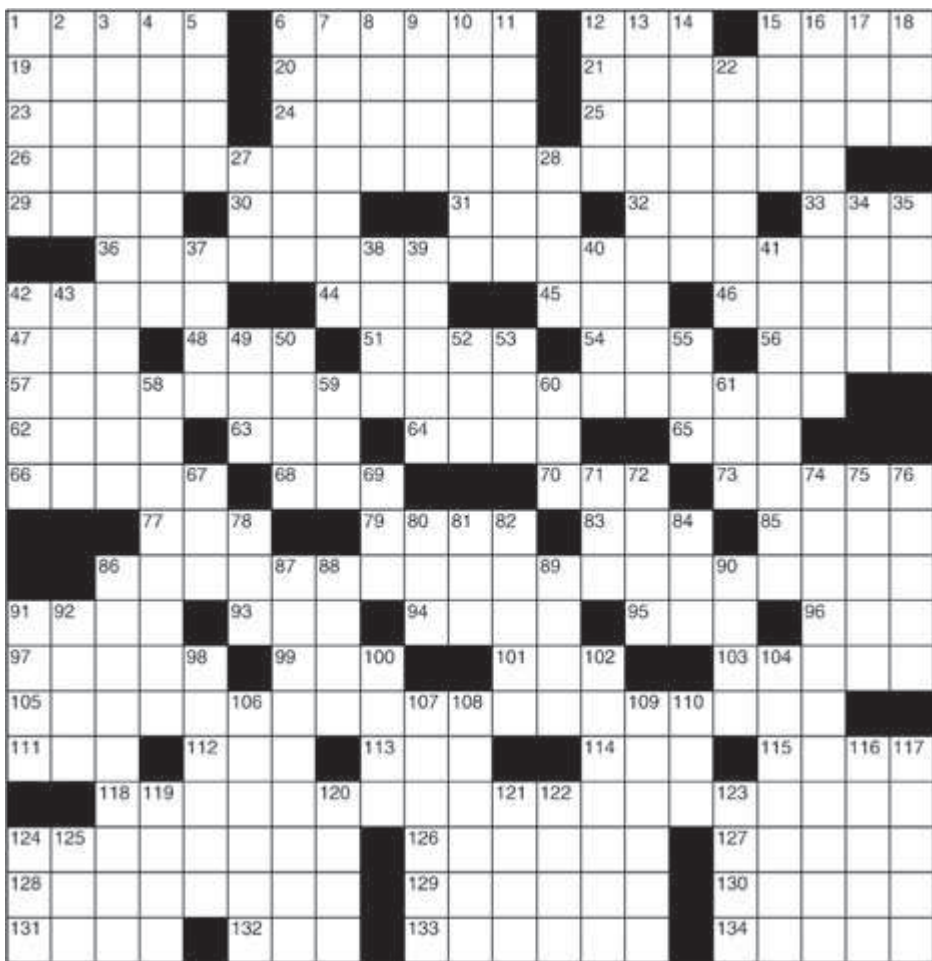
**Taste History Culinary Tour** — Learn the flavor, culture and history of local cities with these guided tasting tours. The four-hour tour visits 3 or 4 restaurants, eateries and cultural sites and is a combination bus tour and walking tour. Tours board at Macy's (East Entrance), 801 N. Congress Ave., Boynton Beach. Reservations required. Tickets: \$50 adults, seniors. Free for children younger than 14. Benefits the non-profit Museum of Lifestyle & Fashion History. Info: 243-2662; taste-historyculinarytours.org

- **Northwood Village/West Palm Beach/Lake Worth** — Sept. 12.
- **Lake Worth/Lantana** — Sept. 19 and 26. ■



# PUZZLES

## DISORDERLY NEW YEAR



- ACROSS**
- 1 Not live, as a TV show
  - 6 Flight in a building
  - 12 Nature lover's prefix
  - 15 Service station fixture
  - 19 Old Olds
  - 20 Chicken of — (tuna brand)
  - 21 Digressions
  - 23 "The Cosby Show" wife
  - 24 Wild-animal tracking aid
  - 25 Tree-planting observance
  - 26 Try to find a figure of a person carved in oak?
  - 29 Goad
  - 30 Architect I.M. —
  - 31 Ending of sugar names
  - 32 Key next to F1
  - 33 Chou En- —
  - 36 Avid fan of German computer programs?
  - 42 — effect on (impacts)
  - 44 Divine being
  - 45 Compass pt.
  - 46 Singer Paula
  - 47 Jurist's org.
  - 48 Really bug
  - 51 One fibbing
  - 54 R&B producer
  - 56 Ballerina's jump
  - 57 Promoter of Texas' largest city was
  - 62 Foot support
  - 63 "That's show —!"
  - 64 Butte's kin
  - 65 Pt. of SSN
  - 66 Not lenient
  - 68 Sound of rebuke
  - 70 Zsa Zsa's sister
  - 73 Relievable by scratching
  - 77 It's south of Can.
  - 79 Eyes a bull's-eye, say
  - 83 Fess (up to)
  - 85 "Of — I Sing"
  - 86 Hapless thugs caught in the rain?
  - 91 Prioritize
  - 93 Mauna —
  - 94 Sweet-talk
  - 95 Like Bashful
  - 96 Writer Harper —
  - 97 French ecclesiastics
  - 99 Drama part
  - 101 — Newton
  - 103 Active types
  - 105 Nonlocals visited by ghosts?
  - 111 Mil. bigwig
  - 112 Viral gene material
  - 113 Light blow
  - 114 Myrna of film
  - 115 " — extra cost!"
  - 118 New year of which there are five anagrams in this puzzle
  - 124 More eerie
  - 126 Liken
  - 127 Buenos —
  - 128 Promotion at the top of a Web page
  - 129 Sled feature
  - 130 "Johnny B. —" (1958 hit song)
  - 131 Abbr. before "D.A."
  - 132 Sullivan and O'Neill
  - 133 Detects
  - 134 Pitch-dark
  - DOWN**
  - 1 RPM gauges
  - 2 "To sum it —"
  - 3 Option for pad thai
  - 4 African republic
  - 5 Tim Conway's " — on Golf"
  - 6 Audio system
  - 7 Deicing
  - 8 Sleekly designed
  - 9 "What — be done?"
  - 10 Learn about via print
  - 11 Most sapient
  - 12 LGA guesses
  - 13 Period after Ford's presidency
  - 14 Safely at first or second
  - 15 Lima's locale
  - 16 Not duped
  - 17 NYC bus
  - 18 —Ops
  - 22 "You fell for it!"
  - 27 Choose, with "for"
  - 28 The latest
  - 34 "What are you, some kind of —?"
  - 35 Not in use
  - 37 Army squad
  - 38 By oneself
  - 39 Hatred
  - 40 "Not likely!"
  - 41 Disapprove of
  - 42 Responses to puns
  - 43 End a mission early
  - 49 Lowe of "Breakaway"
  - 50 Puff's partner
  - 52 Munched
  - 53 — ipsa loquitur
  - 55 Beetles and Golfs, briefly
  - 58 Shriveled up
  - 59 Shih —
  - 60 Singer Carly — Jepsen
  - 61 With 119-Down, "Absolutely not!"
  - 67 Bounced check abbr.
  - 69 Greek letter
  - 71 Wedding part
  - 72 Blows away
  - 74 Egg yolks are high in it
  - 75 "Napoleon Dynamite" star Jon
  - 76 Positive RSVPs
  - 78 ISP of note
  - 80 Mag with an annual "500"
  - 81 "Little Red Book" author
  - 82 Work crew
  - 84 Ulmost
  - 86 Loosens, as some shirts
  - 87 Future path snack
  - 89 Take off
  - 90 Jekyll's antithesis
  - 91 School cheers
  - 92 All that and — of chips
  - 98 Hit from a 102-Down
  - 100 Ballerina's skirt
  - 102 Links peg
  - 104 Formal talk
  - 106 Not partial
  - 107 Electroshock weapons
  - 108 Not transparent
  - 109 Romantic hopefuls
  - 110 Big Apple sch.
  - 116 " — remind you that ...?"
  - 117 Advent
  - 119 See 61-Down
  - 120 Municipal laws: Abbr.
  - 121 U.S. Senate alumnus
  - 122 Marino and Rather
  - 123 Prego rival
  - 124 Fed. loan agency
  - 125 Mas' mates

SEE ANSWERS, B10

## HOROSCOPES

■ **VIRGO (August 23 to September 22)** An unexpected development could cause some supposedly resolved disagreements to reignite. Deal with the situation before it leads to some really serious problems.

■ **LIBRA (September 23 to October 22)** A clash of work-linked viewpoints needs to be discussed openly, honestly and calmly by all concerned before it can impede progress on an ongoing project.

■ **SCORPIO (October 23 to November 21)** The Scorpion's pragmatic side helps you accept the possibility that a change of plans might be the wise thing to do. Be sure to weigh all your considerations carefully.

■ **SAGITTARIUS (November 22 to December 21)** Some people might not take no for an answer. Never mind. Keep your resolve if you're sure you don't want to be involved in a potentially sticky situation.

■ **CAPRICORN (December 22 to January 19)** All other facts and figures aside, it's what you learn about potential colleagues that can be most helpful in assessing any decisions you're likely to make regarding a new project.

■ **AQUARIUS (January 20 to February 18)** You might want to reconsider some of your outside commitments if they continue to demand more time than you can spare. Be honest with yourself when making a decision.

■ **PISCES (February 19 to March 20)** Pay attention to that inner voice

of Piscean wisdom counseling you to remove those rose-colored glasses and take an honest look at any decisions you might face this week.

■ **ARIES (March 21 to April 19)** Personal matters claim a good deal of the Lamb's time in the early part of the week. But by midweek, pragmatic considerations (work, school, job-seeking, etc.) begin to take priority.

■ **TAURUS (April 20 to May 20)** The seasonal shift ignites the Bovine's creative aspects. You could do well if you try to combine your penchant for innovation with the more pragmatic demands of the week.

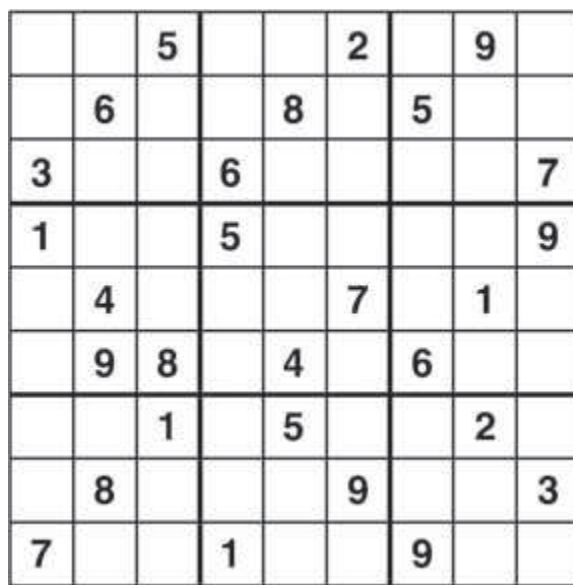
■ **GEMINI (May 21 to June 20)** Ideas come easily to you this week. And never mind that some might suggest they're unworkable and/or impractical. It's your vision that counts. Work them out and see what turns up.

■ **CANCER (June 21 to July 22)** Personal matters continue to dominate the early part of the week. By midweek, more workaday issues once again begin to emerge. Balance your time to give both the attention they need.

■ **LEO (July 23 to August 22)** A new contact could provide an expanded opportunity. But be sure you get all the facts before you consider signing on. Ask questions, and be wary if you don't get the right answers.

■ **BORN THIS WEEK:** You have a penchant for persuasion that would make you a fine candidate for a political career. ■

By Linda Thistle



Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging ★★★ Expert

SEE ANSWERS, B10

# The Love Garden

**Pre-season sale**  
 Select items up to 60% off  
 of Silk Floral Arrangements  
 & Home Accessories  
 lots to choose from

*Our goal is to exceed your expectations in service and quality!*

**561-691-5884**  
**CRYSTAL TREE PLAZA**  
 1201 US Hwy 1 • North Palm Beach | Open Mon – Sat 10 – 5:30pm

**MONTHLY PROFESSIONAL COMEDY SHOWS AT THE PERFORMING ARTS ACADEMY OF JUPITER**  
 6743 W. Indiantown Road Suite 34, Jupiter, FL 33458

AS SEEN ON ABC, FOX AND SIRIUS XM <b>MICHAEL MACK</b> FRIDAY, SEPT. 11TH DOORS OPEN AT 7PM SHOW BEINGS AT 8	AS SEEN ON ABC, B.E.T. & COMICS UNLEASHED <b>LA HARDY</b> FRIDAY, OCT. 9TH DOORS OPEN AT 7PM SHOW BEINGS AT 8	FROM HOWARD STERN <b>REV. BOBY LEVY</b> FRIDAY, NOV. 13TH DOORS OPEN AT 7PM SHOW BEINGS AT 8
--	--	--

FOR TICKETS: [CASEYNSPAZCOMEDY.SHOWCLIX.COM](http://CASEYNSPAZCOMEDY.SHOWCLIX.COM) OR **561.575.4422**  
**B.Y.O.B. SHOW • NEW SHOW EVERY 2ND FRIDAY OF THE MONTH**



# PALM BEACH

Special Spaces nonprofit celebrates a room makeover f



Nicole Lamthier, Bill Lamthier and Kim Goering



Char Burke, Jane Leichey and Kelly Kennerly



Erin Rudder and Ann Vandersteel



Erin Rudder, Heather Neville



Greg Cox and Michelle Cox



Paul Thomas, Nicole Lamthier and Bill Lamthier



Philip Colaizzo and Carla Alexander



Sharon Apple, Lysie Pffleg

"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



Imagine it all. Then find it at



DowntownA



# CH SOCIETY

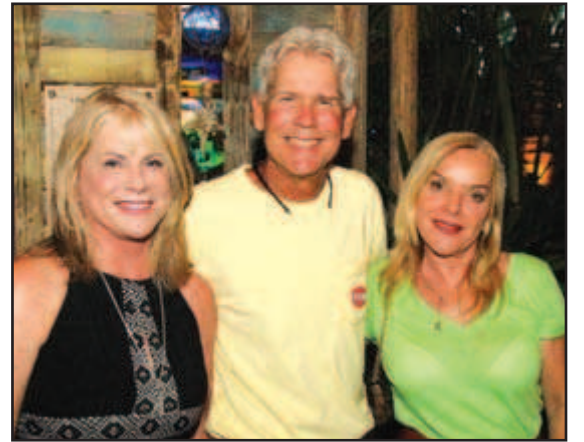
for a special patient, at Guanabanas restaurant, Jupiter



...e, Patty Constantakos, Elyse Schwartz, Sharon McEnroe and Julie Thomas



Warren Cleveland, Kelly Kennerly and Sharon McEnroe



Susan Dyer, Eddie Jones and Dada Newton



...gor, Roy Apple, Jennifer Smyth and John Smyth



Gabriella Brown, Mary Jo McPhail, Samar Ahmed and Tracy Cleveland

ANDY SPILOS / FLORIDA WEEKLY

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



AtTheGardens.com    

# DOWNTOWN LIVE

FREE LIVE MUSIC  
Fridays & Saturdays, 7pm

**SEPT 11** CASEY RAINES  
COUNTRY / ROCK

**SEPT 12** WONDERAMA  
POP / ROCK

SPONSORED BY



Over 2400 **FREE** Parking Spaces  
and **FREE** Valet Parking



# HAPPENINGS

From page 1

program by Oct. 2, \$30 after Oct. 2, \$15 program only. Nonmembers: \$40 lunch and program, \$20 program only. For tickets, contact the box office by phone 514-4042, Ext. 2.

**Dramalogue: Talking Theatre** is a series that explores all aspects of theater through live conversations with theater professionals and artists. Beginning Dec. 8 with **Paul Gemignani: Theatre's Master Maestro**, **Sheryl Flattow** will host a live interview with **Gemignani** followed by a Q&A with the artist. Gemignani is the recipient of a Lifetime Achievement Tony Award (in 2001). His work with Stephen Sondheim drew his biggest accolades. As the musical director, he's brought the work of Broadway's great composers, including **Cy Coleman, George Gershwin, and Cole Porter**, to the stage.

**Palm Beach Dramaworks** performances take place in the **Don and Ann Brown Theatre**, 201 Clematis St., West Palm Beach. For more information, visit [palmbeachdramaworks.org](http://palmbeachdramaworks.org)

## More. Live. Music. CityPlace.

Finally! News of **Lafayette's Music Room** opening in **CityPlace** have been teasing our live music taste buds for months and we're finally getting a taste of what the venue has to offer. On Sept. 3, they opened their doors. **The Mantras**, a six-piece jam band from Greensboro, N.C., was the first band to play.

This club has big shoes to fill. The original **Lafayette's Music Room in Memphis** recently raised itself from the ashes. The once popular club flamed out after a short career in the early 1970s and

had lain dormant for nearly 40 years until Beale Street Blues Co. breathed new life into it. The club reopened in 2014, and, just a year later, was just named "the No. 1 music venue in Memphis by *The Memphis Commercial Appeal*."

**Tommy Peters**, president of **Beale Street Blues Co.** which owns **Lafayette's**, is optimistic about the **CityPlace** club's chances. The plan is to host a wide range of musical acts, from classic rock to blues, jazz to alternative, and drawing from the tremendous talent touring Florida as well as national acts.

You'll see bands you already know and love, like **The Kinnected**, and fresh offerings like **The Lee Boys**, three brothers who have been called "the finest of African-American sacred steel ensembles." They played here when the club was still **BB King's Blues**, which closed about a year ago.

The club, on the second floor near Muvico, has been remodeled with cozy booths and dark woods. They host happy hour from 5 to 7 p.m. and serve dinner, when they say the music will be played at lower volumes more conducive to dining.

The menu is Southern-inspired with po'boys and shrimp and grits, and a few surprises: Consider chicken wings tossed with a molasses-lime sauce.

But when 9 p.m. arrives, it's not about food anymore; that's when the party really starts.

Bands on tap:

- **Jeff Harding Duo** — 7 p.m. Sept. 11
- **The Kinnected** — 10 p.m. Sept. 11
- **Jeff Harding Band** — 10 p.m. Sept. 12
- **Radio Birds** — 9 p.m. Sept. 17
- **The Lee Boys** — 10 p.m. Sept. 18 and 19



COURTESY PHOTO

"Encounters," by Joan Keinstead, one of the many works to be displayed at the "2 + 3 The Artists' Organization: The Human Image" exhibit at The Armory Art Center opening Sept. 25 from 6 to 8 pm.

- **Dead 27's** — 9 p.m. Sept. 24
  - **The Steppin' Stones** — 10 p.m. Sept. 25
  - **The Moska Project** — 10 p.m. Sept. 26
  - **The Boss Project** — 7 p.m. Sept. 27
- Info is at 420-8600 or [lafayettes.com/palm-beach/](http://lafayettes.com/palm-beach/).

## How do you see it?

The **Armory Art Center** will open a new exhibition focusing on the ways artists of different cultural traditions have represented the human form.

The exhibition "**2 + 3 The Artists' Organization: The Human Image**"

will exhibit a wide array of art, with an interconnecting theme of the human body, ranging from abstract expressionism to realism.

It may seek to prove Cezanne's theory that all forms of nature, including human forms, can be expressed in three shapes: the cube, the ball and the cone. Artistic practices and cultural traditions will be compared and contrasted.

A free opening reception with food and wine will take place from 6 to 8 p.m. Sept. 25.

The exhibition will be on display in the **Montgomery Hall Gallery** until Oct. 24. **The Armory Art Center** is at 1700 Parker Ave., West Palm Beach. Info: [armoryart.org](http://armoryart.org) or 832-1776. ■

# GREEN MARKETS



COURTESY PHOTO

An assortment of orchids offered by Zen Orchids at The Green Market at Palm Beach Outlets.

■ **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. Info: 439-1539.

■ **Fern Street Summer Green Market** — 8 a.m. to noon Saturday at Eat-Scene, 501 Fern St., West Palm Beach. Through Sept. 26. Info: 386-0756.

■ **Delray Beach Summer Green-Market** — 9 a.m. to noon Saturdays through Sept. 26, along Southwest Fifth Avenue at West Atlantic Avenue. A smaller summer green market in the Libby Wesley Plaza. Info: 561-276-7511; [delraycra.org/greenmarket](http://delraycra.org/greenmarket)

■ **Acreage Green Market** — 9 a.m. to 2 p.m. Sundays, year-round, Acreage Community Park, 6701 140th Ave N., Loxahatchee. Produce, vendors, live entertainment. 723-3898; [acreagegreenmarket.com](http://acreagegreenmarket.com).

■ **Summer GreenMarket** — 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](mailto:recinfo@pbgfl.com).

■ **Jupiter Green & Artisan Market at Riverwalk Event Plaza** — 10 a.m. to 2 p.m. Sundays, year-round, 150 S. U.S. 1, under Indiantown Bridge, Jupiter. Info: 203-222-3574; [harrysmarkets.com](http://harrysmarkets.com). [jupitergreenmarket.com](http://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](http://palmbeachoutlets.com). ■

# FILM CAPSULES

## Best of Enemies ★★★1/2

(Gore Vidal, William F. Buckley, Sam Donaldson) In 1968, ABC News hired intellectuals Gore Vidal (a Democrat) and William F. Buckley (a Republican) to debate during the Democratic and Republican national conventions. The results changed TV news punditry forever. It's a wonderfully entertaining documentary about two people who positively loathed one another and the lengths (depths) they went to in order to win. Rated R.

## The Man From U.N.C.L.E. ★★1/2

(Henry Cavill, Arnie Hammer, Alicia Vikander) In 1963, a CIA agent (Mr. Cavill) and KGB agent (Mr. Hammer) reluctantly work together to stop the construction and sale of a nuclear warhead. It has some whimsical, breezy charm and decent action, but there's nothing spectacular

here. Rated PG-13.

## Fantastic Four ★★

(Jamie Bell, Kate Mara, Michael B. Jordan) Young scientists teleport to an alternate dimension, only to return with superpowers. You can see the potential, but poor story structure undoes anything the movie has going for it. Rated PG-13.

## Ricki and the Flash ★★

(Meryl Streep, Kevin Kline, Mami Gummer) With her daughter's (Ms. Gummer) marriage in shambles, distant Ricki (Ms. Streep) comes back to town to offer support. Too bad she's not wanted. For a cast of this caliber, from a script by Diablo Cody and directed by Jonathan Demme, we have a right to expect much more than this standard and predictable dramedy. Rated PG-13. ■

# PUZZLE ANSWERS

T	A	P	E	D	S	T	A	I	R	S	E	C	O	P	U	M	P	
A	L	E	R	O	T	H	E	S	E	A	T	A	N	G	E	N	T	
C	L	A	I	R	E	A	R	T	A	G	A	R	B	O	R	D	A	
H	U	N	T	F	O	R	W	O	D	E	N	S	T	A	T	U	E	
S	P	U	R	P	E	I	O	S	E	E	S	C	L	A	I	T		
T	E	U	T	O	N	S	O	F	T	W	A	R	E	H	O	U	N	
H	A	S	A	N	G	O	D	S	S	E	A	B	D	U	L			
A	B	A	I	R	K	L	I	A	R	I	R	V	J	E	T	E		
H	O	U	S	T	O	N	T	O	U	T	E	R	F	A	W	N	E	
A	R	C	H	B	I	Z	M	E	S	A	S	O	C					
S	T	E	R	N	T	U	T	E	V	A	I	T	C	H	Y			
U	S	A	A	I	M	S	O	W	N	T	H	E	E					
U	N	F	O	R	T	U	N	A	T	E	W	E	T	H	O	O	D	S
R	A	N	K	L	O	A	C	O	A	X	S	H	Y	L	E	E		
A	B	B	E	S	A	C	T	F	I	G	D	O	E	R	S			
H	A	U	N	T	E	D	O	U	T	O	F	T	O	W	N	E	R	S
S	G	T	R	N	A	T	A	P	L	O	Y	A	T	N	O			
T	W	O	H	O	U	S	A	N	D	F	O	U	R	T	E	E	N	
S	P	O	O	K	I	E	R	E	Q	U	A	T	E	A	I	R	E	S
B	A	N	N	E	R	A	D	R	U	N	N	E	R	G	O	O	D	E
A	S	S	T	E	D	S	E	N	S	E	S	E	S	U	N	L	I	T

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



# COLLECTOR'S CORNER

## Off-season is the time to shop for antiques

**scott SIMMONS**

Art and Antiques Across Florida



SCOTT SIMMONS/FLORIDA WEEKLY  
These ceramic dishes were used to serve broiled grapefruit at Chalet Suzanne in Lake Wales. They were available at the West Palm Beach Antiques Festival.

This is a quiet time for the antiques business in South Florida.

Many winter residents have no thought of being here right now — it's too darned hot! And many permanent residents are busy getting kids in the rhythm of school or have retreated to cooler places before the rush of season.

That means real values for collectors and decorators.

I just spent the weekend at the **West Palm Beach Antiques Festival** (wpbaf.com), where vendors were only too happy to make deals with shoppers. Next show is Oct. 2-4, and that serves as a prelude of sorts to season, which officially gets underway in November, when the show expands to two expo halls at the South Florida Fairgrounds.

Elsewhere, I have seen bargains at such traditional antiques malls (and there aren't many malls left in the area) as **BKG Antique Mall** (32 S. Dixie Highway, Lake Worth; 533-7707), where one dealer had a whole room of objects at half-price, and **All Good Things** (328 N. Dixie Highway, Lake Worth; 547-7606).

Another favorite venue, **Kofski Antiques**, has its Marketplace (5500 Georgia Ave., West Palm Beach; kofski.com) open on weekends during the summer. High-end items there were priced at

up to 40 percent off.

Northern Palm Beach County powerhouse **True Treasures** (truetreasuresinc.com) has signs up encouraging shoppers to make an offer.

Here are a few tips:

1. Be pleasant.
2. If you make an offer, make it reasonable. Don't insult dealers by offering less than half of the marked price.
3. Ask dealers if they might be willing to reduce the price. Let them name

a number; it may be much less than you were prepared to offer.

4. Do not criticize the merchandise; negativity sets a bad tone.

5. If you are unable to make a deal, politely thank the sellers and move on. They may counter with an offer that's acceptable to you. ■

— Send your event information to Scott Simmons at [ssimmons@floridaweekly.com](mailto:ssimmons@floridaweekly.com).

Open 7 Days A Week • Lunch & Dinner

# Lola's

SEAFOOD EATERY

Chef Owned

Belly Clams • Clam Strips • Sea Scallops  
Fresh Conch • Grouper • Salmon • Paella  
Lobster Roll • Fish & Chips • Salads • Sandwiches

**Colossal Lump Crab Roll**  
\$14.50 reg \$16  
Lola's Salad or Fries  
With this coupon.  
Not valid with other offers.  
Expires 09-24-2015

**Maine Lobster Roll**  
\$16.50 reg \$18.00  
includes fries or side salad  
With this coupon.  
Not valid with other offers.  
Expires 09-24-2015

**Belly Clam Roll**  
\$12.50 reg \$14  
Lola's Salad or Fries  
With this coupon.  
Not valid with other offers.  
Expires 09-24-2015

**Ipswich Steamer Clams**  
**Steamed Virginia Clams**

Coming soon to Tequesta!

962 SW St. Lucie West Blvd  
Port St. Lucie

860 S. Federal Hwy.  
Stuart  
772-219-3340

4595 Northlake Blvd.  
Palm Beach Gardens  
561-622-2259

561-622-2259

[WWW.LOLASSEAFOOD.COM](http://WWW.LOLASSEAFOOD.COM)

# 900 AM THE TALK PALM BEACHES

Online at [www.900TheTalk.com](http://www.900TheTalk.com)

TUNE-IN AND LEARN FROM OUR PANEL OF EXPERTS!



**Monday—Sunday at 3pm:**  
Just Believe Recovery Show  
with Brenda Swift



**Monday's at 3:30:**  
Let's Hear with Dr. Natalie  
FernandezRoque Au.D.



**Mondays at 5pm:**  
Oh my god I'm getting older  
and so is my mother' with Scott  
Greenberg of Comforcare



**Tuesdays 4-6pm:**  
Earl Stewart on Car!



**Friday's at 4pm:**  
Real Cop Talk  
With Rick Sessa



**Thursday's at 5pm:**  
Carter Mansbach with Jupiter  
Wealth Strategies



**Weekdays 6am-9am:**  
The Morning Wake-Up Call  
With Gerrard Campbell



**Saturday's 10a-12pm:**  
Kiss My Ash Radio  
Cigar Talk Radio!



**Saturday's at Noon:**  
Geo & Jack's Palm  
Beach Social



**Sunday's at 9am:**  
Schmooze Radio

A Food & A Service



RESERVATIONS  
ACCEPTED  
561.842.7272

## AWESOME SUMMER SPECIALS

20% Off Entire Dinner Check  
(5pm - 6pm) Every Night

Or Choose All-Inclusive Dinner Specials

All Weekly Dinner Specials \$24.95

### Tuesday Special

Braised Short Ribs over Pappardelle Noodles  
(Live Music NOW Tuesday Nights with Dawn Marie & Co.)

### Wednesday Special

Mom Frangione's Spaghetti and Meatballs & Italian  
Sausage or Rigatoni Bolognese

### Thursday Special

Chicken Francaise, Marsala or Florentine  
w/side of pasta/potato and vegetable

### Friday Special

Parmesan Crusted Filet of Sole w/Side of Pasta or Potato

All Weekday Dinner Specials Include:

Bread, Soup or Salad, Coffee or Tea & Dessert

**SUMMER SPECIALS END SEPT 26TH.**

Weekday Dinner Specials cannot be combined with any other offer.

**New Summer Hours:** Open Tues - Sun Brunch (Closed Monday)  
**Breakfast & Lunch:** Tues - Fri: 11am - 2pm | **Sat & Sun:** 8am - 2pm  
**Dinner:** Tues - Sat: 5pm - 9pm | **Live Music Tuesday Nights:** 6:30pm - 9:00pm

612 US 1, Lake Park • [www.thepelicancafe.com](http://www.thepelicancafe.com)  
Located 3/4 mile south of Northlake Blvd. on west hand side of US 1



# Reality of CD release stranger than "Fiction"

BY ALAN SCULLEY

Florida Weekly Correspondent

Eric Hutchinson was well aware going into his third album, "Pure Fiction," that he was reaching what for many artists is a critical point in their careers.

"Some of my favorite artists, their third album ends up being where I feel like they really started to nail their sound and really break through," Mr. Hutchinson said in a phone interview. "I had that in the back of my mind when I was making this album. I feel like there was some learning curve on the first album and then refining that some on the second, and being able to sort of take what I'd learned, I feel like everything was leading up to making this record."

Time will tell what the "Pure Fiction" CD does to further (or dampen) Mr. Hutchinson's career. But Mr. Hutchinson said he feels like he's at a good place in his career and clearly believes he made a third album he can stand behind.

Audiences can hear for themselves when he opens Sept. 17 for Kelly Clarkson at Perfect Vodka Amphitheatre. He's also sprinkled in some headlining shows.

His enthusiasm for passing the third album test began to build early in the writing process for "Pure Fiction."

"This album was a little different because some of the songs started coming so fast in a way I wasn't used to," Mr. Hutchinson said. "I immediately booked some studio time in L.A., jumped on a plane and went on out there and was recording some of this stuff like almost instantly because it just felt so good and it felt like I knew exactly what to do with it. And I had some great producers, Jerrod Bettis and Aben Eubanks, that I think really took the songs to another level."

The music that emerged for "Pure Fiction" will sound familiar enough to Hutchinson fans. Always an artist who has written cheerful pop songs, Mr. Hutchinson on "Pure Fiction" leans even further toward peppy, bursting-at-the-seams-with melody pop. If smiles made noise, they'd probably sound a lot like "Tell The World," "A Little More" or "A Love Like You." That said, there are a couple of acoustic-oriented tracks that have a bit of melancholy ("Goodnight Goodbye" and "Sun Goes Down"), but they're pleasant and don't deflect the upbeat (and often danceable) tone of the album.

The mood of "Pure Fiction" matched Hutchinson's outlook. He didn't get too specific, but Mr. Hutchinson sounds



COURTESY PHOTO

Eric Hutchinson releases third studio album "Pure Fiction."

content these days.

"I live in New York City. I have a nice life," Mr. Hutchinson said. "I can do what I love for a living and I try to remember that every day when I'm out there traveling around and I get to meet all of these people that come out and support what I do. Not everyone has a job where they get to have people come and applaud them at the end of the day. So I've just tried to appreciate that."

Mr. Hutchinson, in fact, had a few setbacks, especially early in his career.

He recorded his full-fledged debut album, "Sounds Like This," for Maverick Records, the label owned by Madonna that was a subsidiary of Warner Brothers Records. But when Maverick was rolled into Warner Brothers in 2006, the parent label dropped Hutchinson.

Undaunted, he put out "Sounds Like This" on his own Let's Break Records label in August 2007. It became a success almost overnight.

One of Mr. Hutchinson's high school friends e-mailed celebrity blogger Perez Hilton a link to Mr. Hutchinson's MySpace page. Hilton listened, recom-

mended "Sounds Like This" on his blogs and Mr. Hutchinson's album shot into the iTunes Top 10 alongside the likes of Kanye West and Dave Matthews. It eventually reached No. 5 on the iTunes album chart, the highest-charting record by an unsigned artist in iTunes history.

That caught the attention of the press, as well as three major record labels that came around to court Mr. Hutchinson.

He signed with Warner Brothers, which re-released "Sounds Like This" in exactly the same form as Mr. Hutchinson had put it out on his label.

Then he hit the road — and stayed there for three years as a pair of singles — "Rock & Roll" and "OK, It's Alright With Me" — made an impact at pop radio.

Finally, 4½ years after "Sounds Like This" first surfaced, Hutchinson returned with his second album, "Moving Up Living Down." A single from that album, "Watching You Watch Him," was featured on the television show "Grey's Anatomy" and gained some attention.

With three albums to his credit now, Mr. Hutchinson feels he can craft a

stronger set list than ever.

"We have more material to choose from and we can sort of trim the fat and be nothing but the hits, as they say," he said. "That's exciting to me, to be able to play a show where people can come out and hear a bunch of songs and sing along. I'm excited to see which of these new songs people really gravitate toward." ■

in the know

## In the know

**What:** Kelly Clarkson, with opening acts Pentatonix, Eric Hutchinson and Abi Ann

**When:** 7 p.m. Sept. 17

**Where:** Perfect Vodka Amphitheatre, formerly Coral Sky, 601-7 Sansbury's Way, West Palm Beach.

**Tickets:** \$15-\$59.50

**Info:** 795-8883; 800-745-3000; ticketmaster.com

## BEER

From page 1

"I've always been a fan," Mr. Matta said. So when he and his wife, Rachel Preefer Matta, took over Dixie Grill (her father owned the Grill before the couple began operating it) Jason decided to put his restaurant on the map.

He nixed the idea of mostly carrying common brands that could be found anywhere and decided to concentrate on unique pours that would draw and keep customers coming back.

"We wanted items very different for us. We try to carry some of the stock everyone looks for, but we strive for a selection not found anywhere else."

Beer Geek Brunch Weasel fills that bill. It's expensive, Mr. Matta explained, and difficult to get. As of this writing they have one keg and "it goes relatively quickly."

The pub adjusts the pour to both save

the patron money and to keep more on hand for others to savor. A glass of this incomparable stout is \$5.50.

"It's a very fresh product," he adds.

His distributor delivers once a month, but with sufficient demand, he said, he expects to be able to fill the need if the Weasel takes off beyond its current customer base.

However, civet coffee is not without its detractors.

A few years back, a controversy developed over the way the civets apparently were being treated because of the demand overseas for the coffee made from its droppings.

An article in *Time* magazine said, "While there are some ethical suppliers of hand-gathered civet coffee, recent investigations, both by journalists and animal-rights activists, have revealed a cruel and avaricious industry."

"To satisfy global demand, many suppliers keep captured civets in cages and feed them almost exclusively on coffee cherries. Enduring appalling living conditions and an unhealthy diet, these noc-

turnal omnivores suffer mental distress — incessantly pacing and gnawing on their limbs — and succumb to illness and death."

In 2013, Mikkeller posted about this controversy, assuring those who drink its products that the civets used for their products are treated well.

"Because of talk about cruel treatment of Kopi Luwak producing civets, it is important for us to say this: We do not use Kopi Luwak from Indonesia in Beer Geek Brunch Weasel. We use the Vietnamese variety cà phê Chồn.

"We have been aware since we started using cà phê Chồn in 2008 that not all civet coffee worldwide is produced with the best care and respect of the cats. Therefore, we searched for and found one supplier of cà phê Chồn that treats the animals with respect and dignity."

Adds Mr. Matta, "Our coffee is made cruelty-free."

He and his wife recently visited Vietnam, more to see a friend than for business. But Mr. Matta said he "tested quite different samples of the coffee, itself.

There were different versions that were nice. Some had a sweeter chocolate coffee taste."

He said he brought back a bag and may play around to see what kind of drink he can develop now that Dixie Grill will have its own brewery on site.

"We are licensed and ready to go. Nothing will be off-limits as to what we brew: stouts, ales, lagers."

He expects the brewery to be open by Nov. 1. He hasn't yet picked out a name for the products he will be producing. "It's a work in progress."

And while the Beer Geek Brunch Weasel is available on draught at Dixie Grill, Total Wines in Palm Beach Gardens and at least two of its other locations feature bottles of Beer Geek Breakfast for \$6.99.

The Weasel is part of the breakfast series. Beer Geek Breakfast is an oatmeal stout with coffee that apparently does not contain any civet dropping flavors. ■

— The Dixie Grill and Bar is at 5101 S. Dixie Highway, West Palm Beach; 586-3189 or [dixiegrillandbar.com/](http://dixiegrillandbar.com/)



# PALM BEACH SOCIETY

## Kretzer Piano Music Foundation Physicians' Talent Show, The Harriet Himmel Theater



Skye Alyssa Friedman



Emily Rynasko



John Wisnicki



Jill Rodila



Gareth Johnson



Zachary Williams



Performers — physicians, medical professionals and others, and Kathi Kretzer-Sayler, organizer — gather before the stage.



Kathi Kretzer-Sayler, Lee Sayler and Jean Sterner



Marjorie Gadarian Graham, John Fernandez, Kenneth Fuquay and Karen Martin



Kenneth Fuquay



Tom Rowe, Kathi Kretzer-Sayler and John Fernandez



Rotarians from the Rotary Club of West Palm Beach

COURTESY PHOTOS

"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](http://www.floridaweekly.com) and view the photo albums from the many events we cover.



# FLORIDA WEEKLY CUISINE

## South County dining news

### SPECIAL TO FLORIDA WEEKLY

• **Max's Grille** has added new menu items.

At Saturday and Sunday brunch, look for Huevos Tostadas, with crispy corn tortillas in a tomatillo sauce, layered with peppers and onions, black beans and cotija cheese topped with two fried eggs, pico de gallo, crema and cilantro.

For lunch, Max's has added a meatloaf sandwich, bacon-wrapped and grilled over hardwood. It's served open-faced.

At dinner, there are a couple of shareable appetizers — Blistered Shishito Peppers and Meatballs Tinga.

Also new: A Heritage Pork Chop in a chipotle honey glaze and Max's Mojito.

Max's Grille is at Mizner Park, 404 Plaza Real, Boca Raton; maxsgrille.com.



Huevos Tostadas at Max's

COURTESY PHOTO

• **The Morikami Museum's** Sushi & Stroll Summer Walk Series comes to an end Sept. 11. Cool down on a hot night by having a cold drink, viewing the sunset. Later, dine on cuisine from the museum's Cornell Café and enjoy a drumming performance by Fushu Daiko.

The event is 5:30 p.m.-8:30 p.m. Sept. 11.

Admission at the gate is \$8 for adults; \$6 for children 4-10; free for museum members and children 3 and under. Food and drink sold separately; \$2 for taiko performance.

Tickets can be purchased online. Advanced tickets are \$7 for adults and \$5 for children and will only be available until 11:59 p.m. the Thursday before each event. The Morikami is at 400 Morikami Park Road, Delray Beach; 495-0233 or morikami.org. ■



COURTESY PHOTO

Polish pierogis with sour cream and parsley.

## Pierogi Food Fest

Whet your appetite for Eastern European fare at the Pierogi Food Fest, set for noon-2 p.m. Sept. 12-13 at St. Herman of Alaska Russian Orthodox Church west of Lake Worth.

There will be homemade borscht, pierogi, kielbasi, golubsti, piroshki and other homemade goods. There will be a menu available for cafeteria-style dining at the church, 7099 S. Military Trail (at Hypoluxo Road), Lake Worth. Food is available for take-out noon-1 p.m. every Sunday and 2 p.m.-6 p.m. Tuesdays. Phone: 968-5343 or 967-4183. ■

## Eat, drink and help Place of Hope

Place of Hope, which helps teens transition from foster care, is raising money via its Dine for Hope and "Cellar & Chef" series.

Upcoming Dine for Hope restaurants are:

During September, diners at Spoto's Oyster Bar & Blue Point Lounge will receive a gift card, matching in value up to \$50, with a donation to Place of Hope. Spoto's is at PGA Commons, 4560 PGA Blvd., Palm Beach Gardens; spotos.com



FERRO

In October, diners at Dive Bar will receive a matching gift card in any amount with a donation to Place of Hope. Dive Bar, 318 U.S. 1, Jupiter; divebarrestaurant.com

The next "Cellar & Chef" event is 6:30 p.m. Sept. 14 at Table 26. Evening will include a four-course meal cre-

ated by Chef Joe Ferro and paired with selections from Flowers and Quintessa Wineries, along with live entertainment, a raffle, silent auction and dancing.

Cost: \$180 plus gratuity and tax. All proceeds benefit Place of Hope. Table 26 is at 1700 S. Dixie Highway, West Palm Beach; table26palmbeach.com. For tickets, visit placeofhope.com/portal/cellarandchef or contact Jamie Bond at 775-7195; jamieb@placeofhope.com. Tickets are limited. ■






**Peruvian Japanese Fusion Cuisine**  
Steak - Seafood - Sushi


**\$8.00 Lunch Specials**  
Mon-Fri 11:00am-3:00pm  
**Happy Hour 4pm- 7pm**  
**\$5.00 Appetizers**  
(at the bar, select items excluded)

**Visit Our Newest Location!**  
1447 10th St. Lake Park, FL 33403 • 561-863-8877

**Check Out Our Broward Location**  
288 Indian Trace, Weston, FL • 954-385-5585




**KISS HER**  
SOMEWHERE SHE'S NEVER BEEN  
KISSED BEFORE



Nothing can add a little spice to a relationship like a relaxing resort getaway. Naples Grande Beach Resort—Naples' newest, chic and sexy destination—is just the right spot. Book your stay today for \$179 a night + a \$50 nightly resort credit.

(877) 713-3024 | naplesgrande.com





# FLORIDA WEEKLY CUISINE

## In the kitchen with... **KELLEY RANDALL,** The Office, Delray Beach

BY STEVEN J. SMITH  
ssmith@floridaweekly.com

Executive Chef Kelley Randall of The Office in Delray Beach says his goal is to put a new spin on classic dishes.

"Things like meatloaf or burgers — dishes you grew up with — we take them and make them more foodie-friendly and more forward thinking," he said. "We're a 'gastropub.' We try to combine local ingredients — farm-to-table kind of stuff — and take what you thought you knew about a dish and help you enjoy it the way you did as a kid."

Chef Randall started out at age 13 at the bottom, working as a dishwasher in small cafes and sports bars around his native Chicago. He paid close attention to the line cooks.

"I enjoyed the adrenaline that was in the kitchen," he said. "Then when I finally got on a line and I felt like I was finally contributing something, making food with my hands and manipulating recipes, that was when I started to feel I was good at this and I had something going for me."

He approached his father — who was a chef himself — to hire him into his own kitchen so he could learn Dad's refined way of cooking.

"He said, 'Absolutely not, I won't do it, I don't want you in the restaurant industry,'" Chef Randall said. "He said, 'I don't want you to have the same life that I have. I want you to do something different.' He wanted me to be a doctor or a lawyer, but I kept after him and he eventually relented."

His father's training was invaluable, he added, but he eventually struck out on his own. When his parents separated, he initially came to Florida with his mother. Inspired by mentors such as Thomas Keller of The French Laundry in California and Grant Achatz of Alinea in Chicago, he started working for Chef Franci Deskin at 3800 Ocean on Singer Island, then bounced back to Chicago and worked under David Morton of Morton's the Steakhouse.

"David had three different concepts," Chef Randall said. "One was Ada Street, which was an American bistro, mostly seafood. Another was DMK Burger Bar, which I was originally hired for. We also had County Barbeque. I floated between all three of them and learned a lot of different cuisine — especially seafood and



COURTESY PHOTO/LIBBYVISION

Kelley Randall worked everywhere from Chicago to Jupiter before joining The Office.

how to smoke different dishes."

Back in Florida, he worked at Square Grouper in Jupiter, then moved to The Office as executive chef in June 2014.

"People come to The Office for the variety," he said. "They come for a different sort of cuisine they may not have experienced before. I like to have a story behind my dishes. I'm a writer on the side, so a lot of the things I put on the menu spring from placing myself in the setting of where I might eat that food."

An example of that is the Icelandic Arctic Char (\$26), which Chef Randall said is the centerpiece of a dish that transports his diners to the Great North.

"It comes from the colder waters up near Canada," Chef Randall said. "I flew it down special, because it's very hard to get. This dish is inspired by an iconic picture I saw of a salmon jumping into a bear's mouth. I want the diner to feel like they're sitting in a cabin in Iceland, watching this happen and enjoying the fish in a natural way, similar to how the bear does. The char comes seared and flavored with smoked hay — with a pickle, cucumber and tomato salad. Very simple, light, fresh, with acidity. Now for some sweetness: fresh blueberries and mint, rustically placed throughout the plate, with a lemon crème fresh that ties it all together."

**Name:** Kelley Randall

**Age:** 28

**Original hometown:** Chicago

**Restaurant:** The Office, 201 E. Atlantic Ave., Delray Beach; 276-3600 or theofficedelray.com

**Mission:** "Prime burgers, craft beers."

**Cuisine:** New American

**Training:** No formal training, but has been in the industry most of his life.

**What's your footwear of choice in the kitchen?** Mario Batali Crocs

**What advice would you give someone who wants to be a restaurateur or chef?** "You have to have an idol; someone who, no matter how hard or stressful it gets, you can look up to them and how they've succeeded — and aspire to be like them." ■



COURTESY PHOTO

## SCOTT'S THREE FOR **3** Places with staying power A trio worth noting

### 1 CAFÉ CHARDONNAY

4533 PGA Blvd., Palm Beach Gardens; 627-2662 or cafechardonnay.com

We first visited Café Chardonnay around 1987 and found it to be one of the nicest restaurants in which we had ever dined. It has been a consistent favorite over those 28 years. For those on a budget, it's a special-occasion dining spot; for those with deeper pockets, it's a regular go-to spot for beautifully prepared continental fare — the duck à l'orange always was a thing of beauty. Lunch there is a real value.

### 2 PRONTI'S ITALIAN KITCHEN

1440 10th St., Lake Park; 842-3457

There are folks in Lake Park who have been going to Pronti's ever since it opened in 1972. Why? There is a certain amount of nostalgia — the place looks the same as it did 30 years ago. But maybe it has something to do with those classic red-sauce recipes done right. We also love the house-made Thousand Island salad dressing, and the pizza — make ours New York Crunchy Style, please!



COURTESY PHOTO/LOCALDINES.COM

### 3 OKEECHOBEE STEAKHOUSE

2854 Okeechobee Blvd., West Palm Beach; 683-5151 or okeesteakhouse.com

This restaurant has its roots in The Okeechobee Drive-In, which Ralph and Norma Lewis opened in 1947. Their descendants run the place much as they did, carefully aging steaks and serving such classic dishes as stuffed shrimp, escargot, French onion soup and a Gorgonzola salad that is one of life's finer things to savor. But it's all about the beef, with everything from savory prime rib, to a bone-in ribeye that will fill you up.

— Scott Simmons

## THE DISH: Highlights from local menus

**The Dish:** Pollo Loco

**The Place:** Calaveras Cantina, Harbour-side Place, 125 Dockside Circle, Jupiter; 320-9661 or calaverascantinas.com

**The Price:** \$16

**The Details:** Calaveras Cantina bills itself as a Mexican restaurant.

But we enjoyed a dish that was decidedly less South of the Border than the tacos and moles one typically associates with Mexico.

This dish had two perfectly grilled chicken breast halves that had been marinated in mojo — a sauce made of garlic, citrus and oil — and topped with chimichurri sauce.

The chicken was tender, but could have used less salt.

The veggies served on the side — summer squash — were crisp and tasty, and we enjoyed the red rice and the plantains.

The guacamole made tableside (\$12) was smooth and spicy, as ordered, and paired well with the mojitos we ordered.

One nit: We felt like we got a bum's rush on the way — our waiter never offered us dessert, then staff proceeded to clear the table for the next party while we were standing at it preparing to leave.

That, friends, is a no-no. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY





## ARTS & ENTERTAINMENT DISTRICT WEST PALM BEACH

presenting sponsor  PNC BANK

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 South Florida's most progressive city, 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 as a visitor destination, 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.

PROMOTING OUR  
DIVERSE ARTS, CULTURE  
AND ENTERTAINMENT  
DESTINATIONS

# DISCOVER WHAT INSPIRES YOU

[DOWNTOWNWPBARTS.COM](http://DOWNTOWNWPBARTS.COM)

Brought to you by the West Palm Beach  
Downtown Development Authority



Keep an eye out for more  
upcoming events #wpbARTS





REACHING PALM BEACH COUNTY'S MOST AFFLUENT READERS

# healthy living

SEPTEMBER 2015 \*

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

- Calmness, consistency help those with Alzheimer's | **C2**
- Tips can help you make healthy snacks for kids | **C3**
- Change your smile and your life with Teeth Next Day | **C4**
- Learn to track your migraines | **C7**

## NED SINGING FOR CHANGE

BY ANTONELLA LEARY, M.D.

Board-Certified Gynecologic Oncologist  
Medical Director, Gynecologic Oncology  
Jupiter Medical Center

We all have that one song that moves us — maybe to dance, maybe to tears.

For many women, it makes them want to shout from the rooftops.



DR. LEARY

That's exactly what's happening in venues across the country as a band of six gynecologic oncology surgeons inspire women to chant, "NED! NED! NED!" as they rock out to powerful lyrics that tell a story that's all too familiar. These fans are women who have been affected by gynecologic cancer.

What is NED? It stands for 'no evidence of disease,' a medical term that means a cancer patient is in remission.

It's also the name of a group of

board-certified, world-renowned oncologists who are using their musical talents to create noise around a topic that some still whisper about because it's uncomfortable to mention issues 'below the belt.'

What started as a way to entertain their colleagues at a medical conference has turned into a movement sweeping the nation.

While gynecologic cancers are almost as prevalent as breast cancer, they are not as widely talked about, often not diagnosed early enough, and research is not as heavily funded. NED is singing for change.

NED's songs are original, and they are written to empower women, give them hope and raise awareness about the different types of gynecologic cancer: cervical, ovarian, uterine, vaginal and vulvar. If more women are educated about the prevalence of these types of cancers and their risk level, it will help them start the dialogue with their doctor, which makes it possible to catch gynecologic cancer earlier.

NED has released two albums that have received critical acclaim. Their concerts raise money to fund research.

Even more than that, they've created raving fans among their own patients who have joined the cause by being part of No Evidence of Disease, an award-winning film that documents the remarkable courage of women, their devoted families and dedicated doctors.

If you've been affected by gynecologic cancer, you'll be able to connect with real women who have documented their journey to share with others.

At Jupiter Medical Center, we are just as committed to spreading the word about women's critical health care needs as we are treating them.

We will host a free screening of the documentary on Tuesday, Sept. 22, from 5:30-8 p.m. at Jupiter Medical Center, Raso Education Center, 1226 S. Old Dixie Hwy, Jupiter.

Dr. Donna Pinelli, Medical Director of Robotic Surgery, and I will host a discussion following the film. Seating is limited and registration is required. To RSVP, visit [jupitermed.com/events](http://jupitermed.com/events) or call 561-263-2628.

If you've been diagnosed with gynecologic cancer, you can be treated right here in Palm Beach County. Our team of expert physicians who specialize in women's reproductive health will customize a treatment plan of innovative procedures using the latest technology, and therapies based on your unique needs and treatment goals. You're not in this alone. A personal navigator will even guide you through your treatments. ■

— For more information on Jupiter Medical Center's Ella Milbank Foshay Cancer Center, or to schedule an appointment with a board-certified gynecologic oncologist, call 561-263-4437.





## Calmness, consistency help loved ones with Alzheimer's disease

**N**early everyone has been touched by Alzheimer's disease.

Whether it's a parent, a spouse, another family member or a friend, most of us have been affected. That's especially true here in Palm Beach County, which is home to more people with Alzheimer's disease than anywhere else in the United States.

Here are some tips to making it easier for loved ones suffering with dementia. After nearly 30 years of working with families, I've learned that calmness and consistency are two key concepts.



**Irv Seldin**

PRESIDENT,  
VISITING ANGELS OF  
THE PALM BEACHES

561-328-7611

Calmness is important in personal interactions. If you are communicating with a person who has Alzheimer's, calmness is conveyed primarily through tone of voice and body language. Use a friendly, gentle tone that does not excite or create anxiety.

Raising your voice or speaking in a high pitch can create anxiety. Be patient in awaiting the person's response and do not rush them. It takes a person with dementia longer to process information.

Communicate calmness through body language. Relax your own body. Try to position yourself so that your eyes are more or less at the same height as the other person's eyes. For example, if the person is sitting, do not



remain standing and tower over them: kneel down to be at their level. Sense the distance from the person that seems most comfortable to him or her, and adjust your position accordingly.

The consistency and predictability of a routine is calming and reassuring to a person suffering from dementia. Try to establish a predictable daily routine based on meal times, medication times, bathing times and other activities. Departures from a routine

mean that new information needs to be processed and this can be a challenge that creates anxiety and suspicion.

Because consistency and familiarity are so important to a person with Alzheimer's disease, do not expose the person to many new or unfamiliar people. For example, if a loved one is receiving home care, make sure that the provider schedules the same familiar caregiver. There is nothing more

upsetting to a person with dementia than a parade of strangers appearing in their home.

The same is true in an assisted living community or nursing home: insist on continuity of the staff directly caring for mom or dad.

Calmness and consistency won't solve all the problems of a family affected by Alzheimer's disease; but they can go a long way toward avoiding unnecessary upset. ■

### Palm Beach Gardens Medical Center

## ORTHOPEDIC CARE

- BACK & SPINE SURGERY
- TOTAL JOINT SURGERY
- SPORTS MEDICINE
- ORTHOPEDIC REHAB



Palm Beach Gardens Medical Center wants you to enjoy the course, the game, and be the healthiest you can be. Our team of **ORTHOPEDIC SPECIALISTS** has trained at some of the most prestigious medical schools in the nation. If you take care of your game on the course, we will take care of your orthopedic needs off the course.

Call **561-625-5070** to register to attend one of our FREE Bone Density Screenings or for a complimentary physician referral.

Setting the Gold Standard in Orthopedic Care

3360 Burns Road • Palm Beach Gardens • [pbgmc.com](http://pbgmc.com)



# Healthy snacks for kids

Tips from Palm Beach Children's Hospital at St. Mary's Medical Center

When children eat healthy food, it can stabilize their energy, sharpen their minds and even out their moods. That's why it's important to make sure your child eats healthy snacks as part of a nutritious diet.

Encouraging your child to make the right choices can be a challenge, but the key is to make snacks tasty and readily available. Palm Beach Children's Hospital at St. Mary's Medical Center is here to give parents some ideas on how to make healthy eating fun for kids.

Fruits and raw vegetables are ideal snacks because they are both healthy and easy to eat. Sliced kiwi, berries, apples, bananas and grapes make for easy finger food and can be served on their own or with honey, caramel or peanut butter.

You can also sneak in fruits and veggies in other forms, such as applesauce, yogurt, frozen fruit bars and smoothies. For vegetables, cut up carrot sticks, broccoli, cucumber, celery or bell peppers and serve with low-fat dip or salad dressing. Alternatively, set out cut veggies like a salad bar and let kids make their own salad.

It's also important to incorporate whole grains and low-fat dairy into your child's diet. Pita pockets, whole-wheat English muffins, cereal, granola and cereal bars, baked chips, and crackers are sensible choices, as are low-fat cheese, frozen yogurt and pudding.

Nuts are another good snack, used sparingly. Before you share nuts with other children, be sure none of them are allergic. Trail mix, which can include a variety of nuts, seeds, raisins and other dried fruit, is



a simple and fun treat.

Beverages are just as important as the food that children consume. Skip the sugary sodas and serve your child a different option such as water, low-fat milk or 100-percent fruit juice.

Other ways to encourage your child to snack smart are to serve snacks on fun plates with colorful cups and napkins or cut their sandwiches into fun shapes with cookie cutters.

Another tip is to give kids choices, but make them all healthy. Everyone wins: Your child gets to choose their snack, and you get the satisfaction of knowing it's nutritious.

Lastly, remember that even if snacks are healthy, they should be eaten in moderation. Don't serve snacks too close to meal-times, and limit them to about 150 calories per serving. ■

### in the know

September is National Childhood Obesity Month, and the Adolescent Weight Loss Program at Palm Beach Children's Hospital specializes in the treatment of severe obesity. Both nonsurgical and surgical options are available, and the program is designed to treat your child with personalized, compassionate care. To learn more about the Adolescent Weight Loss program or for more information about healthy snacks for children, please visit [palmbeachchildrenshospital.com](http://palmbeachchildrenshospital.com) or call 561-844-6300.



THE COMPLEXITY OF YOUR BRAIN DEMANDS THE EXPERIENCE OF THESE MINDS.

DIAGNOSTIC IMAGING & ELECTRODIAGNOSTICS | EPILEPSY | GENERAL NEUROLOGY  
 HEADACHES/MIGRAINES | INTERVENTIONAL NEUROLOGY | MEMORY DISORDERS | MOVEMENT DISORDERS  
 MULTIPLE SCLEROSIS | NEUROMUSCULAR DISORDERS | NEUROPHYSIOLOGY | NEUROPSYCHOLOGY RESEARCH  
 PREVENTATIVE MEDICINE/SCREENINGS | STROKE | VASCULAR DISEASES OF THE BRAIN AND SPINE

To learn more or schedule an appointment, please call 561.882.6214 or visit [PBNI.com](http://PBNI.com)

The nervous system is home to the body's most complex conditions. The challenges are considerable—but so is the experience of the Palm Beach Neuroscience Institute (PBNI) team. PBNI represents some of the most accomplished neurological and neuropsychology specialists in the region. Equipped with some of the most advanced technology and treatment options available, and partnering with award-winning area hospitals, PBNI brings new hope to patients throughout the Palm Beaches.

For conditions of the brain, spine and nerves, there's a team you can turn to. **Palm Beach Neuroscience Institute—where compassion, expertise and advanced technology come together.**

901 Village Boulevard, Suite 702  
West Palm Beach, FL 33409

5162 Linton Blvd, Suite 106  
Delray Beach, FL 33484

3375 Burns Road, Suite 101  
Palm Beach Gardens, FL 33410

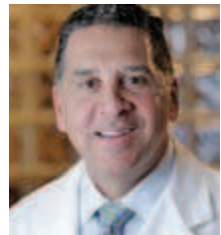
MEMBER OF THE  
**ADVANCED NEUROSCIENCE NETWORK**



# Change your smile and change your life with Teeth Next Day

**A**re you suffering from missing teeth, damaged teeth, failing dental work or ill-fitting dentures?

Does your poor dental health keep you from smiling, socializing and enjoying the foods you love? Have you undergone dental work that you keep having to redo every few years or are experiencing ongoing dental issues?



**Jay L. Ajmo**  
D.D.S., P.A.

PGA CENTER FOR  
ADVANCED DENTISTRY  
7100 FAIRWAY DR. SUITE 59  
PALM BEACH GARDENS

561-627-8666  
PGADENTISTRY.COM

Stop suffering from the endless cycle of root canals, gum surgery, dental infections, toothless smiles and embarrassment.

Teeth Next Day is a solution designed to give you a brand new smile that looks, feels and functions

like your natural teeth in just one day.

Imagine coming into our state-of-the-art facility designed for Teeth Next Day procedures and leaving the very next day with a brand new smile.

Dr. Jay L. Ajmo is a certified implant dentist with over 25 years of experience in cosmetic and restorative dentistry.

He is one of only 400 dentists worldwide to hold a Diplomate Certification with the American Board of Oral Implantologists and is the exclusive South Florida provider of Teeth Next Day.

All procedures are performed utilizing the most advanced tools and techniques in modern dentistry including

3D CT Scans for precision implant placement.

Dr. Ajmo is supported by his dedicated team in his state-of-the-art facility, designed for the utmost in patient comfort along with optimum cosmetic and functional results for the restoration of your smile.

## How it works

The Teeth Next Day solution uses a zirconia implant bridge as the final product attached to five or six dental implants. These implants act like the roots of natural teeth and permanently anchor the bridge to the jawbone.

The permanent implant bridge used in the Teeth Next Day solution is made from zirconia, the most durable and longest lasting dental material available.

Unlike acrylic options that are offered in most dental implant centers, zirconia will never chip, crack or stain. Teeth Next Day replicates the look, feel and function of natural teeth, making it the strongest and most naturally beautiful implant supported smile treatment available in modern dentistry.

## The latest technology

Not only is the Teeth Next Day solution made from one of the most advanced dental materials available, the procedure utilizes the latest technologies for precision fit and optimum design.

Dr. Ajmo's team uses 3D CT scans to precisely place your dental implants below the gum line.

Each zirconia implant bridge is created using computer-aided design and CAD/CAM milling for a precise fit.



Before

After

Every Teeth Next Day implant bridge is hand-stained to provide the most natural-looking color possible.

Each of these innovations makes Teeth Next Day the most state-of-the-art option for the replacement of missing teeth, damaged teeth, failing dental work or ill-fitting dentures.

Patients who have undergone Teeth Next Day have transformed their

appearance and their quality of life. No longer do they hide their toothless smile or struggle to chew a meal.

Now, they have regained confidence to smile and eat the foods they love. Are you ready for a comfortable, healthy smile? Change your smile and change your life! Call 561-627-8666 to schedule your complimentary consultation. ■

# How does this grab you?

Grip strength might indicate whether you have diabetes, high blood pressure

## THE UNIVERSITY OF FLORIDA

Whether you grasp it right away or not, your grip strength might indicate whether you have undetected diabetes and high blood pressure, University of Florida researchers say.

The findings appear online ahead of print in the American Journal of Preventive Medicine.

Grip strength measures could be especially useful for identifying diabetes and high blood pressure in adults who have healthy weight obesity, also known as normal weight obesity or "skinny fat." The condition is characterized as having a body mass index within the normal range, but a high proportion of fat to lean muscle, typically more than 25 percent body fat in males and 35 percent in females. These individuals could be less likely to get regular screenings for diabetes and hypertension because they aren't considered overweight or obese by BMI measures alone, according to Arch Mainous III, Ph.D., the study's lead investigator and chairman of the department of health services research, management and policy in the UF College of Public Health and Health Professions, part of UF Health.

"We've had a significant amount of interest and focus on obesity, and rightfully so," says Mr. Mainous, the Florida Blue endowed chair of health administration. "But there is a concern that health problems in people who have decreased muscle mass but who don't fit the criteria of being overweight are being missed because these people aren't targeted by screening programs."

A study by Mayo Clinic researchers has showed that people with healthy weight obesity are four times more likely than people with lower body fat to develop metabolic syndrome, which includes increased blood pressure, high blood sugar and abnormal cholesterol levels. As many as 30 million Americans have healthy weight obesity and many don't know it.

For the UF study, researchers analyzed data from the 2011-12 National Health and Nutrition Examination Survey, a nationally representative study that uses a combination of interviews and physical examinations. The team assessed grip strength measurements, blood pressure readings and blood sugar levels for nearly 1,500 adults age 20 and older who had a BMI within the healthy weight range — 18.5 to 24.9. People with undiagnosed and diagnosed high blood pressure and diabetes had weaker grip strength than other healthy weight individuals who did not have those conditions.

"In our study, grip strength was able to identify people with undiagnosed hypertension and

diabetes relatively easily, even after we adjusted the analyses for age, sex and whether or not they had a family history of disease,"

Mr. Mainous says.

The reason for decreased muscle strength in healthy weight individuals with high blood pressure and diabetes isn't well understood, but it could be caused by lower muscle quality or a condition

called "diabetic hand syndrome," which limits finger movement.

Because most patients visiting the doctor have their blood pressure tested, grip strength may be most valuable as a non-invasive, low-cost tool for identifying people who could possibly have diabetes. But more research is needed before it can be put into practice as a screening tool, including investigating how variables such as gender, age and height might affect grip strength levels.

"We still have a ways to go before we can actually implement grip strength testing and make it clinically useful to a primary care physician," Mr. Mainous says. He adds the findings are a good first step toward determining who might need further testing, particularly among a group of people who would otherwise not be recommended for screening. ■





## Gluten avoiders often don't know what gluten is

Consumers are not well informed around the topic of gluten, according to a new survey from NSF International, a global public health and safety organization. The survey found that despite having heard of gluten, most Americans cannot correctly define it or identify products that could contain the protein.

The survey of 1,012 Americans found that although 90 percent have heard of gluten, only 35 percent correctly identify it as a protein found in wheat and related grains, such as barley and rye. Common misconceptions among those who have heard of gluten are that wheat-free products are also

gluten-free (26 percent) and gluten is wheat (15 percent).

The confusion becomes more apparent when consumers who have heard of gluten are asked to identify products that contain gluten. Respondents incorrectly identified rice (47 percent) and potatoes (34 percent) as containing gluten. Conversely, processed foods that often contain gluten, such as beer and salad dressings were not identified by 41 percent and 58 percent of Americans, respectively.

This knowledge gap on where gluten is found can become problematic for those consumers relying on their knowledge of gluten-free to make purchasing decisions. According to the



survey, nearly half (46 percent) of Americans aware of gluten say their first step in determining if a product is

gluten-free is to view the list of ingredients on product packaging. Another 31 percent look first for a gluten-free seal or mark on the packaging.

According to the survey, of those who said they avoid gluten, nearly one-fifth (19 percent) say they avoid it because they have a gluten allergy or sensitivity that causes stomach pain, such as bloating, vomiting or intestinal issues. Also, 9 percent self-report having Celiac disease and 8 percent say they have a gluten allergy or sensitivity that causes skin issues, such as rashes or acne.

For more information on NSF International's gluten-free mark, visit the NSF International website. ■

## Free Movie Screening at Jupiter Medical Center

### NED – No Evidence of Disease



Jupiter Medical Center invites you to a screening of an intimate, humorous and inspiring documentary following the remarkable courage of women with “the big C,” their devoted families and six, world-renowned gynecologic oncology surgeons who have formed an unconventional rock band. The band’s name, N.E.D., comes from the words every cancer patient wants to hear, “No Evidence of Disease.” As they seek to empower as musicians, they strive to save lives as doctors, and are determined to break the wall of silence surrounding “below the belt” cancers. Music and medicine join forces, and the fight for life is infused with hope via rock ‘n’ roll.

**Tuesday, September 22, 2015**

5:30 – 6:30 p.m. Wine and appetizers

6:30 – 7:30 p.m. NED screening

7:30 – 8:30 p.m. Q&A with Donna Pinelli, MD and Antonella Leary, MD

Jupiter Medical Center | Raso Education Center  
1226 S. Old Dixie Hwy. | Jupiter, FL 33458

**Free admission. Seating is limited and registration is required. To RSVP, call 561-263-2628.**

Learn more and register at [jupitermed.com/events](http://jupitermed.com/events)



# Many are joining the natural medicine movement

“Doctor, I’m sick of being tired and on medication” is a common statement and is reflective of the mood of a majority of patients who come to a Functional (Integrative) Medicine doctor.

These are smart people who, after researching the facts about the proven benefits of natural medicine, want to get better, get off of their prescriptions, and find an alternative.



**Dr. Bruce Dooley**  
ADVANCED NATURAL MEDICINE  
561-744-2724  
ADVANCEDNATURALMEDICINE.COM

They use helpful information sites on the Internet like Mercola.com, Naturalnews.com, bodyecology.com, and a host of others including mine (DrDooley.com) to educate them.

They’ve learned about the many toxic effects of heavy metals such as mercury and lead (hypertension, heart disease, infertility, mental decline, fatigue, depression, thyroid conditions, weight gain) and many more.

They have become aware of the leading roles played by proper nutrition, stress management, as well as chelation IV therapy to test and treat heavy metal issues and improve circulation.



They arrive prepared to spend a quality hour with the doctor discussing alternatives to prescriptions or surgery for their conditions or why they are interested in program of prevention of cancer, heart disease, diabetes, fatigue, and general health decline.

This is a PROACTIVE step and it is a delight to find a person like this.

One of the first steps to consider is proper testing for heavy metals, which is done through a special and inexpensive urine collection.

No condition is beyond help so to

find out more please call my office in Jupiter at 561-744-2724, visit my website at [advancednaturalmedicine.com](http://advancednaturalmedicine.com) or attend one of my free health seminars. ■

— Dr. Bruce Dooley received his M.D. from Jefferson Medical (Phila.) and his M.S. from Villanova. He gives training lectures to physicians and the public on Functional or Integrative Medicine. His clinical experience in this field and EDTA chelation therapy spans 25 years and over 4,000 patients.

in the know

## Dr. Dooley's Upcoming Wellness Seminars & Events

- Health Talk: You are only as old as your Arteries!, Jupiter, Florida, September 12, 2015
- Declining Health Begins in the Gut!, Jupiter, Florida, September 19, 2015

## Listen up: When it comes to hearing, healthy diet might trump noise exposure

THE UNIVERSITY OF FLORIDA

Although the old wives’ tale about carrots being good for your eyesight has been debunked, University of Florida researchers have found a link between healthy eating and another of the five senses: hearing.

UF Health researcher Christopher Spankovich examined the eating habits of participants in the National Health and Nutrition Examination Survey. In previous work, Mr. Spankovich found that the higher a person scored on the Healthy Eating Index part of the survey, the better his or her auditory function.

Mr. Spankovich examined data from 2,366 people. In addition to answering questionnaires about their health during the original survey, participants were given a four-part hearing test. Analysis of the data revealed a strong connection among diet, hearing and noise exposure.

The hearing of people who ate well but had higher noise exposure was comparable to the hearing of people with lower noise exposure who ate poorer diets, according to results published recently in the International Journal of Audiology. While eating healthfully might not reverse hearing damage, a good diet may play a part in prevention.

“Our hearing health is linked to our general health,” Mr. Spankovich says. “Our auditory system is dependent on our cardiovascular, neural and metabolic health, and if we are not healthy in general, it makes sense that we could increase our susceptibility to hearing loss.” The study’s lead author, he is a research assistant professor in the department of speech, language and hearing sciences in UF’s College of Public Health and Health Professions.

In the study, a healthy diet meant that the person who scored well on the Healthy Eating Index ate as close to the U.S. Department of Agriculture’s diet recommendations as possible. This



means they ate plenty of vegetables, fruit and fiber while keeping salt, cholesterol, fat and saturated fat beneath the recommended limits.

Hearing can be affected in multiple ways, some of which are avoidable and some of which aren’t, Mr. Spankovich says. Some unchangeable factors include sex, genetics, race, ethnicity and age; changeable factors include cardiovascular health issues, diet, ototoxic medications and exposure to loud noise.

The study only found the relationship between a better diet and better hearing in higher frequencies, not in lower frequencies.

The National Health and Nutrition

Examination Survey assesses the health and nutritional status of adults and children in the United States. As part of the survey, the Healthy Eating Index assigns points to participants based on how well they eat.

For example, a person might be awarded a full score of 10 points if he eats the full number of servings of vegetables recommended by the U.S. Department of Agriculture. A person may lose points if he consumes too much of certain nutrients, such as sodium. Most people who completed the survey, which assigns a score of zero to 100, scored between 58 to 61.

In the population Mr. Spankovich studied, the participants’ average score

was 63.11 percent; 73 percent of the sample had intermediate scores, ranging from 51 to 80 percent, which were classified as “needs improvement,” while 14.6 percent had poor scores and 12 percent had good scores.

Mr. Spankovich emphasizes that the study identified a relationship between hearing and diet — not a causal link.

“These initial studies are showing the link between diet, auditory function and noise exposure,” he says, adding, “We can’t show cause-and-effect because it’s a cross-sectional study.”

Next will be to examine the link in a longitudinal study in which the researchers will study the hearing and diet of a larger cohort over time. ■





## So, you have migraines. Now what should you do?

**M**igraines are one of the most common diagnoses seen in any neurology office.

In the U.S. alone, we spend millions of dollars annually on migraine care and lost days at work. In order to heal your headaches, it's important that you get to the root of the problem.

Begin by getting a minimum of seven to eight hours of sleep per night.

It's an absolute necessity to keep a headache diary to track headache frequency and to help identify triggers.



**Dr. Jennifer Buczyner**

NEUROLOGIST

PALM BEACH  
NEUROSCIENCE  
INSTITUTE

Apps for smartphones include iHeadache or My Headache Diary, and there is always the old-fashioned way, pen and paper.

Only after you start a calendar will the pattern and triggers become clear. Headache

triggers are different for everyone.

Some of the more common ones include aged cheese, caffeine, red wine, chocolate, certain smells, stress, menstrual cycles and poor sleep. I've even had patients report a coworker's perfume can do the trick!

Are the five cups of coffee you drink or the new promotion at work causing more stress than you realized?

Do your headaches cycle with your cycle?

Did you forget your Egg McMuffin at home and didn't eat anything until dinner? After you keep a journal, you and

your doctor can work closely together to figure out how to avoid the triggers and become headache free.

While you are tracking, your doctor may recommend a daily preventative medication if you have more than two headaches per month that are debilitating. These medications are taken every day to decrease headache severity and frequency.

Over the counter meds (Tylenol, Aleve, Aspirin, Goody Powder, Excedrin) should not be taken more than two days out of the week to reduce the risk of rebound headache.

Go ahead and get started, you may never heal your headache unless you keep track. ■

— Dr. Jennifer Buczyner is a board-certified neurologist, specializing in neurophysiology and neuromuscular disorders. Her areas of interest include headache, neuropathy, nerve entrapment, myasthenia gravis, ALS and Botox for migraines. Dr. Buczyner's offices are located in West Palm Beach and Palm Beach Gardens.

— The Palm Beach Neuroscience Institute is where compassion, expertise and advanced technology come together to provide patients with comprehensive care. Our doctors work closely with referring physicians to diagnose and treat disorders of the nervous system including diseases of the brain, spinal cord and nerves. The Palm Beach Neuroscience Institute provides advanced services that promote wellness and provide diagnostic, therapeutic and follow-up care.

To schedule an appointment, please call 561.882.6214 or visit [www.PBNI.com](http://www.PBNI.com).

## Elbow pain common during middle age

BY JL WATSON

Lee Memorial Health System

Tennis elbow (lateral epicondylitis) is a common condition in people ages 30-50, but rarely do any of those affected actually play tennis. When it does occur with tennis, there is often an identifiable reason, such as poor technique, change in racket or grip or an increased frequency or intensity.

For tennis players and nonplayers, the cause is tendonitis of one of the muscles responsible for extending the wrist. "Wrist extension is more obvious with certain functions but also occurs in a surprising number of activities," says orthopedic surgeon P. Jeffrey Richards, M.D. "Patients will complain of pain shaking hands or picking up a coffee cup. I tell patients that a general rule of thumb is that if you can see the back of your hand when you are lifting something, there's a good chance that you're putting yourself at risk for aggravat-

ing the elbow."

Patients who develop elbow pain usually have a history of overuse, regardless of the activity. Men have a higher incidence than women. Treatment includes:

- Avoiding the aggravating factors and activities.
- Treating the pain and inflammation.
- Rehabilitation exercises.
- Time.

"We commonly place patients in elbow straps, called 'counter force braces,' to take some of the tension off the tendon origin," Dr. Richards says. "Icing, stretching and light strengthening exercises can definitely help, as can proper warm up and cool down." Lateral epicondylitis is not an inflammatory disease, but anti-inflammatory medications can help with the pain. Medications can include over-the-counter products (such as ibuprofen or naproxen); prescription-strength medications or topical medications.

Surgery is an option in some cases. ■



Dr. Dooley's  
**Advanced Natural Medicine**  
longer lives living better



**EDTA CHELATION THERAPY**  
Reverse heart disease & improve circulation

**MERCURY & HEAVY METALS**  
Proper testing & removal of cell-destroying toxins

**DIGESTION & GUT DYSBIOSIS**  
Prevent illness by correcting imbalance in the GI System

**NUTRITIONAL IV THERAPIES**  
Rapidly build immune & adrenal strength

**CHOLESTEROL CONTROL**  
Prevent and treat heart disease with natural medicine

**HORMONE BALANCING**  
Bio-identical hormones naturally improve quality of life

**ANTI-AGING**  
Increase energy & vitality with natural medicine

**Health Talk Schedule and Topics. Offerings accepted and go to the Joe Cory Foundation to help grow the public awareness of Functional or Integrative Medicine.**

**Free Events:**

**September 12 @ 10 am :** "You're only as old as your arteries" This coming Saturday – Join Dr. Dooley to discuss this famous quote by Sir William Osler, M.D. (Father of Modern Medicine).

**September 16 - Wednesday @ 5:30 pm:** "You're only as old as your arteries" replay

**September 19 - Saturday @ 10 am:** "Disease begins in the gut" You will understand the immense contribution your gut plays in creating either good or poor health.

**September 23 - Wednesday @ 5:30 pm:** "Your Genes and Detoxification" Join Dr. Melissa Peters who will discuss Methylation, what it is, and how certain genes like MTHFR can handicap your detox abilities.

**September 30 - Wednesday @ 5:30 pm:** "Brainery" Dr. Dooley - How to keep it. How to get more of it!

**Premium Events:**

**October 3 - Saturday workshop 9:30-12:** \$75 reservation includes healthy lunch. "Strengthen Your Health, Protect Your Wealth" Dr. Dooley joins forces with financial wizard Robert Jackson for a unique experience.

**240 W. Indiantown Rd. #102 | Jupiter, FL 33458**  
**We're Happy to Answer Your Questions! (561) 744-2724**



Visiting  
**Angels**  
LIVING ASSISTANCE SERVICES



*Our Angels can help your family!*

OUR CAREGIVERS ARE CAREFULLY SCREENED AND SELECTED  
FULLY BONDED AND INSURED | TEMPORARY, LONG TERM AND LIVE-IN

WE ARE DEVOTED TO  
**ALZHEIMER'S AND DEMENTIA CARE**

561.328.7611  
[VisitingAngels.com/PalmBeaches](http://VisitingAngels.com/PalmBeaches)



# Are Bad Teeth Holding You Back in Life? Are You Ashamed of Your Smile?



*"I'm so happy with my new smile. I feel really beautiful and I never felt a thing. Dr. Ajmo is the best!"*

*- Hortensia*



Jay L. Ajmo, DDS, DABOI

#### Education & Credentials

- Doctor of Dental Surgery, Emory University School of Dentistry, 1986
- Diplomate, American Board of Oral Implantologists
- Diplomate, International Congress of Oral Implantologists
- Diplomate, American Dental Implant Association
- Mastership, Misch International Implant Institute
- Master, Rosenthal Institute for Esthetic Dentistry

Dr. Jay Ajmo has been changing people's lives with Cosmetic, Restorative & Implant Dentistry since 1987. He is one of only 400 dentists worldwide & the only cosmetic dentist in Northern Palm Beach County to hold a Diplomate Certification with the American Board of Oral Implantology. Dr. Ajmo is also certified in IV sedation allowing him to treat patients with significant dental issues or are fearful of dental treatment.

His advanced training & expertise offers patients the benefits & convenience of having all the latest forms of Cosmetic, Restorative & Dental Implant procedures completed with total comfort in one state of the art facility located in Palm Beach Gardens.

## Change Your Smile & Change Your Life!



### PGA CENTER FOR ADVANCED DENTISTRY

*Cosmetic, Restorative & Implant Dentistry  
IV Sedation Dentistry*

For Your Complimentary Consultation or 2nd Opinion,  
Call 561-627-8666

[PGAdentistry.com](http://PGAdentistry.com)