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WEEK OF OCTOBER 15-21, 2015

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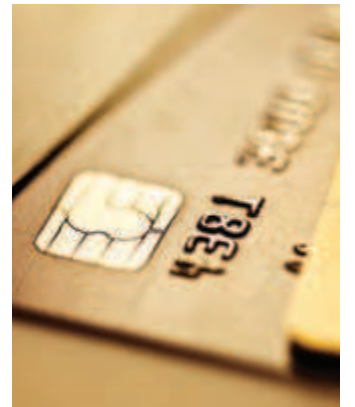
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Hanging Fire

Jason Aldean brings his "Burn It Down" tour to West Palm. **B1** ▶



Business

Credit and debit card chips add security against fraud. **A16** ▶



Networking/Society

See who's out and about in Palm Beach County. **A12-13, A18-20, B10-12, 15 & 17** ▶



Cuisine

In the kitchen with Dada Restaurant's Bruce Feingold. **B18-19** ▶

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With prescription painkillers much harder to get, addicts are turning to another drug ...

HEROIN USE ON RISE

BY THE NUMBERS

50

PERCENT INCREASE IN HEROIN USERS FROM 2002-2010

119

PERCENT INCREASE OF DRUG-RELATED DEATHS WITH HEROIN PRESENT

4 to 1

RATIO OF MALE HEROIN USERS TO FEMALE

— Source: Florida Medical Examiners Commission report on first six months in 2014 and CDC

BY LINDSEY NESMITH

lnesmith@floridaweekly.com

THREE DEAD OVERNIGHT IN DEL-RAY Beach. A Collier County bust worth more than \$120,000. Fifteen out of 21 group therapy patients in Lee County wrestling with a powerful compulsion that has taken control of their lives.

These are all glimpses of the heroin epidemic washing over Florida. Meanwhile, state officials and rehabilitation experts are scrambling to address the wave of former prescription pill addicts who have turned to intravenous drugs to appease their addiction.

"This is no news to treatment agencies," says Nancy Dauphinais, clinical director at the David

SEE HEROIN, A8 ▶

New endoscope saves turtle at Loggerhead Marinelifelife Center

BY KATHRYN RUMBLEY

Loggerhead Marinelifelife Center

The heavy wheezing sound echoed throughout the hospital.

Loggerhead Marinelifelife Center's newest patient was being prepped for endoscopic surgery.

The sub-adult sea turtle, named Nikki, was found in the St. Lucie Power Plant Intake Canal by Inwater Research Group biologists

and then rushed to the center's hospital.

After the loggerhead sea turtle had been sedated, Dr. Charles Manire, director of Research & Rehabilitation, used LMC's new advanced Karl Storz endoscope to examine the turtle's respiratory tract.

Dr. Manire found a large "plug" of tissue in the trachea, which was blocking nearly 90 percent of the turtle's airway.

"This turtle would not be alive today if we didn't have this new endoscope," said Dr.

Manire. "This allowed us to determine the cause of the turtle's breathing difficulty and then to clear the airway."

The endoscope allowed the surgical team to remove the plug from the trachea, making it much easier for Nikki to breathe.

The center sent the extracted tissue to Dr. Brian Stacy, a veterinary pathologist with NOAA Fisheries in Gainesville. Dr. Stacy

SEE TURTLE, A7 ▶

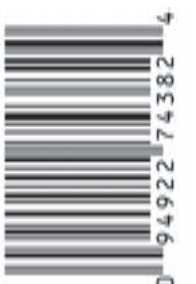
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COMMENTARY

Breaking bad



leslieLILLY

llilly@floridaweekly.com

There is new evidence of climate change and it is not just affecting the weather we normally expect this time of year. Instead of a slow descent into shorter days, we have entered into the twilight zone where the chaotic season of “stuff happens” dominates the atmospherics of daily life.

Thank Jeb Bush for giving us an expression that so well captures our collective impotence in the context of events we are powerless to affect, like the weather — or climate change, for that matter.

Of course, Bush was speaking about neither. His use of the phrase was in reference to the futility of government-mandated gun control, spoken in the wake of the mass shooting that occurred in Roseburg, Ore., earlier this month. It is the 294th mass shooting committed in just this year.

It was another horrific event in an entirely unexpected place, nine killed and a dozen wounded, its victims robbed of life and innocence by unprovoked evil.

The nation was still reeling when the former governor's remark about “stuff happens” went viral. He took an onslaught of verbal fire for the fatalistic

tone of his observation, to which he testily replied he was not talking about the Roseburg massacre.

To clarify, he explained, “A child drowns in a pool and the impulse is to pass a law that puts fencing around a pool. ...The cumulative effect of this is that in some cases, you don't solve the problem by passing the law and you're imposing on large numbers of people burdens that make it harder for our economy to grow, make it harder to protect liberty.”

So, allow me to paraphrase what he meant to say instead of “stuff happens:” Laws requiring pool owners to put a fence around their pool are burdensome. Fencing will not prevent children from drowning. Drownings happen. Laws requiring pools to be fenced take money out of the pockets of pool owners who could otherwise spend it to grow the economy. If government forces pool owners to put up fences, government is depriving the liberty of pool owners to risk children drowning. Therefore, government intervention to prevent children from needlessly drowning threatens the liberty of all Americans.

Bush dug himself a deeper hole with this argument, the merits of which are astoundingly out of touch for someone who calls himself a Floridian. Every self-respecting pool owner in this state knows a swimming pool is a death magnet for kids — and if they do not, they should not have a pool. Shame on Mr. Bush.

“Stuff happens” is the weakest of justifications for the failure of responsibility to govern — now prevalent among conservative lawmakers.

In the ideology of the far right, in the circumstance of “stuff happens,” government initiative and/or intervention is a profitless pursuit, whether the issue is gun control, income inequality, healthcare, public education or Wall Street banditry.

The resulting irony is a propensity toward governing not at all by those whose sworn duty it is to govern, as in the case of our state Legislature, and the U.S. Congress, all controlled by a conservative majority.

The inventory of “stuff happens” among these lawmakers includes critical issues nowhere on their to-do list. They spend their time on priorities comparable to darning socks while the nation languishes on the edge of political implosion. They thwart the accomplishment of any legislation requiring bi-partisan support to succeed, which means nothing gets done — unless special interests come calling to collect the pay-back they so richly deserve.

In Florida, do-nothing governance denies access to healthcare for a million or more of the uninsured, undermines conservation and protection of the state's environment, abandons society's most vulnerable to further demise, and puts our coastal communities at risk from sea level rise. This is not just passive government. It is breaking bad government.

As if we needed further proof, a state House committee is moving forward with proposed legislation to allow 1.4 million Floridians with concealed weapon permits to carry their firearms openly, a bald intrusion and proliferation of deadly weapons in gun-free places so anyone capable of distinguishing a gun from a broom can flaunt their weapons publicly. Think about that.

If the state Legislature passes the bill proposing this madness, we will have promulgated in Florida a do-it-yourself militia roaming the aisle at Publix, the happy hour at the pub and the hardware section in Walmart.

God help you if you give offense to anyone by grabbing the last jar of mayo, or taking a barstool you presumed empty, or mistaking a survivalist for a store clerk. It could cost you your life.

The radical right believes the price of liberty is our acceptance of a society so poisoned by the climate of fear that it dictates the necessity of carrying a gun every time we leave our homes.

It is a horrific vision unworthy of this nation.

Guns are millions of pools without fences, and far more deadly. It's time to fence them in. ■

— Leslie Lilly is a native Floridian. Her professional career spans more than 25 years leading major philanthropic institutions in the South and Appalachia. She resides with her family and pugs in Jupiter. Email her at llilly@floridaweekly.com.

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COMMENTARY

Grace Lee Boggs:

A century of grass-root organizing



Grace Lee Boggs died Oct. 5 at the age of 100. "She left this life as she lived it: surrounded by books, politics, people and ideas," said her friends and caretakers, Shea Howell and Alice Jennings. Grace Lee Boggs was not only a grass-roots organizer, but a philosopher, a teacher and a revolutionary. She devoted her life to empowering the poor, the working class and communities of color, and was deeply involved with a constellation of movements, from civil rights and black power to labor, environmental justice and feminism.

She lived for more than 60 years in Detroit, and witnessed that city transform from the world capital of the automobile industry, through social protest and unrest in the 1960s, to the post-industrial era, where, behind the crumbling facade of empty factories, myriad experiments in urban renewal and local self-reliance are incubating.

"You don't choose the times you live in, but you do choose who you want to be, and you do choose how you want to think," she told a group of undergraduates in the film about her life, "American Revolutionary: The Evolution of Grace Lee Boggs." This remarkable woman lived that credo for a full century.

Grace Lee Boggs was born in 1915, the child of Chinese immigrants, above the family's restaurant in Providence, Rhode Island. By 16, she was at Barnard College, and by the age of 25 had her Ph.D. in philosophy from Bryn Mawr. I asked her how she became an activist:

"In those days, even department stores would come out and say, 'We don't hire Orientals,'" she told me. With her doctorate in hand, she moved to Chicago, where, she said, "I got a job in

the philosophy library for \$10 a week ... it wasn't enough to get a place to live, other than [a] basement, rent-free. I had to face down a barricade of rats in order to get to the basement. That made me rat-conscious, made me join a tenants' committee against rat-infested housing, which brought me into contact with the black community for the first time in my life, and enabled me to become part of the March on Washington movement organized by A. Philip Randolph."

We should thank those Chicago rats for spurring her to action. The "March on Washington" she mentioned was not the well-known march from 1963, where Martin Luther King Jr. gave his famous "I Have a Dream" speech, but rather the 1941 March on Washington. The renowned labor leader A. Philip Randolph, along with the gay, black pacifist Bayard Rustin, both of whom would later lead the famous 1963 march, organized a similar march two decades earlier. In 1940, they saw that domestic war production was lifting hundreds of thousands of white workers out of the prolonged poverty of the Great Depression, but, as most production plants were segregated, was leaving black workers behind. The movement they built forced President Franklin Roosevelt to integrate the plants involved in building the arms for World War II. This helped spur the great migration of African-Americans from the Jim Crow South to the industrial cities of the North.

Grace Lee Boggs married, but not the first man who proposed to her. He was Kwame Nkrumah, who met Grace in 1945, while studying in the United States. He would return to Africa and become the founding president of Ghana. Grace would say of his proposal, "I was completely taken by surprise ... I declined because I couldn't imagine myself being politically active in a country where I was totally ignorant of the history, geography and culture."

Nkrumah said later, "If Grace had married me, we would have changed all Africa."

Instead, she changed America. Ultimately, Grace would marry autoworker Jimmy Boggs, and they formed an intellectual and organizing team that became legendary in Detroit. "Jimmy came out of the Deep South," she told me. "He had a sense of the agricultural epoch. Then he came and worked in the plant and had a sense of the industrial epoch."

"Detroit, which was once the symbol of miracles of industrialization and then became the symbol of the devastation of deindustrialization," Grace Lee Boggs explained, "is now the symbol of a new kind of society, of people who grow their own food, of people who try and help each other, to how we begin to think, not so much of getting jobs and advancing our own fortunes, but how we depend on each other. I mean, it's another world that we're creating here in Detroit."

She founded Detroit Summer in 1992, to bring young people together to work on innovative urban renewal. The fruits of her labor continue to grow around the city, with urban farms, microenterprises and a focus on the local economy.

Grace Lee Boggs lived a life that spanned a century, from World War I through the digital age. Young people flocked to meet her at her home, now the Boggs Center to Nurture Community Leadership, following in her footsteps, learning, as she said, that "the only way to survive is by taking care of one another." ■

— Denis Moynihan contributed.

— Amy Goodman is the host of "Democracy Now!," a daily international TV/radio news hour airing on more than 1,300 stations. She is the co-author, with Denis Moynihan, of "The Silenced Majority," a New York Times best-seller.

OPINION

Hillary's gun-control non sequiturs



Hillary Clinton has a new gun agenda that is the same as the old gun agenda.

We all are appalled and heartsick over the country's mass shootings, which aren't any less shocking for their routine occurrence. But that doesn't mean we know how to stop them. The Pavlovian Democratic reaction is to offer a raft of familiar gun-control proposals, whether or not they have any bearing on mass shootings.

Hillary's ideas are a testament to the essential sterility of the gun debate, no matter how much heat it generates. There is no way around the fact that marginal changes will do little or nothing to stop mass killers, while more sweeping changes — even if they were practicable or wise — run afoul of the Second Amendment.

Among other things, Clinton wants to renew the assault-weapons ban, which we had for 10 years before it lapsed in 2004. To review: A so-called assault weapon is a semi-automatic rifle tricked

out with frightening-looking cosmetic features. It is functionally indistinguishable from any other semi-automatic rifle.

Assault weapons might play an outsized role in crime in Hollywood productions, but not in real life. Rifles generally aren't used in shootings, let alone assault rifles. All rifles account for about 300 homicides a year. A Department of Justice-supported study of a possible renewal of the assault-weapons ban called its effect on violence "perhaps too small for reliable measurement."

Clinton wants to close the "gun-show loophole," which is one of the great cliches and myths of the gun-control debate. The loophole doesn't actually exist. Federally licensed dealers have to run a background check or otherwise ascertain that a purchaser has passed one, even if the dealer is selling at a gun show. Private sellers don't have to conduct one — whether or not they are selling at a gun show.

The inordinate focus on gun shows might make sense if there were evidence of an epidemic of criminals using them to get their weapons. There isn't. A study in the journal Preventive Medicine of criminal offenders in Chicago found that most obtained their guns through personal connections. "Rarely," the study said, "is

the proximate source either direct purchase from a gun store, or theft."

Clinton also seeks to tighten up background checks. The problem is that very often the mass shooters don't have criminal records and haven't otherwise been adjudicated. This makes it impossible to use background checks to stop them from buying guns.

If it matters, none of this has anything to do with the Oregon shooting. The killer apparently used handguns to mercilessly shoot down his victims (although he also had a rifle, an AR-15). All of his 13 guns came from federally licensed dealers. He passed background checks. What Hillary has done is take a national tragedy and declared that it ought to catalyze us to pass a series of non sequiturs.

Her proposals aren't well-thought-out, because Democrats don't think when it comes to guns. They hold the same subrational belief that President Barack Obama expressed in his impassioned post-Oregon statement: that preventing mass shootings is easily within our power, with enough political will. Would that it were so. ■

— Rich Lowry is editor of the National Review.

Mounts Botanical seeks volunteers to help during huge LEGOs exhibit

SPECIAL TO FLORIDA WEEKLY

The Friends of Mounts Botanical Garden is seeking volunteer greeters and hosts for the largest exhibition in its 30-year history — “Nature Connects Art with LEGO Bricks.”

Opening on Saturday, Nov. 14, and running through mid-February, this dazzling, family-friendly exhibition will feature 15 super-sized structures in 13 different displays made out of nearly a half-million LEGOs.

Among the garden-themed items on display will be a birdbath with squirrel, Bonsai tree, girl with watering can, Monarch butterfly, corn spider, deer family, dragonfly, flowers, hummingbird, peacock, sea turtle, wheelbarrow and more.

The volunteer greeters and hosts are needed daily, Tuesdays through Sundays, and must be at least 16 years of age. Training and orientation sessions for volunteers will be held this month.

Anyone wishing to volunteer is encouraged to email Volunteer Coordinator Lisa Combs at lcombs@pbcgov.

org. In the email subject line, please put: NATURE CONNECTS Greeter/Hostess Volunteer.

With a mission to inspire the public, Mounts Botanical Garden is Palm Beach County's oldest and largest botanical garden, offering gorgeous displays of tropical and sub-tropical plants, plus informative classes, workshops, and other events. The Garden contains more than 2,000 species of plants, including Florida native plants, exotic and tropical fruit trees, herbs, palms, bromeliads and more. Mounts Botanical Garden is a facility of the Palm Beach County Extension Service, which is in partnership with the University of Florida and the Friends of Mounts Botanical Garden.

Located at 531 North Military Trail in West Palm Beach, The Mounts Botanical Garden of Palm Beach County is open Monday-Saturday from 8:30 a.m. to 4 p.m. and Sunday from noon to 4 p.m. (Note: During the Nature Connects exhibition, Mounts will be closed on Mondays.) For more information, call 233-1757 or see mounts.org. ■



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PET TALES

Buying a puppy

Find your perfect pup by asking the right questions

BY KIM CAMPBELL THORNTON
Universal Uclick

If you're buying a puppy for the first time, or if it has been a few years since you last acquired one, you might be unsure of where to begin. A lot has changed in the puppy-purchasing world in the past decade. Whether you are looking for a purebred pup, a "designer" dog or one from a shelter, you are no longer limited to your local classifieds, breeders, shelters or rescue groups. You may see available pups through social media, craigslist, Petfinder.com, online pet stores or fliers at your veterinary clinic or pet-supply store, to name just a few.

What hasn't changed is the importance of asking the right questions before you plunk down hundreds or thousands of dollars for a puppy who will, in a perfect world, live with you for the next 10-plus years. Before you fall in love with the first cute pup you see (or even better, before you look at puppies), get good answers to the following questions.

■ What are the potential genetic or developmental problems that can affect this breed or crossbreed, and what is the incidence of these problems in your lines? What are the strong and weak points of the health, temperament and conformation of the parents, grandparents and great-grandparents? A reputable breeder will answer these questions honestly and thoroughly. Be doubtful of breeders who claim their dogs don't have any problems. That may



Cuteness and convenience of purchase aren't the only considerations when looking for a puppy.

be because they don't test for them.

■ What health clearances do the puppies' parents have? Whether you're buying a purebred or a hybrid (designer) pup, the breeders should be able to show you up-to-date proof that both parents are free of hereditary ailments. Depending on the breed or cross, these may include but are not limited to Orthopedic Foundation for Animals or PennHIP hip clearances; and OFA elbow, knee, eye, thyroid or heart clearances. Check the Canine Health Information Center (caninehealthinfo.org) to find out which clearances your breed should have. If you're buying a hybrid (one breed crossed to another breed), the breeder should have appropriate clearances for each breed. Hip, elbow and knee clearances are issued only once in a dog's life, but eye, heart and thyroid exams should be performed annually.

■ How old are the parents? Health clearances are not issued to dogs younger than 2 years old because those dogs are not yet fully mature and health problems may not be apparent.

■ Do you guarantee a puppy's health? A breeder who is confident in the health of her dogs will offer a guarantee against genetic defects for up to two years after the puppy is purchased. With exceptions such as epilepsy, which usually appears later in life, genetic problems typically surface by the time a dog is 2 years old.

■ How do you socialize your puppies? Choose puppies raised in a home with plenty of human interaction. They will be more confident and adaptable throughout life.

■ What does your sales contract include? Look for the following basics: the sale price; the pup's birthdate and parents' names; details of health guarantees; return policy; and any breeding restrictions, spay/neuter requirements or other agreements related to the sale. A great sales contract states that the breeder will take the dog back at any time in his life and that the breeder has first right to the dog or will provide assistance in placement in any situation in which you cannot keep him, such as a divorce, illness or death.

Making the right match when selecting a breeder and puppy calls for strong research and interviewing skills and plenty of patience to wait for the right one, but the effort pays off in puppy love for life. ■

Pets of the Week



>> **Henry** is a 4-year-old mixed breed. He has good leash manners and loves to receive affection. He's friendly with people and other dogs.



>> **Jack** is a 5-year-old domestic shorthair. He's a bit of a loner. He enjoys petting, but doesn't like to be picked up.

Adoption fees are waived through Oct. 21.

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. For adoption information call 686-6656.

>> **Pinkie** is a spayed sandy-colored female tabby, approximately 2 years old. She's very friendly and loves to be held. She gets along well with other cats.



>> **Two Fist** is a neutered male black and white tabby, approximately 2 years old. He loves people and really enjoys being petted — in fact, he'll give you a gentle tap to say "Don't stop!"



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, or on Facebook, Adopt A Cat Foundation. For adoption information, call 848-4911, Option 5.

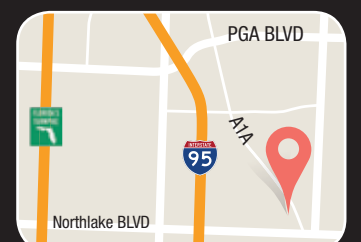
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COURTESY PHOTO

Dr. Charles Manire uses the advanced endoscope to examine Nikki's respiratory tract.

TURTLE

From page 1

determined that the tissue was actually tracheal cartilage, suggesting that there was probably trauma to the trachea. The most likely cause of this damage would be from an ingested fishing hook.

Now that the turtle is breathing better, the center has further used the endoscope to determine the extent of the trauma to the trachea. The second scope of Nikki revealed minimal damage to the esophagus, and relatively healthy bronchi and lungs.

Because of this ultra-advanced equipment, the LMC hospital staff has created a unique treatment plan for Nikki, which will likely allow this sea turtle to completely recover.

It is because of advanced equipment and highly trained staff and volunteers

that LMC is more capable to offer the best medical care to their patients.

Nikki's treatment plan may be followed at marinelife.org/Nikki. Nikki is also available for "adoption."

A donation directly supports the center by providing funds for Nikki's medication, tank maintenance, food and ongoing veterinary care. Adoptions start as low as \$35. For more information see marinelife.org/adopt.

Loggerhead Marineline Center, a non-profit organization, is committed to the conservation of Florida's coastal ecosystems through public education, research and rehabilitation with a focus on threatened and endangered sea turtles.

The center features an on-site campus hospital, learning exhibits and aquariums. Situated on the world's most important sea turtle nesting beach, Loggerhead Marineline Center is open daily and hosts over 230,000 visitors each year.

For more information, see marinelife.org

Food bank's "Outrun Hunger" 5K set for Oct. 24 at Okeehetee Park

SPECIAL TO FLORIDA WEEKLY

Feeding South Florida is hosting the Outrun Hunger Palm Beach County 5K on Oct. 24. The event, which will raise funds to help end hunger in Palm Beach County and raise awareness for the issue of food insecurity, will take place at Okeehetee Park, located at 7715 Forest Hill Blvd., West Palm Beach.

Feeding South Florida provides almost 11 million pounds of food each year to Palm Beach County alone, through direct service programs and a network of more than 100 nonprofit partner agencies throughout the county, the agency said in a prepare statement. Feeding South Florida serves 202,110 individuals struggling to put food on the table in Palm Beach County - 63,660 of whom are children.

"The Outrun Hunger Palm Beach County 5K is a great way to help our local neighbors in need of food assistance," said Feeding South Florida President and CEO Paco Vélez, in the statement. "Feeding South Florida has a 98 percent efficiency rating, making us the most efficient food bank in Palm Beach County. We are able to provide six meals, or \$12 worth of grocery products, for every \$1 donated. This is because it only costs us about 13 cents to move a pound of food. By supporting this event,

folks are helping set the table for families in need of food assistance."

Participants can pre-register at firstgiving.com/feedingsouthflorida for just \$30. On Oct. 24, registration is \$35 and will start at 7 a.m., and the run/walk will start at 8 a.m.

Participants can join the event as an individual or a team. Members of any business or organization, friends and neighbors — anyone can start a team. Medals will be given for the top three places in each age category and overall best times.

Runners and walkers not only can participate in the race, but also fundraise by creating a custom fundraising Web page. Even those who want to help Feeding South Florida outrun hunger, but don't want to run or walk, can support the organization as a virtual runner by creating a personalized fundraising page. To create a customized fundraising page, visit firstgiving.com/feedingsouthflorida. For assistance in completing a fundraising page, contact Jennifer Millon, Feeding South Florida communications coordinator, at jmillon@feedingsouthflorida.org.

All participants will receive an official Outrun Hunger 5K T-shirt.

For more information, see visit feedingsouthflorida.org/events/outrun-hunger-5k-palm-beach-county. ■

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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.



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Federal grant for \$1 million expands Alzheimer's services

SPECIAL TO FLORIDA WEEKLY

Alzheimer's Community Care received a federal grant of nearly \$1 million to expand dementia-specific services and resources for families living with Alzheimer's disease in Southeast Florida. The Florida-based nonprofit is one of 11 organizations nationwide selected by the U.S. Department of Health and Human Services and its Administration for Community Living to receive this prestigious award.

The funded project entitled "Pathways to Care," will greatly expand dementia-specific education for healthcare professionals, human service providers and family caregivers.

"Our goal is to work together with local organizations to raise the standards of community-based care for our families living with Alzheimer's disease," said Mary M.

Barnes, president and CEO of Alzheimer's Community Care, in the statement. "We believe that everyone deserves access to community-based resources that will allow our families to live with dignity, safety and care throughout the disease progression."

"Pathways to Care" will provide training for at least 650 nursing students, healthcare professionals, and family caregivers over the next three years. Additionally, access to community-based resources, including expanded Specialized Alzheimer's Day Services and specialty nursing resources, will be available throughout Palm Beach, Martin and St. Lucie counties.

It's spearheaded by Alzheimer's Community Care in partnership with the University of South Florida, Veteran's Administration Medical Center in West Palm Beach, and four Florida-based schools of nursing. ■

Annual JA Bowl-A-Thon continues fundraising drive Oct. 15 and 16

SPECIAL TO FLORIDA WEEKLY

Bowlers of all ages and skill levels are invited to take to the lanes for a fun-filled evening to benefit Junior Achievement of the Palm Beaches & Treasure Coast during its popular Bowl-A-Thon.

The event will return with hundreds of people coming out for bowling, prizes, music and camaraderie at bowling centers across Palm Beach County. Teams of five are encouraged to register for \$500 with a ten-lane capacity at each bowling alley.

The 2015 Bowl-A-Thon will take place

Oct. 15 from 6-8 p.m. at Revolutions City-Place, 477 S. Rosemary Ave, West Palm Beach, and Oct. 16 from 6-8 p.m. at Greenacres Bowl, 6126 Lake Worth Rd., Greenacres.

For more information call 242-9468 or see juniorachievement.com/event/ja-bowlathon.

Junior Achievement of the Palm Beaches & Treasure Coast is a nonprofit organization that focuses on preparing young people to succeed in a global economy through programs that center on work readiness, entrepreneurship, and financial literacy. ■



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'Green Businesses of the Year' to be named by West Palm Beach

SPECIAL TO FLORIDA WEEKLY

The city of West Palm Beach will announce the winners of its yearlong Green Business Challenge on Oct. 22 at an awards breakfast, said Matthew Ferrer, the city's sustainability program coordinator. The Green Business Challenge is designed to help businesses reduce energy, water, and waste through friendly competition. During the event, the city will highlight participants, their successes and their



environmental leadership. Nearly 70 West Palm Beach businesses learned about and implemented sustainable practices into their business operations this year. Mayor Jeri Muoio and Director of Environmental and Supplier Diversity Strategy for Office Depot, Yalmaz Saddiqui, will recognize the top performing Green Businesses during the awards breakfast beginning at 7:30 a.m. at the Palm Beach Photographic Centre, 415 Clematis St., West Palm Beach. ■

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Pandora's Kids hosts poker tourney

SPECIAL TO FLORIDA WEEKLY

Feeling lucky? Then register for the Pandora's Kids Poker Tournament and try your luck at the card table on Sunday, Oct. 18 from noon-5 p.m. at the Palm Beach Kennel Club. The Texas Hold'em Tournament, with cash prizes going to the top 10 percent of winners, will benefit Pandora's Kids by giving half of every \$50 dollar buy to the charity. Enjoy an afternoon of games and fun with great raffle prizes, food and drink options as well live simulcast greyhound racing. According to Valerie Staggs, founder of the charity, "We are grateful to the

Palm Beach Kennel Club for allowing us to utilize their venue to support kids in grief. This is a chance for adults to help Pandora's Kids in a relaxing, fun setting." Pandora's Kids unites kids in grief, giving them a place to talk if they want, listen if they choose or just be with other kids in grief. The organization opens the doors to new friendships through shared events, activities and forums. It lets kids know they are not alone. See the Pandora's Kids website at pandoraskids.org to register for the event under the support tab, or call Valerie at 281-3708. ■

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HEROIN

From page 1



DAUPHINAIS

Lawrence Center in Naples. "We've been seeing this for two years now."

In 2011, the year Gov. Rick Scott shut down the pain centers commonly known as "pill mills," heroin was the cause or a component in only 62 deaths across the state. By 2014, that number jumped to 156, with Orlando, West Palm Beach and Fort Myers topping out with the highest numbers of heroin overdoses. In fact, according to a 2013 annual report the Medical Examiners Commission submitted to Florida Department of Law Enforcement, deaths from the most commonly prescribed opiates seem to be stabilizing at pre-pill-mill era numbers (around 1,500 annually), while heroin deaths rise.

"Prior to the closure of pill mills, heroin was not a very popular drug in urban areas that had access to the prescription supply," says Paul Cassidy, chief operating officer of Access Recovery Solutions in Delray Beach and Panama City. "What we typically saw was long-term, intravenous population with usage histories of 10 to 15 years. What we're seeing now are folks who got introduced — oftentimes through an injury — whose medical care was not properly managed. What started as a legitimate use became illicit."

As a result, the profile of people presenting themselves for treatment has changed in the last few years. Recovery centers are flooded with people who by most measures are upstanding citizens with functional families, good relationships and demanding jobs. Increasingly, patients are business owners, teachers and high functioning public personalities. Once their doctors stopped prescribing the Oxycontin they'd become dependent on, many of them changed to a widely available street narcotic like Dilaudid and eventually found themselves injecting heroin to stave off withdrawal.

"It's devastating to them because they didn't grow up to be those people," says Rosemary Boisvert, assistant vice president of residential care of Fort Myers' Saluscare. "A heroin addict is not some bum sitting out on the street. It crosses all barriers."



BOISVERT

Getting hooked is easier than you think

J., a residential patient at Saluscare, had never envisioned himself as a heroin addict when he was a high school athlete in Fort Myers. After suffering a sports-related back injury as a teenager, he was quickly hooked on opiate painkillers and dealt with withdrawals on his parents' couch when it was time to wean himself off the prescribed medication.

J. was doing well until 2004, when he reinjured his back in a car accident and was again prescribed oxycodone. His sobriety deteriorated as rapidly as his doctor prescribed the pills.

J. claims his physicians never approached him about his addiction. "No doctor ever brought it up, not when you're paying \$200 to fill a script," he says. "They wanted you to come back as much as possible."

J.'s entire life eventually revolved around keeping his increasingly expensive prescription supplied — at an average cost of more than \$1,500 a month — and traveling farther afield to fetch his meds after the crackdown on pill mills. On top of a learned fear of withdrawal, J. was actually still in pain from his injury.

"My doctor would walk in, pat my back



"Prior to the closure of pill mills, heroin was not a very popular drug in urban areas that had access to the prescription supply ... What we typically saw was long-term, intravenous population with usage histories of 10 to 15 years. What we're seeing now are folks who got introduced — oftentimes through an injury — whose medical care was not properly managed. What started as a legitimate use became illicit."

— Paul Cassidy, chief operating officer of Access Recovery Solutions in Delray Beach and Panama City

a few times with his fingertips, sit down and print out my prescription," he says. "They gave me plenty of medicine for the pain. As far as medical care, they didn't do anything to heal me."

A Dilaudid script followed the oxycodone. J. found it was much easier to obtain for a while, but the drug became as scarce as his previous prescription. But he never bought his pills off the street. His doctor just continued writing prescriptions while J. desperately scrambled to fill them.

Then he discovered heroin.

"It was like a wonder drug," he says. "When I took heroin the first time, it took away the pain and I took a mental vacation from the problems in my life."

Unlike his prescription drugs, heroin was cheap and accessible.

"I saved all month long just to fill my prescription," J. says. "But with heroin, I could just fill it as needed. I got tired of taking time off work, saving all month for it, hoping to God that this place in Tampa has (the pills). The monotony got ridiculous."

J. estimates he began using heroin about three years ago and says it caused his life to deteriorate further. His relationships with his two young daughters suffered the most, and his family's trust was gone. Earlier this summer, he detoxed on his own when he finally grew tired of the toll his addiction had taken on his life and relationships.

"I was fighting the devil for at least three weeks before I decided to come in here," he says about Saluscare. "A lot of things started coming around just for the fact that I got clean."

His health has rebounded and J. has gained 40 pounds. Right now, he's finding hope and stability at Saluscare and plans to take full advantage of the services it offers him.

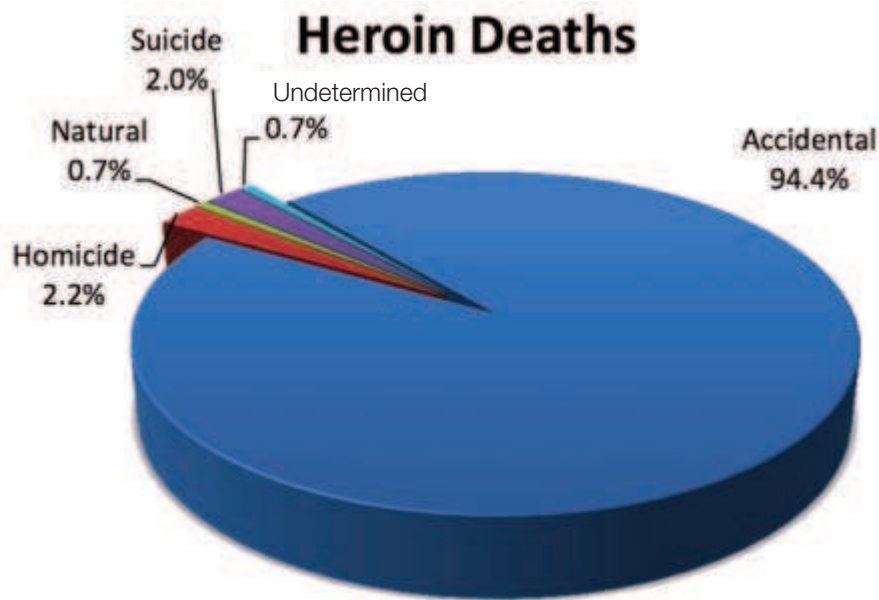
"I'm actually going to stay until they kick me out," he says, adding a halfway house might be his next stop. "I feel like I need to stay in a safe environment. I need that structure. I need 90 days to six months to get acclimated back to life the right way."

Life is already better for J. and it is likely to continue improving with effort and support.



COURTESY PHOTO

"Not every patient is jumping up and down to take Vivitrol," says Dr. Katina Matthews, chief medical officer at Charlotte Behavioral Healthcare in Punta Gorda.



— SOURCE: 2014 Medical Examiners Commission Drug Report

"I feel great," he said. "I feel healthy, I can breathe, I can sleep. I wake up on time. I feel like a normal human being."

Trading pills for needles

Many people who haven't suffered through opiate addiction underestimate how painful — and potentially dangerous — unsupervised withdrawal can be, making heroin the last stop for people whose pill supply has dried up. Symptoms like vomiting, sweating, diarrhea, intense muscle aches, abdominal cramping, restlessness and more are a potent cocktail that ensures people who are addicted to opiates avoid detoxification, especially since it can last for days. While detoxification itself isn't usually fatal, the potential for self-harm and relapse increases when the patient's withdrawal symptoms aren't properly managed.

"You are so sick when you're dope sick," DLC's Ms. Dauphinais says. Lkening it to the worst stomach flu, she adds, "You can't do anything. You can't go to work like that, you can't take care of your kids. You think you are going to die. Think about if you're in that state and somebody asked if you would pay \$50 to make that go away."

As loose pills have become increasingly

scarce since the 2011 crackdown, their street price has risen while heroin's continues to fall. Heroin has become much more affordable for people who are conditioned to avoid withdrawal at all costs.

"If you dry up the prescription drugs or you make them so expensive that people who are dependent can't afford them, it's not like they aren't addicted anymore," Ms. Dauphinais explains. "Your choice is either to die (from overdose), get help or keep using. Economics dictate that where there's demand, there's supply."

In the past couple of years, Florida has seen a flood of Mexican-sourced heroin that has driven prices down. In Collier County, the price of the drug averages \$15-20 for a standard hit at one-tenth of a gram. In comparison, a standard 30-milligram pill of Oxycontin or other opioid costs about \$30.

"In the intervening time (since 2011), there's been a significant increase in Mexican-produced heroin," says Mr. Cassidy of Access Recovery Solutions in Delray Beach and Panama City. "Because of the intervention of pill mills, the price of pharmaceuticals skyrocketed and heroin slid right in as a less expensive alternative that did the job ... It's much more available all over, and the quality has increased significantly."

The increased purity of the drug, which in many areas is often laced with another opiate such as fentanyl, has contributed to the increased death rate among users who started with prescriptions. While prescription pills are pharmacologically regulated, heroin is sold in varying strengths and can be mixed with a variety of narcotics and fillers. For example, Lee County averaged only one or two deaths per year until 2012, but the number has steadily ticked up until it topped out at 25 in 2014. Throughout the state, occurrences of heroin in overdose deaths increased by 120 percent the first half of 2014 over the previous year. Heroin overdoses increased by 103 percent in the same time period.

"You don't know what you're getting, and that's why heroin is so much more dangerous," Ms. Dauphinais says. "You may be used to doing three bags a day and a new dealer has a much stronger batch."

Drugs to beat drugs

Despite numbers that show a depressing upward trend in heroin abuse and deaths, a more encouraging trend is emerging. An increasing number of indigent and Medicaid patients are now able to access a form of medication-assisted treatment that, until recently, was prohibitively expensive for many of those who needed it.

Vivitrol, a monthly shot of the widely used pill naltrexone, is now available to indigent heroin and opiate addicts who are patients in one of the state-approved recovery centers. For years, the shot — which costs upward of \$1,000 — was available through the Department of Corrections for people with active court cases. The state recently expanded the program, through its Department of Children and Families, to accommodate increasing numbers of heroin patients who rely on state funding for recovery.



MCKINNON

"Originally, the only way to get the funds was through the court system," says Linda McKinnon, president and CEO of Central Florida Behavioral Health Network, the agency that manages recovery centers in a 14-county area that includes the largest portion of heroin and opiate admissions in the state. "If someone was in drug court, they could get the funding. Just recently, there were more dollars appropriated this year to help people who aren't in the court system."

Vivitrol is an extended-release, injectable form of naltrexone, a daily pill that doctors have used since the 1990s to erase addicts' pleasure response to opiates and quickly extinguish cravings. For many people in recovery, the beauty of Vivitrol is in its monthly administration. Requiring patients to report to a monthly clinic for the shot eliminates the need for them to take a pill at home every day in order to overcome biologically induced cravings.

"Compliance rates (with daily naltrexone) are low, as they are with anything," Ms. Dauphinais says. "You can't even get people to take their blood pressure medicine properly. That's a notorious medical conundrum — people don't even want to take an antibiotic for seven days."

Unlike a medication like Antabuse,

in the know

Historical overview of heroin occurrences in Florida

(Present and cause, 2000-2014)



— SOURCE: 2014 Medical Examiners Commission Drug Report

which makes people who abuse alcohol violently ill when they have a drink, naltrexone is an opioid antagonist that literally blocks the brain's pleasure response. If a patient suffers a relapse and injects heroin or takes an opiate pill, cravings are quickly extinguished because the brain's reward center hasn't been gratified as it was in the past. Doctors have also found naltrexone, and by extension Vivitrol, to be helpful to patients struggling with alcohol abuse.

The American Society of Addiction Medicine defines addiction as "a primary, chronic disease of brain reward, motivation, memory and related circuitry ... (that) leads to characteristic biological, psychological, social and spiritual manifestations." When paired with a traditional treatment plan that includes behavioral and cognitive therapy, Vivitrol can buy patients mental space to concentrate on their recovery and reshape their brain away from its addictive patterns.

"When you're not getting pleasure from using, it creates a space for you to really get some sustained sobriety, and that's what you need," Ms. Dauphinais says. "We're always overlaying Vivitrol and therapy together. It's really just an additional service we're providing. There are still ways we talk about managing cravings. We've just added another layer."

Experts are also quick to point out the shot is not a miracle drug that vanishes addiction — it's one component in a long recovery process that requires patient

commitment. Clinicians anticipate that patients could use Vivitrol for a year or more, so they are required to have undergone detoxification, remain opiate-free for 14 days, have a physical and meet with a center physician once a month, all while being consistently engaged in a step-down program that often includes group therapy and counseling.

"Not every patient is jumping up and down to take Vivitrol," says Dr. Katina Matthews, chief medical officer at Charlotte Behavioral Healthcare in Punta Gorda. "They have to be at a certain point in that treatment process to be willing to take an injection and be of the belief they don't want to take drugs anymore. Once they're on board with that, they think it's wonderful."

The trouble with medicine

But Vivitrol treatment isn't exactly a panacea. Florida currently has 26 recovery centers approved to use state funds for Vivitrol, but many have relatively small programs or have not started administering the medication at all. Some addiction experts don't trust the drug to provide the promised solutions.

Although Saluscare in Fort Myers is an approved provider, administrators have decided not to distribute Vivitrol shots to their patients. Because it is possible to overcome the block the medication imposes on opiates, the center is concerned patients could inadvertently over-

dose while trying to scale that wall.

"The problem is that we are dealing with really hardcore addicts," Saluscare's Ms. Boisvert says. "If they start taking that opioid blocker, the chances are they'll take more to try and overcome it. That's almost instant death, and they won't realize it."

Saluscare only uses medically assisted treatment during the detoxification process, and its counselors and doctors prefer to focus on total abstinence, she adds.

"It's still open for discussion, and we're still trying to see what's right for the agency," she says. "Our goal is total abstinence, and yet it is very appropriate for some people to do that (Vivitrol). It's just not always the most appropriate alternative. If you're going to quit, let's quit and we will do anything we can to help you sustain your sobriety."

Ms. Boisvert is also skeptical about the high cost of the shot and the state of Florida's willingness to continue funding the program. At about \$1,000 a month, Vivitrol can be a costly crutch if the money runs out.

"If a person needs a blocker to keep them psychologically from using, that's a very expensive route to go," she says. "How long is the state willing to do that, and are they going to do it long enough that patients decide they can't quit without it?"

Instead, Ms. Boisvert would like to expand access to recovery services for patients who are uninsured or unable to pay. Saluscare is the only center in Lee County that takes indigent or Medicaid patients. Of its 46 beds in two adult residential units, 25 are covered by the state or county, and paying patients take the remaining 21. People in recovery, she says, usually choose to wait until a bed in their community opens, where they have access to their support networks, instead of relocating to an available bed across the state. Both Saluscare and David Lawrence Center in Naples have wait lists, as do most state-subsidized centers.

"Half of our beds are state subsidized, half are not," Ms. Dauphinais says. "There are challenges to the funding available, and we spend it all before the end of the year, every year. We fund more patients than we are funded for, but we keep doing it anyway."

Pregnant women with opiate addictions should be priority for greater resources, says Ms. Boisvert, particularly in Lee County where she says greater numbers sought help. Because expectant and post-partum mothers need specialized recovery services after Saluscare safely detoxes them, the center has to send them to Sarasota so they can stay with their children after birth and through the recovery process.

"What the state can do to help us is find a place where women can stay with their kids or stay with their newborns," she said. "We don't have that here, and they need that bonding with their infant."

Government-funded or supported services are helping centers expand the criteria for people to avail themselves of recovery help, including access to medically assisted treatment, through a few avenues, and many specialists hope the trend continues.

"I think the state has been very responsible for supporting DCF and the Department of Corrections, which have worked very closely with providers, with the federal government and pharmaceutical companies to make available evidence-based interventions," says Mr. Cassidy of Access Recovery Solutions. "There are a lot of good things that are also going on with the Affordable Care Act to open up doors for treatment."

The most important message for opiate and heroin addicts, however, is that help is available and new treatments are becoming more accessible, Ms. Dauphinais stresses.

"If you have anxiety or depression, Prozac alone isn't enough. But if it will help, by all means, take it. There are new interventions to help this disease and it's not about willpower or moral power," she said. "Number one, I hope that it brings hope." ■

"I saved all month long just to fill my prescription ... But with heroin, I could just fill it as needed. I got tired of taking time off work, saving all month for it, hoping to God that this place in Tampa has (the pills). The monotony got ridiculous."

— J. recovering addict



PALM BEACH

Island Sundaze at Harbo



Armando Garcia and Jenny Garcia



Evan McDonough and Jenna McDonough



Harold Willman and Shari Willman



Karen Wallace and Caz Wallace



Mike Behrens and Lauren Dickenson



Irene Castellano and Joe Castellano



Ophir Torres, Tatiana Torres, Zaskia Torres and Zep

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WHAT'S HAPPENING IN OCTOBER



PUMPKIN BASH

Saturday, October 17th; 11am – 2pm

Join Harbourside Place & Little Smiles for a family-fun day filled with all things Halloween! Families can pick one free pumpkin from the pumpkin patch, Trick-or-Treat around Harbourside Place, and enjoy arts and crafts, face painting, and more!



MOVIES ON THE WATERFRONT

Friday, October 30th; 6:30pm

Featuring: Harry Potter & the Sorcerer's Stone. 'Twas the Night before Halloween! Enjoy a free movie on the waterfront amphitheater. Movie will begin at 6:30pm. Bring a blanket or chair.



CANINE COSTUME CONTEST

Saturday, October 31; 6pm

Dress up your dog for Pucci & Catana Luxury Pet Boutique's Canine Costume Contest and enjoy complimentary drinks, live music and lite bites. The first 25 dogs to arrive in costume will receive a goodie bag and the first place winner will receive a \$200 Pucci & Catana gift card.

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TOM TRACY / FLORIDA WEEKLY

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Every week I hear how women suffer from severe headaches and make statements like...

- "I feel like my head is in a vice"
- "My eyes hurt and I feel so drowsy"
- "I have to lay down"

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Events, opportunities to help during Breast Cancer Awareness Month

SPECIAL TO FLORIDA WEEKLY

Want to help fight breast cancer? Learn the latest medical news?

There are plenty of opportunities in October. Check out our list below.

Did we miss your event? We'll publish a calendar of events each week in October. To be included in the next calendar, please email pbnews@floridaweekly.com.

WALKS, RUNS, SPORTS

Making Strides Walks — Sign up for a Making Strides walk and help fight breast cancer with every step. Can't walk? Sign up to volunteer. Find out more ways you can help, including making a donation, and becoming an advocate, at makingstrideswalk.org

Making Strides of Palm Beach — 9 a.m. Saturday, Oct. 17, Meyer Amphitheatre, 104 Datura St., West Palm Beach. Join 6,000 pink-clad walkers and runners for this annual fund-raiser. Registration begins at 7:30 a.m. Info: 650-0136.

Making Strides of Indian River — Oct. 17, Riverside Park, 600 U.S. 1; Sebastian.

Making Strides of South Palm Beach — Oct. 24, Mizner Park, Plaza Real, Boca Raton.

Making Strides of Martin County — Oct. 24, Memorial Park, 300 S.E. Ocean Blvd., Stuart.

Making Strides of Broward — Oct. 31, Huizenga Park, 32 E. Las Olas Blvd., Fort Lauderdale.

Making Strides of St. Lucie — Oct. 31, Tradition Field, 525 NW. Peacock Blvd., Port St Lucie.

CrossFit Hardcore supports Barbell for Boobs — 8 a.m.-1 p.m. Oct. 17, 1121 Holland Drive, Boca Raton. Adriana and Lance Mosley host a special work-out day to raise money to fight breast cancer for Barbells for Boobs, which helps low-income, uninsured women get exams. Giveaways, prizes for the fastest workout times. \$70. Call 241-3077. Tickets at eventbrite.com

The fourth annual Every Boob Counts 5k Run/Walk — 7:30 a.m. Saturday, Oct. 24, John Prince Park, 4759 S. Congress Ave., Lake Worth. A USA TF certified course around Lake Osborne, chip start from Accuchip timing. Family friendly festivities follow. Packet pick-up at Delray Beach Running Company, 20 W. Atlantic Ave., Delray Beach. Proceeds to benefit Susan G. Komen South Florida and other local outreach programs. Info: TheEBCFoundation.com

Rally for the Cure — 10 a.m. to 1 p.m. Saturday, Oct. 24, Boynton Beach Tennis Center, 3111 S. Congress Ave., Boynton Beach. A special tournament to raise awareness and money for breast cancer research. \$25. Info: 742-6575; boynton-beach.org

EATING AND SHOPPING

Dine for Hope October — During October, the Dive Bar will give a matching gift card to diners who make a donation to Place of Hope. Dive Bar, 318 U.S. 1, Jupiter, FL 33477; www.divebarrestaurant.com

Tacos & Tatas at Rocco's Tacos — Since 2011, Rocco's Tacos Tequila Bar restaurants in South Florida have been supporting Susan G. Komen for the Cure by

donating a portion of its sales from its popular Taco Tuesdays to the cause. Rocco Mangel's goal this year is \$50,000 — the most ever raised. But he needs your help. Indulge yourself in all-you-can-eat tacos for \$15.99 on Tuesdays, open to close, and Mangel will donate a portion of sales to Komen. The hardest part will be choosing which to enjoy first: steak, shrimp, the signature chicken, pork, or mahi. Drink specials include \$5 tequila shots and \$3 Dos Equis drafts.

Ask how you can get a bottle of tequila to take home.

Participating locations include Rocco's Tacos in Boca Raton, Palm Beach Gardens and downtown West Palm Beach.

Shake it for breast cancer — At PDQ restaurants in West Palm Beach and Wellington, you can buy a pink T-shirt for \$6, and you'll get a free milkshake. For the rest of the month, wear your shirt at the restaurant and you'll get a free 14-ounce milkshake with the purchase of a combo meal. Info: eatpdq.com

Key To The Cure Charity Shopping Event — Shop Oct. 15-18 at Saks Fifth Avenue at The Gardens Mall in Palm Beach Gardens and 2 percent will be donated to Intraoperative Radiation at Jupiter Medical Center as well as 100 percent of the local proceeds from each limited edition T-shirt sold. Info: 263-2628 or jupitermed.com/events

The Power of Pink Luncheon — Noon-1:30 p.m. Oct. 20, Wyndham Grand Jupiter at Harbourside Place, 122 Surroundings Ave., Jupiter. A panel of experts will discuss topics including screening guidelines and 3-D mammography, the importance of knowing your family history, the role of genetics and high risk surveillance, advances in breast surgery, reconstruction options, intraoperative radiation and individualized treatment options. Featuring Lynda Frye, MD, medical director, Nidland Breast Center; Elisabeth McKeen, MD, medical director, Genetics; L. Raul Arroyo, MD; David Lickstein, MD, medical director, Cutaneous Program; Talya Schwarzberg, MD. Register at 263-2628 or jupitermed.com/events.

Think Pink, Shop Pink — All month long, purchase \$5 raffle tickets at A Pink Princess at Harbourside Place, Jupiter, to enter to win a \$250 shopping spree. All proceeds benefit Jupiter Medical Center Foundation for Breast Cancer. Info: 744-3124; apinkprincess.com

Evelyn & Arthur's Pink Pashminas Sale — During the month of October, sales of pink and light pink pashminas will benefit the American Cancer Society's Making Strides Against Breast Cancer West Palm Beach Walk. The lightweight wraps are \$28 and 100 percent of the proceeds goes to American Cancer Society's Making Strides Against Breast Cancer 2015 West Palm Beach Walk. Info: 572-0900 or visit evelynandarthur.com; makingstrideswalk.org/palmbeachfl.

HEALTH SCREENINGS

Screening Mammograms Offered Monthly — Jupiter Medical Center's Wellness in Motion mobile mammography unit doesn't just focus on mammograms one month out of the year. They are on-site at the Mandel JCC, 5221 Hood Road, Palm Beach Gardens, from 9 a.m.-1 p.m. the first Wednesday of every month. You can walk in without an appointment (but you can make one if you want to at 561-263-4636.) Upcoming dates are Nov. 4 and Dec. 2. ■

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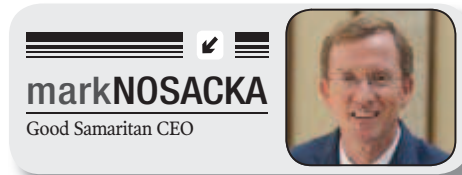
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HEALTHY LIVING

When your spouse has breast cancer



For better, for worse, for richer, for poorer, in sickness and in health, till death do us part. Most couples expect the last vow to be many years in the distant future, but a breast cancer diagnosis can change that.

When someone is diagnosed with cancer, her or his spouse can directly be touched by the disease as well. The Comprehensive Breast Center at Good Samaritan Medical Center would like to give the following tips on how to be a supportive husband or wife while your partner is undergoing treatment for breast cancer.

Words, actions and just being there are the most important things you can do. You can take an active role in being an advocate by going to appointments, asking doctors questions, keeping track of medications and dealing with financial issues. Treatment may be difficult, but let your significant other take part in activities that they are up to doing. They know how tired they are, what they can and cannot do, and whether or not they are having a good day. Encourage them to do what they can without pushing them.

Your spouse will need an emotional anchor during this difficult time. You can fill that need by working to main-



tain the relationship you had before the diagnosis.

Let them know that you love them for who they are, not their body type. If you had date nights periodically before the breast cancer, keep going, but be sensitive to physical fatigue or emotional stress that may prevent them from enjoying your time together.

You and your partner do not have to face a cancer diagnosis alone. Family, friends and neighbors often want to help, but may not know what you need. You can ask for help driving to appoint-

ments, running errands, cooking meals, doing some housework or babysitting the children.

By being together through the appointments, treatment, surgery or chemotherapy, couples can find renewed strength and a sense they can survive and thrive together.

The Comprehensive Breast Center at Good Samaritan Medical Center is committed to the fight against breast cancer.

The hospital offers a revolutionary screening and diagnostic breast imaging tool called 3D mammography (breast

tomosynthesis). Used in conjunction with standard 2D mammography, there is a 40 percent higher invasive cancer detection rate than when using conventional 2D mammography alone.

If you or your spouse need extra guidance or support, the Breast Center hosts a monthly breast cancer support group.

For more information about when the support group meets, call 650-6023. To learn more about breast cancer, or to schedule a mammogram, see goodsamaritanmc.com/our-services/women's-health/comprehensive-breast-center. ■



LOGGERHEAD
MARINELIFE CENTER

SEVENTH ANNUAL

Go Blue Awards Luncheon

November 6, 2015 - 11:00 a.m.

PGA National Resort & Spa | Palm Beach Gardens

Loggerhead Marinelifelife Center is proud to present this exciting and prestigious event recognizing those making strides in ocean conservation. Tickets start at \$75.00 and may be purchased on our website, www.marinelife.org/goblue, or by calling 561-627-8280, ext. 103.



We are thrilled to announce **Joel Sartore** as our 2015 special guest and keynote speaker. Joel Sartore is a photographer, speaker, author, teacher, and a 20-year contributor to National Geographic magazine. His hallmarks are a sense of humor and a Midwestern work ethic. Joel's assignments have taken him to every continent and to the world's most beautiful and challenging environments, from the High Arctic to the Antarctic. Simply put, Joel is on a mission to document endangered species and landscapes in order to show a world worth saving.

SPECIAL THANKS TO THE 2015 GO BLUE AWARDS LUNCHEON SPONSORS AND UNDERWRITERS

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More information and tickets online at: www.marinelife.org/goblue

WEEK OF OCTOBER 15-21, 2015

PALM BEACH COUNTY COMMERCE

Credit and debit card chips add security against fraud

SPECIAL TO FLORIDA WEEKLY

Better Business Bureau

Coming to a wallet near you: new credit and debit chip cards.

They're part of a nationwide shift by major card issuers to offer added security against fraud.

The new cards look like your old cards with one exception: they have a small square metallic chip on the front.

The chip holds your payment data — some of which is currently held on the magnetic stripe on your old cards — and provides a unique code for each purchase.

The metallic chip is designed to reduce fraud, including counterfeiting.

Here's how it works: To buy something in a store, instead of swiping your card, you'll put it into a reader for a few seconds.

Then you might have to sign or enter

a PIN.

With each transaction, the chip generates a unique code needed for approval. The code is good only for that transaction.

Because the security code is always changing, it's much more difficult for someone to steal and use.

There will be no change in the way you use your card online or by phone. That means chip cards won't prevent crooks from using stolen card numbers to buy online or by phone.

So it's a good idea to still guard your card information closely, and check statements for suspicious activity.

Your consumer protections if there's a problem remain the same.

Banks and card issuers have been sending out new credit and debit chip cards, usually as existing cards expire or need replacement.



If you haven't gotten your new cards, don't worry.

The rollout will continue at least through 2016.

If you want to know when your new chip cards will arrive, contact your card issuers at the phone numbers on your cards. ■

West Palm Beach nets 28 Awards for waterfront community events

SPECIAL TO FLORIDA WEEKLY

The City of West Palm Beach was recently honored with 28 international and regional awards for its collection of community events on the waterfront.

The city was awarded with 21 awards by the International Festivals & Events Association and seven awards by the Florida Festivals & Events Association.

The events most recognized were the popular Summer in Paradise program, the festive Sandi Land: Holiday in Paradise program and the dynamic Clematis by Night 20th anniversary celebration.

The much-loved waterfront events are produced by the City of West Palm Beach Parks & Recreation Department, Division of Community Events, which has now been recognized with over 270 international, national and regional awards for event excellence.

Mary Pinak, community events manager for the city of West Palm Beach, said in a prepared statement, "We're thrilled to have our hard work high-

lighted by these prestigious organizations with so many wonderful festivals and events from around the globe represented. We strive to create the best experience for our residents and guests and to make West Palm Beach a destination for visitors. The awards are just icing on the cake." "Our department is proud to share these awards with the entire city staff," she said. "There are so many faces behind the scenes that help us organize these events after hours and on weekends; it truly takes a village/city."

The International Festivals & Events Association (IFEA) is the premiere association supporting and enabling festival and event professionals worldwide.

The 20th anniversary of the IFEA/ Haas & Wilkerson Pinnacle Awards Competition were held on Sept. 21 in Tucson, Arizona. The IFEA awards recognized the outstanding accomplishments and top quality creative, pro-



COURTESY PHOTO

The City of West Palm Beach Community Events Division presents numerous awards to Mayor Jeri Muoio and city administrators honoring the city's waterfront events. Left to right are Sybille Welter, Dawn Caputo, Kellan Marcum, Dorritt Miller, Nicole Martin, Mayor Jeri Muoio, Mary Pinak, Casey Towne, Leah Rockwell, Angela Poco and Janet Collins.

motional, operational and community outreach programs and materials produced by festivals and events around

the world.

The professional competition draws entries from among the world's top festivals and events, and awards were handed out in 68 different categories in total.

The Florida Festivals and Events Association (FFEA) works to promote and strengthen the festival, event and fair industry in Florida through education, networking, dissemination of information, and the cultivation of high standards for the industry.

For the past 21 years, the Florida Festivals & Events Association has celebrated members' achievements in event marketing, programming, service and innovation through the Sunsational Awards. The Sunsational Awards are judged in three different budget levels and 16 different categories. With more than 400 submissions for the Sunsational Awards, FFEA honored over 40 organizations and individuals representing over 120 events in August. ■

Organic dog treat company Charlie's Barkery works to help shelter dogs

SPECIAL TO FLORIDA WEEKLY

Charlie's Barkery, a Jupiter company that cares about what dog owners are feeding their pooches, has goals to make a difference in shelter dogs' lives.

Established earlier this year, Charlie's Barkery was born after the China dog treat crisis, when owner Natalie Caron began making 100 percent all-natural, organic dog for her silky terrier Charlie — a shelter dog that had been a stray.

Tried and tested with neighbors' and friends' dogs, Ms. Caron was quickly encouraged to begin her own dog treat

company.

The two main dog treats for this company are the organic banana chips and the organic sweet potato chews, which both have numerous health benefits.

These health benefits and nutrients include cancer prevention, rich in potassium, great for treating allergies and illnesses (and a preventative of the latter), rich in amino acids, great for a dog's skin and coat, great source of energy, weight loss, natural source of fiber, antioxidants, vitamins B6, C, and K, and all are gluten-free and

grain-free.

"I truly believe in my products," said Ms. Caron. "It is truly clean food — clean dog treats. I got tired of reading ingredients from store-bought dog treats which I couldn't even pronounce. Safe to say if it can't be pronounced, can it really be healthy for my dog?"

"We launched this company earlier this year and already, in such a short period of time, we feel we've made great strides," Ms. Caron said.

"Our long-term goal is to make a difference in shelter dogs' lives, whether that be directly with our donations,

events and charities, or indirectly by educating people and to contribute in a way that will put an end to kill shelters and end animal abuse."

Through networking and communicating her message, she believes that "if we all do our part however big or small, we can win this battle together."

Charlie's Barkery Organic Dog Treats and select fashionable dog accessories can be found at charliesbarkery.com. Charlie's Barkery donates a large part of its proceeds to local animal shelters in Florida. ■



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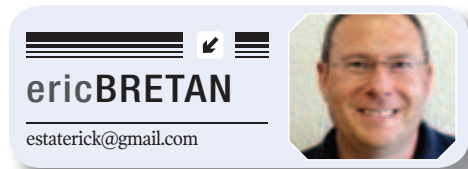
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Living in Punta Gorda, I hear a lot of conversations that start with, "Remember the good old days when..." I don't really understand those discussions. Was it better years ago without the Internet or iPhones? Without the opportunity to buy a Tesla with Insane Mode? And how good could days have been without fantasy football and NFL RedZone to watch it on? But there is one exception, in my opinion, where things were better in the "old days" and that is if you are an average person trying to navigate the banking system. Even though I am only 40 years old, I can still remember a time when banks really wanted a customer with a \$5,000 checking account and maybe a small mortgage. I even recall my parents getting a toaster oven for opening a savings account with a \$100 minimum deposit. Today, that customer will be considered not profitable by many of our financial institutions and will be treated accordingly (\$3 account statement fee? .000001 percent interest? What?). So what can a typical person do if he's frustrated by his bank? It's all about picking the right bank for you.

Although this may be a little simplistic, I will group banks into three broad categories and highlight what type of customer will probably have the best fit with each bank. The first is the traditional big bank. Examples of this are Bank of America, Chase, Wells Fargo or SunTrust. In full disclosure, I have worked for a number of these banks. My experience is that these banks focus most of their attention and programs on corporate customers and very wealthy individuals. So if your last name is Trump or you own several car dealerships, this is probably the bank for you. You will have access to a wide variety of experts in capital markets, investments, corporate finance and commercial lending. If you travel a lot or live in more than one geographical area (I'm talking about you snowbirds), this also is probably a good choice of bank, as they will have branches all over the country or even the world. However, all of those branches and experts cost money and nothing in life is free. So for an average Joe, that means you probably will receive minimal interest on your deposit accounts and be charged a fee for almost anything.

The second bank class is a community bank. An example of this is Calusa Bank here in Punta Gorda. These banks are much smaller than the first type of bank with probably just a couple of branches in one area. They will focus on



attracting traditional retail customers and small businesses. To stand out from the larger financial institutions, they typically will pay a higher interest rate on deposits (and charge a lower rate on loans) and will offer a more personalized level of service. Their fee structure will also be less intense. On the flip side, they will not be able to offer more sophisticated services like Foreign Exchange or capital markets and you may even need to jump through a few hoops to execute foreign wire transfers or more complex banking transactions. But if you don't travel much for extended periods and are a bread-and-butter banking client, this may be a good choice for you.

The final financial grouping is Internet banks. Ally bank, Synchrony Bank and First Internet Bank are Internet banks. These institutions do not have branches. You will do your banking

through your smart phone, mail or ATMs. So if you have trouble figuring out how to open an attachment on your gmail account, this probably isn't the right fit for you. Or if you like the fact that the teller at your local bank branch knows your name, you should probably pick a different bank. But the benefit of Internet banks is that their cost structure is extremely low so they typically have the best deposit interest rates and lowest loan rates. They also most frequently have the lowest fees. But it can be a hassle to execute some routine banking transactions like making cash deposits or obtaining certified checks.

So as you can see, there has never been a greater choice of banks for someone to choose from. The key is to decide what is important to you in your financial institution. Is having a branch on every corner the most crucial? Or is it high interest rates? Or the ability to obtain Japanese yen whenever you need it? Just remember that you really can't have everything. Not like in those good old days at all. ■

— Eric Bretan, the co-owner of Rick's Estate & Jewelry Buyers in Punta Gorda (a buyer and seller of estate jewelry and diamonds) was a senior derivatives marketer and investment banker for over 15 years at several global banks.

Richard Lubliner named to board of nonprofit Clinics Can Help

SPECIAL TO FLORIDA WEEKLY

Clinics Can Help, a West Palm Beach-based nonprofit organization helping to enable access to healthcare to all through the donation of medical equipment and supplies, announced the addition of Richard S. Lubliner to its Board of Directors.



Lubliner

A resident of West Palm Beach, Mr. Lubliner is chair of the Business Litigation Group for the law firm of Greenstein & Associates. In this role, he directs and oversees attorneys and clients involved in complex commercial

and business matters. A graduate of Rutgers University, Mr. Lubliner earned his Juris Doctor degree from Emory University School of Law, Georgia.

Prior to Greenstein & Associates, he was an associate in Commercial Litigation for Klein & Solomon, LLP in New York and for Bast Amron, LLP in Miami.

"I'm very excited about serving on the Clinics Can Help board," he said, in a prepared statement. "They've created an innovative solution to increasing access to medical equipment, and I've seen the difference they're making in people's lives."

Clinics Can Help accepts donation of new and gently used durable medical equipment from individuals and organizations and makes them available to

patients who may not otherwise be able to afford such expensive equipment for their physical recovery.

It is the only organization of its kind in Florida and one of only four in the U.S. that provides this critical assistance. While its main program is The Lending Closet, where clients can borrow equipment, they also hold a CRIBS Project annually, where they provide new Pac N Play cribs to local families in need.

During its decade of service, CCH has served over 7,000 clients with the provision of more than \$3.5 million worth of medical equipment and supplies. While many of its clients are seniors, it serves over 200 children with special needs annually by providing adaptive transit

wheelchairs, walkers and positioning devices.

After five years in its current location off Latham Road, Clinics Can Help is launching a \$1 million capital campaign to fund a move to larger facilities that will allow it to meet a growing need.

Clinics Can Help was founded by Owen O'Neill, a local hospice nurse, who, in 2005 started collecting and donating wheelchairs and hospital beds to patients in need. In the last year CCH assisted over 1,760 clients by donating over \$711,000 worth of recycled medical equipment. For additional information, call Clinics Can Help at 640-2995 or see clinicscanhelp.org. Clinics Can Help is located at 1550 Latham Rd., Unit #10 in West Palm Beach. ■

Palm Beach Gardens Medical Center gets Top Mission: Lifeline Achievement Award

SPECIAL TO FLORIDA WEEKLY

Palm Beach Gardens Medical Center earned the Mission: Lifeline Gold Receiving Quality Achievement Award from the American Heart Association for the second consecutive time. The hospital was honored with the award for implementing specific quality improvement measures for the treatment of severe heart attack patients.

Each year in the United States, approximately 250,000 people have a ST segment elevation myocardial infarction (STEMI), caused by a complete blockage of blood flow to the heart that requires timely treatment. To prevent death, it's critical to immediately restore blood flow, either by surgically opening the blocked vessel or by administering a clot-busting medication.

At the same time Palm Beach Gardens Medical Center was recognized, the Palm Beach Gardens Fire and Rescue team also received a 2015 Mission: Lifeline achievement — The EMS Silver Level Recognition Award. This award acknowledges that

the team has the ability to rapidly identify the STEMI, promptly notify the destination center and trigger an early response from awaiting hospital personnel.

"Palm Beach Gardens Medical Center is pleased to be the only hospital in Palm Beach County to receive an American Heart Association's Mission: Lifeline Award alongside local EMS providers," said Jeffrey M. Welch, hospital chief executive officer, in a prepared statement. "By working together with Palm Beach Gardens Fire Rescue, we have created an integrated, seamless system that allows us to provide the community with high quality care."

Palm Beach Gardens Medical Center received the highest level of the award, Lifeline Gold, for meeting specific criteria and standards of performance for the quick and appropriate treatment of STEMI patients by providing emergency procedures to reestablish blood flow to blocked arteries when needed. The hospital met eight designated metrics with a composite score of 85 percent or higher, with no single measure below 75 percent



COURTESY PHOTO

With the awards are, from left, Dr. Ken Scheppke, Palm Beach Gardens Fire Rescue EMS Medical Director; Chief James Ippolito, Palm Beach Gardens Fire Rescue; Keri Taylor, Chest Pain/Stroke Coordinator at PBGMC; Jeffrey M. Welch, CEO at PBGMC; Alex Masmela, Assistant Administrator at PBGMC; Terry Lascell, Director of Business Development at PBGMC; and Jeffrey Walker, Director of Quality for American Heart Association.

for two consecutive years.

As the first hospital in Palm Beach County and the Treasure Coast to perform open-heart surgery, The Heart & Vascular Institute at Palm Beach Gardens Medical Center remains one of the area's top heart hospitals. With a team that consists of highly skilled cardiologists, cardiotho-

racic surgeons, nurses, physical therapists, respiratory therapists, dietitians, pharmacists and other clinical staff, the hospital has performed over 16,000 open-heart surgeries and more than 100,000 cardiac catheterizations to date. To learn more about the Heart & Vascular Institute, see pbgmc.com/our-services/heart. ■

PALM BEACH SOCIETY

Arthur's Jam, benefiting the Cystic Fibrosis Foundation, International Polo Club



Bill Morosco and Arlene Dill



Nicholas Kolasinsky, Cathleen O'Toole-Stetson, Amy Federman and Dan Brown



Christine Walter and Jeremy Walter



Tiffany Rodriguez and Tom Rodriguez



Christine Tufford, Steve Kauff and Susan Shelly



Jackie Rea, Michelle Valldejuli and Maggie Burke



Kate Morris, Ashley Quinones and Jeremy Morris



Laura Springer, Jim Springer, Cathleen O'Toole-Stetson and William Stetson



Mike Wade, Dee Wade, Kate Connor and Justin Whinenhunt



Suzy Swing, Norman Gitzen, Evelyn Ros and Kat Fox



Colette Beland, Mike Callahan, Sally Severeid and Mo Foster



Francine Peace, Fabrizio Venetico and Debbie Swift



Paul Peterson, Norma Peterson and Ron Saunders



Chanda Fuller, Paul Torrey, Colette Beland and Paul Beland

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PALM BEACH SOCIETY

Page One Passion breast cancer awareness event, New York Prime, Boca Raton



Fabian DeGuffroy, Isabel Tessler, David Becker and Deby Goldfarb



Cheryl Myers, Hugh Downe and Joselyne Perez



Karen Lustgarten, Michael Valentine and Christina Wrieden



Greg Zeigler and Aubrey Zeigler



Shana Overhulser and Nick Wood



Shana Overhulser, Corrine Braverman and Craig Selinger



Karina Ramirez, Andrew Klein and Holli Lapes



Tracey Zerkle, Bill Giberson and Terri Cooper



Judy Kanter, David Poltkin and Sheri Morehead



Alan Fried and Linda Scheele

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 and view the photo albums from the many events we cover.

PALM BEACH SOCIETY

Jupiter Medical Center Highballs & Hibiscus, Frenchman's Creek County Club, Palm Beach Gardens



Alyson Seligman, Jennifer Ruyack, Beth Wayne, Jennifer Friedman and Scott Friedman



Gerard Stigliano, Kellie Stenzel, Rebecca Seelig and Lee Seelig



John Couris, Gary Titherington and Rich Nestro



Ed Sasso and Carolyn Sasso



Liv Vesely, Rebecca Seelig and John Couris



Mark Ciarfella and Nika Ciarfella



Paul Walczak and Patti Walczak



Rick Solas and Jocelyn Solas



Jack Nicklaus, Ali Nicklaus, Tonya Cheatham and Lachlan Cheatham



Steve Anderson, Terry Anderson, Jeff Elsner and Sally Elsner



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TRACEY BENSON PHOTOGRAPHY

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FLORIDA WEEKLY
REAL ESTATE

WEEK OF OCTOBER 15-21, 2015

A GUIDE TO THE REAL ESTATE INDUSTRY

| A21



COURTESY PHOTOS

Magnificent historic Flagler manse

SPECIAL TO FLORIDA WEEKLY

This historic Flagler mansion at 3201 N. Flagler Drive, West Palm Beach, has undergone a \$700,000 remodel. It offers spectacular water views and screened and covered outdoor living like no other, including a fabulous outdoor kitchen, impact windows and doors, original hardwood and marble floors, a huge master suite with a large closet and amazing bath, a private third-story balcony providing Intracoastal views, and an incredible pool and spa. The home features five bedrooms and 3½ baths. Fite Shavell & Associates lists the home at \$1,399,000. The agent is Steve Simpson, 561-262-6263, ssimpson@fiteshavell.com. ■



KOVEL: ANTIQUES

Handling nature's call with class

BY TERRY AND KIM KOVEL

Indoor plumbing with a flushing toilet was not commonplace until the 20th century, even though the first flushing toilet was patented in 1775. Queen Elizabeth I and other members of royalty had a type of toilet that emptied into a nearby body of water. Others used outhouses, chamber pots and holes in the ground. In the 18th century the wealthy sometimes had a special chair altered to hold a chamber pot. A period Chippendale commode corner chair was sold recently at a Cowan auction for \$185, and at another auction a short Chippendale commode chair sold for \$24,000. What was the difference? The expensive chair had a tooled leather seat, an intricately designed skirt, well-shaped back panels and arms, and original finish. It is one of the best of its type. A regular chair was sometimes converted into a commode chair. A hole was put in the seat and a shelf below held the potty. The front panel on the chair that hides the potty was probably added when the chair was altered. Careful examination can show where it is attached to the original seat. And details of the style of the chair, the straight legs or curved legs with ball and claw feet, and the possible shortening of the arms all influence the price. Collectors want original antiques and alterations lower the value. And the most expensive furniture is always made by the best craftsmen. Today, more than in the past 20 years, the original finish adds much to the value.

Q: My blue cast-iron motorcycle was a gift when I was 5 years old. It has a policeman riding on it. The motorcycle is 6 inches



The skirt on this late-18th-century chair hides a potty. The seat was removed when the chair was used. A servant probably emptied it each morning. The chair sold in June 2015 at a Cowan's auction in Cincinnati for \$184.

long and 4 inches high. The tires are hard rubber and the original bulb is in the front light. Does my old toy have any value?

A: Your police motorcycle was made by Hubley Co., founded in 1898 in Lancaster, Pa., by John E. Hubley. The company originally specialized in toy trains. It reorganized in 1909 and started to make cast iron toys-horse-drawn wagons and circus wagons, fire engines, miniature coal stoves and toy guns. As the automotive industry grew, Hubley added more and more models. The

company stopped making cast iron toys in 1942 due to the war effort. After the war, it made diecast metal and plastic toys. The name was changed to Gabriel Industries in 1965, and in 1978, the company was bought by CBS. From about 1934 to 1936, Hubley made electrical toys, like your motorcycle, with battery-operated headlights. The motorcycles also made an exhaust sound. They're rare, and your motorcycle could sell for \$350 to \$500, depending on its condition.

Q: What is the sheet music for "Will You Remember (Sweetheart)" from the movie "Maytime" worth? It has a picture of Nelson Eddy and Jeanette MacDonald on the front.

A: Jeanette MacDonald and Nelson Eddy performed together in eight movies between 1935 and 1942. "Maytime," a 1937 musical distributed by MGM, was their third movie together. They were dubbed "America's Sweethearts," and they also had an off-screen romance. Most sheet music sells for \$5 to \$10. The better the cover pictures and the condition, the higher the price.

Q: I have a stoneware jug, 11¾ inches tall. It was my mother-in-law's. The jug is printed with blue letters, "Globe Liquor Co., 148 & 152 Main St., Buffalo, N.Y." Can you tell me about it?

A: Your jug doesn't have a maker's mark, but a wine and liquor wholesaler operated in Buffalo, New York, at that address from the 1880s until about 1901. Salt-glazed stoneware pottery from Europe was used in America from its earliest days. By the 18th century, it was being made in America by

hundreds of small local potters. Early decorations were incised and later designs were painted free hand, usually in cobalt blue glaze. By 1860 designs were more elaborate and had stylized flowers, leaves, birds and other pictures. Names often were printed or stamped on the jugs. Stoneware crocks held butter, sugar, spices, flour, coffee, tea, honey, molasses, pickles, cheese, smoked fish, meats and cheese. Stoneware jugs and bottles held vinegar and beer and kept water cool and drinkable. Don't forget whiskey, that's probably what was in your jug. Stoneware was out of favor by about 1910, after the inventions of canning in glass jars and refrigeration. Now collectors consider salt-glazed stoneware folk art. Prices are determined by rarity, unusual decoration or known maker. Your jug is worth about \$80 to \$100.

Tip: Invert your old glass cake-stand and use it for chips and dip, salsa or hummus. The pedestal must be hollow to hold the dip; the top plate is fine for the chips. ■

— 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.

BEHIND THE WHEEL

New Nissan Murano is the anti-square crossover



mylesKORNBLATT

mk@autominded.com

The 2015 Murano debuts the third generation for Nissan's look-at-me crossover. It's a truly bold move to try and be this distinctive in the mainstream world of midsize vehicles, but that's nothing new for this one. Over the last dozen years the Murano has had arguably the most distinguished face in its class, and now the new version makes sure that every surface leaves a lasting impression. But now that close competitors like Ford Edge and Hyundai Santa Fe have been recently restyled into handsomely premium vehicles, is there any room for the wild one in this new bunch?

Nissan really wanted to challenge its metal workers when it came to stamping out parts for the new Murano. There's an inward slope on the hood for an aggressive furrowed brow, and then it rises up in the middle for the impression of a power bulge. The profile has a deep ridge that cuts a Nike-style swoosh in the doorline with hints of this repeated in the headlights and taillights. The roof uses well-placed chrome and a blacked-out c-pillar to create the illusion that it is floating above the rear end.

In total, Nissan is doing things with sheet metal we would have never imagined a few decades ago. Of course, not everyone wants to drive a rolling marvel, but this is a calculated risk.

Nissan is not too afraid to alienate moderate consumers because the company's Pathfinder crossover/SUV picks up the slack. The two vehicles share an assembly line



in Mississippi, and both utilize the same motor. The Pathfinder is slightly larger, and its more conventional styling allows for a squared-off style that leads to more interior room and space for a third row bench.

Limiting the Murano's seating to two rows and five people total feels very deliberate. While this is a fine car to make the school drop off run, the adult-sized legroom in the rear suggests Nissan is looking out for an older crowd, too. In fact, not only are the

front seats designed according to Nissan's fatigue-reducing "Zero Gravity" standards, but the outboard rear ones also have this mature level of comfort.

From the driver's seat the Murano feels pretty loaded. The \$29,560 base S model version still gets features such as dual zone automatic climate control and a backup camera. Upgrade to our \$37K mid-level SL model and some interesting standard features are added like a nine-speaker Bose ste-

reo, leather seats, power liftgate, and a very useful Around View monitor. This stitches together video from the front, rear and door mirror cameras to give a real-time bird's eye view of the car.

While all the style and technology are designed to be the hallmarks of this crossover, what might be most impressive is the ride. The Murano genuinely feels tall and wide, which is why people choose these over station wagons. But the steering is crisp and sharp, more like the related Maxima sports sedan. The suspension keeps this car-like feel by not allowing too much body roll when taking turns at speed.

The only powerplant available is a 260 hp 3.5-liter V6. It is mated to only one transmission, the CVT. Continuous variable gearboxes are not ideal for an all-out sports car, but its unbroken smooth delivery is fine for relaxed crossover duty. In total, the Murano is powerful, quick, and comfortable, but it is not exactly the BMW X5. Still, the \$14,000 savings of our loaded tester over the German's starting price certainly eases the pain.

Where the Murano really is in its element is on the long road trips. We had the optional panoramic sunroof that gives all passengers a direct view of the sky. It is part of a \$2,260 technology package that also includes radar-assisted cruise control and collision warning. No matter the trim level or drivetrain (front-wheel driver or optional all-wheel), the Murano and its 19-gallon fuel tank can achieve a bladder-busting 450 miles in-between fill-ups.

The new Nissan Murano is styled to look like the wild child, but what no one is noticing is that this punk rocker is wearing sensible shoes. It is adult fun, but the kids fit, too. ■



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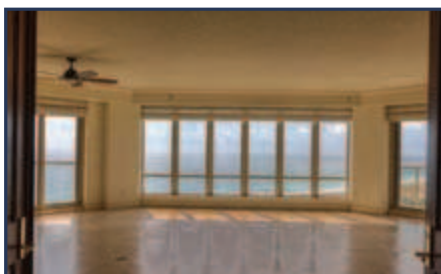
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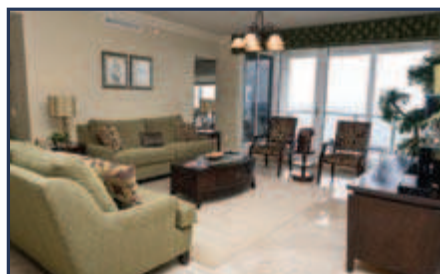
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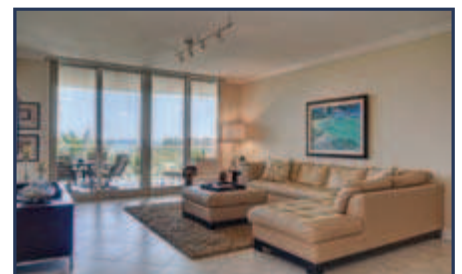
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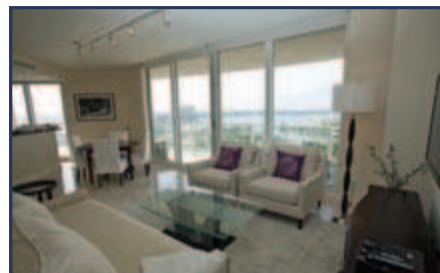
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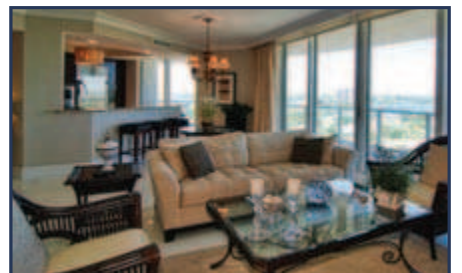
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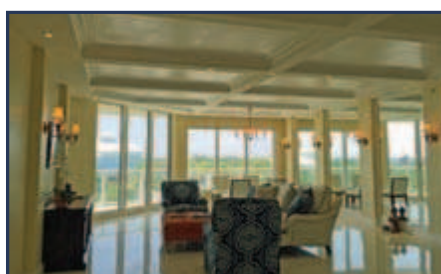
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Martinique ET1702
2BR/3BA - \$875,000



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



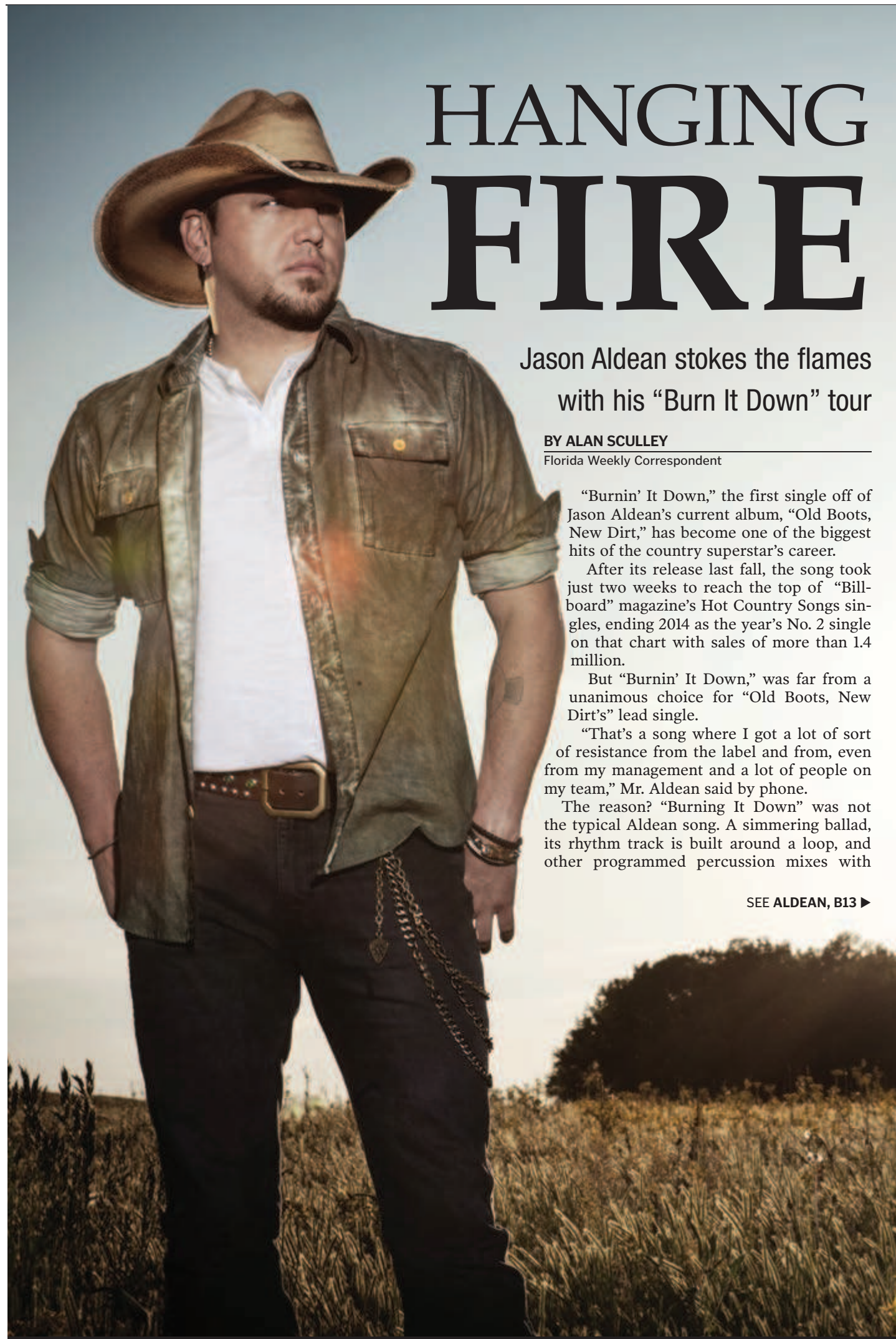
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ARTS & ENTERTAINMENT

OCTOBER 15-21, 2015

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



HANGING FIRE

Jason Aldean stokes the flames with his "Burn It Down" tour

BY ALAN SCULLEY
Florida Weekly Correspondent

"Burnin' It Down," the first single off of Jason Aldean's current album, "Old Boots, New Dirt," has become one of the biggest hits of the country superstar's career.

After its release last fall, the song took just two weeks to reach the top of "Billboard" magazine's Hot Country Songs singles, ending 2014 as the year's No. 2 single on that chart with sales of more than 1.4 million.

But "Burnin' It Down," was far from a unanimous choice for "Old Boots, New Dirt's" lead single.

"That's a song where I got a lot of sort of resistance from the label and from, even from my management and a lot of people on my team," Mr. Aldean said by phone.

The reason? "Burnin' It Down" was not the typical Aldean song. A simmering ballad, its rhythm track is built around a loop, and other programmed percussion mixes with

SEE ALDEAN, B13 ►

HAPPENINGS



COURTESY PHOTO

The Historical Society of Palm Beach County plans its fourth annual Scarecrow Family Festival on Oct. 17.

Scarecrows back for society's fall festival

BY JANIS FONTAINE
pbnews@floridaweekly.com

It's time for what's becoming one of West Palm's most popular fall events.

The fourth annual **Scarecrow Family Festival** takes place from 2 p.m. to 5 p.m. Oct. 17 on the lawn around the **Richard and Pat Johnson Palm Beach County History Museum** at 300 N. Dixie Highway, in downtown West Palm Beach. The party is hosted by the **Historical Society of Palm Beach County**.

Much of the festival centers on the creative scarecrow-making contest at this family-friendly event that celebrates fall and Florida agriculture.

Dozens of people and businesses have been at work for weeks crafting scarecrows to enter in the popular competition. They'll be announcing the winner at the festival, which comes with a \$300 prize and bragging rights. All scarecrows had to be made from scratch, stand at least 4½ feet tall, and be able to withstand Florida's weather.

Also planned: A scavenger hunt inside the museum, pumpkin decorating, a corn-shucking contest, live music, an agricultural display by local farmers that teaches kids where food comes from and how important scarecrows were for farmers.

Uproot Hootennanny, a four-piece folk/bluegrass band featuring **Brian Bolen, Brian Trew, David Welch** and **Rolando Willimann**, will provide live music.

There also will be food, arts and crafts, games, a pie-eating contest, and a bake sale.

Tickets are \$10, which includes food and all activities, and admission is free for younger than age 3. The money raised supports the nonprofit museum and its education projects for students throughout Palm Beach County.

Get tickets online at historical.societypbc.org or by calling 832-4164. Find free event parking on Fourth Street.

SEE HAPPENINGS, B13 ►

Art stroll in Tequesta; visual arts at Armory

SPECIAL TO FLORIDA WEEKLY

The things that go on in the back alleys of Tequesta.

The inaugural Back Alley Mural Festival, held Sept. 19-20 at Gallery Square North in Tequesta brought together 20 local artists who created large-scale murals on a 200-foot long outdoor wall.

More than 300 visitors turned out to watch the acrylic paintings come alive at the event held by Lighthouse ArtCenter.

The monthlong display of the murals

will culminate in an Art Stroll, set for 6 p.m.-9 p.m. Oct. 16. Admission to the event is free.

The festival was billed as a celebration of the power of art in public places.

"As the ArtCenter is eco-friendly, no aerosols were used for the paintings," Cynthia Trone, director of education at Lighthouse ArtCenter, said in a prepared statement. "The murals created conversation, new friendships, artistic inspiration, and fueled a growing sense of community in the small Village of Tequesta."

Julie Silk Beaumont, muralist and owner of Village Art Studios, saw the potential of creating a local, neighborhood art-centered outdoor painting event for "sunbirds, so we intentionally scheduled the event before the arrival of the busy 'snowbird' season."

In keeping with the easy-going camaraderie of the event, winners were chosen by Peoples' Choice Award votes:

Mark Ruppert, a local graffiti artist and fine art teacher, won first place. Signing his work "Bulks", he is known

SEE ART, B13 ►

SANDY DAYS, SALTY NIGHTS

Does not share well with others



In my kitchen I have an espresso maker, one of those sleek Italian models, glossy black, lovely and expensive-looking as it sits on my counter. It was a gift from a former lover, and each time I make a cup of espresso, the smell reminds me of lazy Sunday mornings in Paris.

Of course, I try not to use it often. I am a rationer, and I like to parcel out the nice things in my life, to use just a little bit at a time so that the good feeling lasts. In fact, the nicer something is, the less I use it.

With my espresso maker, I've managed not to reorder any of the single-serving cups it requires for almost a year. I like to think it's only for special occasions.

Unfortunately, the man I'm seeing — we'll call him John D. — doesn't agree. He's happy to have an espresso every morning. Frequently, two. I try not to flinch as he drops another single-serving cup in the machine. Doesn't he know that they're expensive?

"How about tea?" I ask him. I hold up the kettle and give it an appealing little shake.

"That's all right," he says. "Coffee's fine."

I smile brightly, even though it takes

everything I have to keep from snatching the espresso out of his hand.

When I tell people I'm an only child, they always make this face, a sort of worried frown.

"I bet you don't like to share," they say. "Oh, no," I tell them. "I'm happy to share. Just not when it's my things."

The problem in relationships, I'm noticing, is that they require a vast amount of sharing. Sharing of space, sharing of feelings, sharing of toiletries. In fact, it's this sharing of day-to-day items that seems to be getting under my skin.

In addition to my espresso maker, John

D. is quite content to use my shampoo, my soap, my toothpaste. The shampoo I buy at the salon for an exorbitant price and use in small, pea-size amounts (I've made the same bottle last two years).

I purchase my soap at the farmers market from a woman who handcrafts each bar, and my toothpaste comes from the Indian grocer, imported all the way from Mumbai. Each of these items is precious to me.

So you can imagine how I struggle when I watch John D. squeeze out a fat trail of toothpaste as thick as a slug.

Or I step into the shower to find that the bar of soap has been washed down

to a sliver.

Or when John D. comes out of the bathroom wrapped in a towel and runs his hand through his buzz cut, saying, "Your shampoo smells nice but it doesn't lather well. I had to use a big handful to get a good foam."

In these moments, I try to remind myself that sharing is the thrill of a relationship.

So what if this man uses all my shampoo or squeezes out too much toothpaste?

After all, isn't it wonderful to share this time with someone?

I just wish he were a tea drinker. ■

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FLORIDA WRITERS

Ancient secrets revealed in present day global adventure

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■ **“The Magician’s Guide: Book 1 Faces in the Stones” by Robert E. Gelinás. Archebooks Publishing. 294 pages. Trade paperback, \$14.95.**

Dr. William Turner, an expert in quantum physics, is also an expert in “real magic.” As a Master Magician, he is not merely an illusionist or card manipulator, but rather a person who can manipulate natural laws through an understanding of nature’s secrets and the hidden powers that lie within many of us untapped.



GELINAS

One thread of Robert E. Gelinás’ amazing book is Turner’s detailed journal, written for his daughter Sasha, a university professor. As she learns, we learn — but I don’t know if I dare practice any of the energy transfers or other operations that would allow me to become a Magi.

The author uses the structural device of alternating passages from the journal with chapters in a place-jumping narrative that follows intriguing characters

in a wizards’ war for global dominance.

The time is the here and now. The players are Middle Eastern dreamers, schemers, former Soviet Union agents, Western Europeans and Americans who are mostly good guys — you know, the stuff of yesterday’s and today’s electronic and print journalism and opinion-mongering.

Buy a nuclear bomb from Pakistan, explode it in the right place at the right time, and you and yours can reshape the world (or what’s left) according to your wishes. However, your enemies — the good magicians — will make every attempt to block you.

The plotting, scheming and exercises of superpowers take readers on a dazzling tour, each stop described with vividness and authoritative detail.

We first make the acquaintance of Sasha in Austin, Texas, as she learns that her father has been arrested and sent to a psychiatric hospital in Geneva for evaluation. He was charged with murdering a high-ranking government official. Is he really mad? Has he been set up?

We learn soon enough that William has been caught in an Inner Circle power play orchestrated the current

head of the Inner Circle of the Magi, Daniel DuMonde. Though confined under heavy guard, William has vanished.

We discover more when we meet DuMonde and other players at his office in Paris. He assumes that he and other members of the Inner Circle are being hunted by William Turner. The race is on, with magicians choosing up sides.

You’ve heard the phrase “uneasy lies the head that wears the crown?” Well, suspicion and fear of betrayal are at large in these corridors of unusual personal power.

Further stops on this high-adventure tour include Rome, where we get to know Turner’s former wife and Sasha’s mother, Penelope; Geneva, where we find Magi, Interpol chief inspector and Turner’s mentor Allister McKenzie; Kiev, home to Alexey Borochenko, DuMonde’s ally in the battle of the Magi titans; London, where McKenzie reappears at the Interpol Field Office; Athens, where we get a first view of DuMonde’s vessel The Libertine; Izmir, Turkey, where Borochenko plots with Stephan Burke, another villainous Magi; and then, at long last, Cairo, Damascus, Tehran and Tel Aviv.

It’s as if the author is moving pieces

across a chessboard.

As these masterminds set up their next steps in the corrupted Inner Circle’s game of enemies and allies, readers get to appreciate the author’s skill in economically setting up attractive, vivid scenes.

There is a creative writing exercise in which students are asked to define a character through his or her preferred physical surroundings and material accoutrements. Mr. Gelinás gets high marks here, paying careful attention to furnishings, clothing, hairstyles, architecture and whatever else might evoke personality while anchoring his created worlds with such sensory details.

Woven through the novel, via returns to Texas, is the growth of a romance between Sasha and her teaching assistant, Travis Gardner. The two eventually become key fighters in her father’s cause.

This bomb is set to explode. (I won’t tell you where, though.) The timer’s countdown punctuates the action as suspense builds toward one of several possible outcomes. What also builds suspense, and also punctuates the action, is our progress through the more astounding lessons in William Turner’s journal-guide to mastering real magic.

When you use a term like “Book 1” in your title, you are clearly betting on sales to warrant future installments. I’m rooting for Mr. Gelinás to win the readership that will bring us more of his highly original imagination. ■




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CALENDAR

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

THURSDAY 10.15

On the Ave's Get Your Grove On — Through Oct. 17 in the Pineapple Grove section of Delray Beach. If you've always wanted to see what the Grove — and Artists Alley — has to offer this is a perfect time to sample some of its best assets. From 6-10 Oct. 15, there's a street party in Artists Alley. On Oct. 16, enjoy a free concert by the Jay Blue Band or attend the Halloween Fall Fest at the Historical Society. Dozens of local businesses and retailers will be offering specials. Info: ontheavedelraybeach.com.

Art After Dark — 5-9 p.m. Thursdays at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. Features lectures by curators, docent-led tours, and music. This week the focus is on the opening of "This Place: Israel Through Photography's Lens." Info: 832-5196; Norton.org.

Clematis by Night — 6-9 p.m. Thursdays, The Palm Stage at the Waterfront, Clematis Street, West Palm Beach. Everyone's favorite, free, family friendly outdoor concert. Info: clematisbynight.net. Biscuit Miller & The Mix — Oct. 15. The band is a fan favorite. Future Prezidents — Oct. 22. Reggae sensations. Clematis by Fright — Oct. 29. The annual Halloween party with costume contests with cash prizes in categories for kids, adults, families and pets.

The ninth annual PR YAK-YAK — 6 to 8:30 p.m. Oct. 15, Crane's Beach House Boutique Hotel & Luxury Villas, 82 Gleason St, Delray Beach. \$20 for members, \$25 nonmembers, benefits Gold Coast PR Council & PRSA Palm Beach. Admission includes one free drink ticket good for beer, wine or soft drinks and food from Max's Harvest in Delray Beach. Music by steel drummer Cecil Xavier. Cash bar with happy hour prices. Info: goldcoastprcouncil.com. or prsapalmbeach.org.

FRIDAY 10.16

Art Stroll of the Back Alley Mural Festival — From 6-9 p.m. Oct. 16, take a tour of the murals painted in September on the walls the Lighthouse ArtCenter and Museum, Gallery Square North, 373 Tequesta Drive, Tequesta. Enjoy music and refreshments, and meet the artists. 748-8737; LighthouseArts.org.; 746-3101.

Oktoberfest — Oct. 16-18, American German Club of the Palm Beaches, 5111 Lantana Road, Lake Worth. You've waited all year for it: The German food. The German beer. The German band and the chicken dance. 967-6464; americangermanclub.org./Oktoberfest.

SATURDAY 10.17

Volunteers are needed for Feeding Children Everywhere — 8:30 a.m. to 12:30 p.m. Oct. 17, at Conniston Middle School in West Palm Beach. PBAU needs help to package 50,000 meals for hungry families in Palm Beach County. Info: pba.edu/feeding-children-2015.

Fire Fest! — 1-9 p.m. Oct. 17, Jonathan Dickinson State Park, 16450 SE Federal Highway, Hobe Sound. A Halloween-themed family event that coincides with the Florida Park Service's prescribed burn program. Two fire demonstrations take place throughout the event, including one in the afternoon and one in the evening after sunset. Also features fire truck demonstrations, marshmallow roasting, exhibitors, the Haunted River Trail, live animal demonstrations, a free

children's art activity from 2-6 p.m. with artist Debbie Mostel. Admission is \$6 for park entry for up to 8 people per vehicle. Fees apply for some activities including hayrides, swamp buggy rides, bounce house and children's obstacle course, and face painting. Food and drink vendors (including beer). Info: 745-5551; friendsofjdsp.org.

SUNDAY 10.18

Sunday on The Waterfront — 4-7 p.m. Oct. 18, Meyer Amphitheatre, 104 Datura St. West Palm Beach. Markey Blue performs blues. The band's debut album Hey Hey is nominated for Best New Debut Album by the 2015 Blues Blast Music Awards. BYO blankets and chairs. Wpb.org./events for details.

MONDAY 10.19

St. Mark's Episcopal School Christmas in October — 4:30-8:30 p.m. Oct. 19 for sip and shop, and 8:30 a.m.-4:30 p.m. Oct. 20, St. Mark's Gymnasium across from the main campus, 10635 Gardens East Drive, Palm Beach Gardens. Home goods, monogrammed gifts. Info: 622-1504; stmarkspbg.org.

Obesity Health Concerns of Women — 6:30 p.m. Oct. 19, North Palm Beach Library, 303 Anchorage Drive, North Palm Beach. Dr. Alina Alonso, director of the Palm Beach County Health Department, speaks. Hosted by the American Association of University Women Northern Palm Beach County Branch, as part of their general meeting. Guests are welcome. Info: northern-palmbeach-fl.aauw.net

WEDNESDAY 10.21

Earl Stewart lecture and book signing — 2 p.m. Oct. 21, Delray Beach Public Library, 100 W. Atlantic Ave., Delray Beach. Topic: How to buy a Car Without Getting Ripped Off. He'll also be selling copies of his book, "Confessions of a Recovering Car Dealer," with all proceeds benefitting Big Dog Ranch Rescue. Info: 266-9490.

Cocktail reception fundraiser for the SMART Ride — 6-8 p.m. Oct. 21, Grandview Gardens Bed & Breakfast, 1608 Lake Ave., West Palm Beach. SMART Ride, a two-day, 165-mile bicycle ride, raises awareness and money for FoundCare's Comprehensive AIDS Program of Palm Beach County and other HIV/AIDS organizations in Florida. Admission is a \$25 and includes Mediterranean food tastings, prepared by chef John Ser-video, plus beverages, silent auction and live music. Tickets are available at foundcare.org/gardens or at the door.

LOOKING AHEAD

Jumpstart's 2015 Read for the Record — The Literacy Coalition is hosting a public celebration at the Barnes & Noble, 333 Congress Ave., in Boynton Beach, at 10 a.m. on Oct. 22. News-Channel 5's Tania Rogers will read this year's book — "Not Norman: A Goldfish Story" by Kelly Bennett — followed by hands-on activities for kids, a presentation with real fish and a pet scavenger hunt. Info: 279-9103 literacypb.org.

Lecture: An Archival View of the Life and Work of Ann Weaver Norton — 4-5 p.m. Oct. 22 at the Ann Norton Sculpture Gardens, 2051 S. Flagler Drive, West Palm Beach. The second lecture in this two-part series by art historian Marie Scripture looks at Ann Norton as an artist, her distinctive style, and work. Free for members, \$15 nonmembers, which includes admission to the gardens and Norton's studio. Refreshments. Info: ans.org. or 832-5328.

"Dixie's Tupperware Party" — At 7 p.m. Oct. 22, see a show and support Forever Greyhounds, a rescue group that places retired greyhounds in forever homes. The show will be held in the Terrace Room of the Palm Beach Kennel Club, 1111 N. Congress Ave., West Palm Beach. Tickets are \$15. Due to adult content, this show is for age 18 and older. Your ticket includes a dessert buffet and beverages. There's a cash bar. 574-7756 or forevergreyhounds.org.

Job Fair on the PBSC Gardens campus — 1-4 p.m. Oct. 22, at the BioScience Technology Complex, 3160 PGA Blvd., Palm Beach Gardens. Free. More than 50 employers will be on hand recruiting. Visit palmbeachstate.edu/Career/Job-Fair for listings of all employers. Info: Call Gary Karl, fair organizer and career development advisor, at 207-5349 or email karlg@palmbeachstate.edu.

"Faces, Places And Things Then And Now" — Meet the artist, Dr. Art Bacon, at a reception from 4:30-7:30 p.m. Oct. 24 at the Historic Jenkins House, 815 Palm Beach Lakes Blvd., West Palm Beach. The Artists Showcase of the Palm Beaches showcases Dr. Arthur "Art" Bacon, a professor, scientist, civil rights activist, historian, scholar and artist, with this exhibit which is on display through Nov. 1. RSVP to Josephine at 306-5838 or emailing josephine@artistsshowcase.org.

AT THE COLONY

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

Ongoing:

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

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

Royal Room Cabaret:

Billy Stritch & Jim Caruso — Oct. 30-31 and Nov. 6-7

Nicole Henry — Nov. 13-14 and Nov. 20-21.

AT DRAMAWORKS

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

William Inge's "Picnic" — Through Nov. 9, Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach. Palm Beach Dramaworks presentation of the 1953 Pulitzer Prize-winning play about sexual repression, longing and disillusionment, and the narrow-minded limitations of life in a small Midwestern town. Show times: 8 p.m. Wednesday through Saturday and 7 p.m. select Sundays at 7 p.m. Matinees at 2 p.m. Wednesday, Saturday, and Sunday. Wednesday matinees and Sunday evenings include a post-performance discussion. Tickets: \$64, \$10 students. 514-4042, Ext. 2; palmbeachdramaworks.com.

The History Boys — Opens Dec. 3.

Knowledge & Nibbles — Have lunch at a local restaurant then attend a discussion with directors and cast members from Dramaworks— productions. Events are held on the Thursday before opening night. Lunch is at 11:30 a.m.; the program is at 1 p.m. They now offer a program-only option. Tickets for lunch and the program: \$30 members, \$40 nonmembers. Program only tickets: \$15 members, \$20 nonmembers

"The History Boys" — Dec. 3 at Lynora's.

AT DREYFOOS

Alexander W. Jr. Dreyfoos School Of The Arts — 501 S. Sapodilla Ave., West Palm Beach. Performances in Meyer Hall and the Brandt Black Box Theatre. 802-6052; awdsoa.org.

String Orchestra Concert — Oct. 21, Brandt.

Chamber Winds Recital — Oct. 22, Brandt.

Chamber Music Recital — Oct. 29, Brandt.

Philharmonic Orchestra — Nov. 13, Meyer.

AT THE DUNCAN

Duncan Theatre, Palm Beach State College Lake Worth Campus, 4200 Congress Ave., Lake Worth. 868-3309. palmbeachstate.edu/theatre

"A Country Wife" — Oct. 15-17. An academic play. \$12.

Weekend Family Fun Series:

Skippyjon Jones Snow What — Oct. 24. \$10,

AT THE EISSEY

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

"It's Academic!" — 7:30 p.m. Oct. 17. Symphonic Band of the Palm Beaches. \$18. 832-3115; SymphonicBand.org.

"All That Brass" — 7:30 p.m. Oct. 28. Palm Beach Gardens Concert Band. Tickets are \$15. Free for students age 18 and younger. 207-5900.

AT THE FLAGLER

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

Fall Exhibition: "With a Wink and a Nod: Cartoonists of the Gilded Age" — Through Jan. 3. Features original drawings by America's most important cartoonists for the magazine Puck. Included with museum admission. Info: 655-2833; flaglERMuseum.us

AT THE KRAVIS

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

Jerry Seinfeld — 7 p.m. Oct. 16, and 7 and 9:30 p.m. Oct. 17 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. 832-7469; Kravis.org.

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. Oct. 13 in the Clayton Hutcheson Complex Conference Room. October's book: "Mirage: Florida and the Vanishing Water of the Eastern U.S." — by Cynthia Barnett.

Fall Family Festival — 11 a.m.-4 p.m. Oct. 18. Co-sponsored by the Junior

CALENDAR

League of the Palm Beaches. Free for members and age 10 years and younger; \$5 for nonmember adults. Games, hands-on educational displays, music, pony rides, face painting, the kiddie train and refreshments. Some activities have a nominal charge.

AT PBAU

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

PBAU Symphony Concert: A Night of Concertos and Arias — 7:30 p.m. Oct. 9. DeSantis Family Chapel, 300 Okeechobee Blvd., West Palm Beach. \$10, \$5 students.

AT THE ZOO

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

Ongoing:

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

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

The Wild Things Show: Noon daily.

Monthly Toddler Workshops — See web site for details.

AT THE PB THEATRE

The Palm Beach Theatre, 262 S. Ocean Ave., Manalapan. (Formerly The Plaza Theatre.) Info: theatre.pbifilmfestival.org. or 362-0003.

Ongoing:

The \$5 movie — Thursday through Saturday, at 10 a.m. and 2 p.m. See classic films from 1960 or earlier. Shows also feature Movie Tone News and Short TV Comedy Show.

AT THE PLAYHOUSE

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

"Meet Me in St. Louis" — Through Oct. 25.

Black Box Series: Circle Mirror Transformation — Oct. 22-Nov. 1. By Pulitzer Prize-winning playwright Annie Baker.

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.

Lighthouse Sunset Tour — Oct. 21, 28. Time varies by sunset. Spectacular sunset views and an inside look at the nuts and bolts of a working lighthouse

watchroom. Tour lasts approximately 75 minutes. \$15 members, \$20 nonmembers. RSVP required at 747-8380, Ext. 101.

Twilight Yoga at the Light — 7-8 p.m. Oct. 19 and 26 on the Lighthouse Deck. Led by Mary Veal, Kula Yoga Shala. For all levels. Check the website for weather updates and exact start times.

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 MALTZ

The Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Info: 575-2223 or visit jupitertheatre.org. Volunteers are needed for a variety of roles at the theater. Info: 972-6106.

"Agatha Christie: The Mousetrap" — Oct. 25- Nov. 8. Tickets start at \$55.

An Evening with Christine Ebersole — Nov. 21. The Third Annual Tony Award winner benefit concert. Tickets start at \$75.

AT THE JCC

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

In the Lyons Art Gallery:

Oct. 15: Duplicate bridge; bereavement group; Talmudic fairy tales; learn to play duplicate bridge.

Oct 16: Bridge advanced beginner's supervised play; duplicate bridge.

Oct 18: Duplicate bridge with brunch.

Oct 19: Bridge advanced beginner's supervised play; understanding Medicare in 2016; mah jongg and canasta play session; duplicate bridge; timely topics discussion group; an introduction to Shaarei Yosher.

Oct 20: Mah jongg 101 class; duplicate bridge; "Inside the Music New World Symphony" webcast

Oct 21: Canasta 101 class; mah jongg and canasta play sessions; duplicate bridge; film festival presents "The Rescuers" with film director Michael King.

Oct 22: Nutrition seminar: going organic; duplicate bridge; Talmudic fairy tales; learn to play duplicate bridge; Bridge: intermediate class.

AT THE IMPROV

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

Steve-O — Oct. 15-18.

Lachlan Patterson — Oct. 22-25.

Florida's Funniest Comedian Contest — Oct. 28.

Demetri Martin — Oct. 29.

Mark Viera — Oct. 30-Nov. 1.



#SFL TOP PICKS

10.16-17

■ **Jerry Seinfeld** — The comedian performs at 7 p.m. Oct. 16, and 7 p.m. and 9:30 p.m. Oct. 17 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Yada, yada, yada. 832-7469; Kravis.org.



10.15-17

■ **Fright Nights** — Get spooked Oct. 15-17, Oct. 22-24; and Oct. 30-31, South Florida Fairgrounds, West Palm Beach. The midway of carnival rides opens at 6 p.m. and four haunted houses will open at 7 p.m. Closing time on Thursdays is 11 p.m. and midnight on Fridays and Saturdays. \$25 for three haunts. Get all four haunted houses for \$5 more. Info: myfrightnights.com. 793-0333; southfloridafair.com.



#LAUGHATIT

■ **Steve-O** — Oct. 15-18 at the Palm Beach Improv, CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach. Info: 833-1812; palmbeachimprov.com.

#LEARNIT

■ **"An Archival View of the Life and Work of Ann Weaver Norton"** — 4-5 p.m. Oct. 22. By art historian Marie Scripture at Ann Norton Sculpture Gardens. Free for members, \$15 nonmembers. Info: ansg.org. or 832-5328.

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.

GEMS Club - Slithering Science — 5-7 p.m. Oct. 27. A snake dissection and activity. Girls Excelling in Math and Science meets on the last Tuesday of every month. \$5, includes dinner. For girls in grades 3-8. Reservations required at

echristian@sfsciencecenter.org. or 370-7703.

Nights at the Museum - Spooky Science — 6-9 p.m. Oct. 30. Spooky science secrets, oozing pumpkins, smoking bubbles, creepy crawlers, treats. \$6 for members, \$12 for adults, \$10 for seniors, \$8 for children 3-12, children younger than 3 are free.

AT THE FAIRGROUNDS

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

Fright Nights — Takes place at the

CALENDAR

South Florida Fairgrounds over four weekends: Oct. 15-17, Oct. 22-24; and Oct. 30-31. The midway of carnival rides opens at 6 p.m. and four haunted houses will open at 7 p.m. Closing time on Thursdays is 11 p.m. and midnight on Fridays and Saturdays. \$25 for three haunts. Get all four haunted houses for \$5 more. Info: myfrightnights.com. Parental discretion is advised for those younger than 12. 793-0333; southflorida-fair.com.

Spookyville — Oct. 16-18, Oct. 23-25 and Oct. 30-31 at Yesteryear Village at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. This old fashion Halloween party for families and children 12 and younger calls itself “a safe place to trick-or-treat.” They’ll offer scarecrow making, kiddie rides, games, and arts & crafts taking place throughout Yesteryear Village’s 20 historic buildings. Costumed volunteers will great costumed guests, who can compete in the costume contests on Oct. 18 and 25. A pet costume contest will be held Oct. 16, 23 and 30. The contest begins at 7 p.m. and they have a team to help you register. Pets must be leashed and exotics are not allowed. Admission: \$10, which includes trick-or-treating, kiddie rides, and all contests and activities. Free for age 2 and younger. Free parking. Get \$5 off with the online coupon at southfloridafair.com.

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; ansg.org.

- **Lecture: An Archival View of the Life and Work of Ann Weaver Norton** — 4-5 p.m. Oct. 22. A two-part lecture series by art historian Marie Scripture to raise awareness of Ann Norton as an artist, her distinctive style, and work. Free for members, \$15 nonmembers, which includes admission to the gardens and Norton’s studio. Refreshments. Info: ansg.org. or 832-5328.

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

Call for art: For an exhibit to celebrate the 50th anniversary of Audubon Society of the Everglades, APBC is seeking works which reflect the Audubon Society’s mission to educate and inspire people to conserve wildlife, especially birds and the environment that supports them. The deadline in Nov. 4. The exhibit will be on display from Nov. 16-Dec. 30 at the Art on Park Gallery, 800 Park Ave., Lake Park. Submission form and info at artistsofpalmbeachcounty.org.

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.

- **2 + 3 The Artists’ Organization: The Human Image** — Through Oct. 24. This exhibition explores the varying ways that artists of different cultural traditions have represented the human body and imbued it with meaning.
- **Artists/Curator Talk: “The Individual”** — and “The World” — 6-8 p.m. Oct. 16. Refreshments will be served.

- **At the Armory’s Lake Worth Annex Gallery** — 1121 Lucerne Ave., Lake Worth.

- **Artists/Curator Talk: “Beyond”** — 6-8 p.m. Oct. 9. Refreshments will be served.

- **Reception: “Beyond”** — 6-8 p.m. Oct. 23. Wine and light snacks will be served.

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

- **Exhibit: “Rock-Paper-Scissors”** — The popular game is interpreted by three local artists. Info: 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 Audubon Society of the Everglades — Meets monthly and hosts bird walks. Contact Sue Snyder 627-7829 roysue@bellsouth.net. Info: auduboneverglades.org.

Bird Walks:

- **Spanish River Park, Boca Raton** — 8 a.m. Oct. 17, 3001 A1A, Boca Raton. Leaders: Brian Hope and Al Pelligrinelli.

- **STA 2** — 8 a.m. Oct. 17. Reservations required.

- **Florida Keys Hawk Watch** — Oct. 17-18. Reservations required at birdpaddy@yahoo.com. Leader: Paddy Cunningham.

- **Mangrove Park** — 8 a.m. Oct. 18, Lantana Preserve, South Palm Beach. Leader: Sue Young.

- **Birds & Mangrove Ecology: A presentation by Clive Pinnock** — 8:30 a.m. Oct. 21, MacArthur Beach State Park, North Palm Beach. Meet outside nature center. Park entry fee required.

- **America’s Everglades** — 6 p.m. Oct. 21, at Palm Beach County main library, Summit Blvd., West Palm Beach. A joint presentation with Sierra Club featuring a movie, “The Unseen Everglades: Inside a Legendary Wilderness,” and panel discussion.

The Benzaiten Center for Creative Arts — 1105 Second Ave. S., Lake Worth. Located in the Historic FEC Train Depot, visitors will 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 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. Info: choralsocietypalmbeaches.org.

CityPlace — 700 S. Rosemary Ave., West Palm Beach. Info: 820-0074; cityplace.com.

- **Adopt a Pet with Peggy Adams** — 11 a.m.-1 p.m. Oct. 17.

- **Taste of CityPlace** — 5:30-9 p.m. Oct. 22. tickets.com.pleteticketsolutions.com.

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.

Exhibitions:

- **Bea Doone-Merena Solo Exhibition** — Through Nov. 7.

- **Petrina Easton Solo Exhibition** — Nov. 7.

The Florida Trail Association Loxahatchee Chapter — Leads nature walks. New adventurers are welcomed. Get info and register at loxfltrail.org.

- **Okeehelée Park Walk** — 7:30 a.m. Oct. 17. Hike four miles. Leisure pace. Info: Daisy at 439-5780.

- **Hike In Apoxee** — 8 a.m. Oct. 23. Joe Rosenberg leads. Info: 859-1954.

- **Grassy Waters Hikes** — 7:30 p.m. Oct. 25. Two hikes are planned. Leisure pace. Leader: Alan Collins. Info: 586-0486.

- **Okeehelée Clip & Walk** — 7:30 a.m. Oct. 31. Meet at the Nature Center for an easy trail clearing/cleanup activity. Bring water, gloves and clippers. Info: 963-9906.

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

- **Our Sister’s Place: Shine the Light** — 8 p.m. Oct. 15. Take a stand against domestic violence and join Our Sister’s Place for a special candlelight vigil. Info: oursistersplace.org.

- **Pumpkin Bash** — 11 a.m.-2 p.m. Oct. 17. One free pumpkin per family from the pumpkin patch with a donation to Little Smiles. Kids should wear Halloween costumes. Trick-or-treating, Halloween arts and crafts, petting zoo, inflatable games, face painting, balloon artist.

- **Yoga by Luna** — Every Tuesday and Thursday from 6:30- 7:30 pm, join an evening yoga class.

- **Friday Nights on the Waterfront** — Oct. 16 and 23 from 6-10 pm, enjoy live music on the Waterfront Amphitheater. This month’s performers are Jahzilla, Flashback, String Theory and Sierra Band, respectively.

- **Saturday Tai Chi Classes by Agape Healing Arts** — 9-10 a.m. Oct. 17, 24 and 31. Free.

- **Saturday Live Music** — 6-10 p.m. Oct. 17, 24 and 31. Oct 17: SubGroove. Oct. 24: Jeff Harding Band. Oct. 31: Eclipse.

- **Sunday Yoga** — 10:30-11:30 a.m. Sundays through Oct. 25. Free.

- **Island Sundaze** — 3-7 p.m. Oct. 18 and 25. Live island music on the waterfront amphitheater. Performers include Bryce Allyn (Oct. 18) and ARTIKaL Sound System (Oct. 25).

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

- **Special exhibition: “By Land and Sea: Florida in the American Civil War”** — On display through May 23. Commemorates the Sesqui-

centennial of the resolution of the War of Secession from 1861-1865. Learn more about Florida and Palm Beach County’s role in the conflict and the nation’s reconstruction.

- **Scarecrow Festival** — Oct. 17.

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

Town of Jupiter Art Gallery — Photography from the Lighthouse Camera Club and Paintings from the North County Art Association & jewelry by Linda Koehler are on display through Nov. 20. Free.

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.

- **Exhibits: Environmentally Engaged; Faculty Exhibition; and Ceramics** — Through Oct. 24.

- **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.

- **Art Stroll of the Back Alley Mural Festival** — From 6-9 p.m. Oct. 16, take a tour of the murals painted in September on the walls the Lighthouse ArtCenter and Museum, Gallery Square North, 373 Tequesta Drive, Tequesta. Enjoy music and refreshments, and meet the artists. 748-8737; LighthouseArts.org.; 746-3101.

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.

- **Movie in French with English subtitles** — 2:30 p.m. Oct. 17. Film: “Arletty, une passion coupable” (Arletty, a guilty passion), France, 2014. Free.

- “Unter Strom” (Live Wire: a day in the life of an innocent kidnapper), Germany. Free.

The Norton Museum of Art — 1451 S. Olive Ave., West Palm Beach. Info: 832-5196 or norton.org.

Ongoing:

- **Art After Dark** — 5-9 p.m. Thursdays.

Exhibitions:

- **“This Place: Israel Through Photography’s Lens”** — Oct. 15-Jan. 17.

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

- **Florida Voices: “Villa Mizner: The House That Changed Palm Beach”** — 1:30-2:30 p.m. Oct. 21. Richard Ren Silvin speaks at this series focusing on Florida authors.

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.

LATEST FILMS

'Freeheld'



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★ ★ ★
Is it worth \$10? Yes

"Freeheld" is a gut punch of a movie. It's Julianne Moore dying of cancer. Civil rights. Equal rights. Gay marriage. A flamboyant Steve Carell, whose comic relief has never been more welcome.

It's one of those movies that infuriates you because it's based on something that should be easy and obvious, and yet close-minded, intolerant bigots impede upon the rights of others. For as much as the world is making progress to move beyond these issues, it's important to remember the struggles that brought them to light.

Det. Laurel Hester is a valuable member of the Ocean City (New Jersey) Police Department. Dane (Michael Shannon), her partner on the force, is a womanizer, but he cares for Laurel and genuinely likes her as a person.

Laurel's secret is that she's a lesbian; after a meet cute with Stacie (Ellen Page) at a volleyball game they fall in love, buy a house together, get a dog, etc. They are as settled as any married couple can be, but it's 2002 and gay marriage is not yet legal. This becomes a pertinent issue when Laurel is diagnosed with terminal lung cancer, and the local government says her pension cannot be passed on to Stacie. Without the help of the pension, Stacie will lose their home after Laurel dies.

So begins the main focus of the movie, which is the struggle Laurel and Stacie face for equal rights. After all, they argue, when a heterosexual cop dies, his/her spouse receives the pension, no questions asked. Why shouldn't it be the same for a homosexual couple? Unfortunately the town governing body, known as "freeholders," don't agree and deny Laurel's request to allow Stacie to receive her pension. Dane helps them fight the injustice, as does Steven (Mr. Carell), the leader of a group called Garden State Equality. It's his great energy that appropriately offsets the story's otherwise dour proceedings.

As we expect, Ms. Moore is fabulous here. Fresh off her Oscar-winning turn




playing an Alzheimer's patient in "Still Alice," she transforms from a strong and able detective into a frail, dying woman who seeks peace of mind and justice. It's ironic, of course, that Laurel fought for justice her entire career, only to endure a notable lack of it toward the end of her life.

Ms. Page is solid as Laurel's significant other, but what's interesting is that the focus moves away from Laurel and Stacie's relationship and onto their fight for equal rights. It's a bit of an abrupt transition, and director Peter Sollett ("Nick and Norah's Infinite Playlist"), working from a script by Ron Nyswaner ("Philadelphia"), doesn't succeed in making it smooth. It's like a two-act play without an intermission.

Here's another issue: It's not Laurel and Stacie who do the fighting — and they really can't, what with Laurel's quickly deteriorating condition. So the fight manifests in the best way it possibly could when rallying support for a cause: from the public at large. Men, women, children, black, white, doesn't matter. Only the pigheaded white men with power (not all of them, but most) don't

see the injustice of the policies at hand. It's inspiring to see the support Laurel and Stacie receive, but things get murky when Steven broadens the fight beyond what Laurel and Stacie desire, which distorts the integrity of the fight. Put another way, all Laurel wants is for Stacie to receive her pension, and we want that, too, because we saw them become a loving couple. When larger elements such as marriage equality are added to the equation, we become less emotionally invested, which in an odd way isn't fair to Laurel and Stacie.

"Freeheld" is based on a true story, and it's being promoted as a story that was a precursor to gay marriage being approved nationwide. That might be so. It also might just be a marketing tool. Regardless, on its own terms — and not necessarily as a sociopolitical statement — it is an emotional drama that allows us to invest in its characters and root for the right thing. ■


 in the know
 


 >> According to USA Today, the real Stacie Andree told Ellen Page that it was cool to meet her and Julianne Moore, but that she had a hard time getting excited about the movie because it "wouldn't exist if Laurel hadn't have died."



OCTOBER 9 - NOVEMBER 8, 2015

PICNIC






By **William Inge**

A handsome stranger drifts into a small Kansas town and awakens the dormant dreams and repressed desires of a group of lonely women in this Pulitzer Prize-winning play.

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THEATER REVIEW



SAMANTHA MIGDHOLL / COURTESY PHOTO

Maren Searle, Patti Gardner, Merlin Huff, Elizabeth Dimon, Kelly Gibson, Taylor Miller, Michael McKeever and Margery Lowe in "Picnic."

Dramaworks produces commendable "Picnic"

BY JOHN THOMASON

Special to Florida Weekly

For better or worse, they don't make 'em like "Picnic" anymore. William Inge crafted his 1953 Broadway hit at a time when 2½-hour dramas were the standard, not the bladder-testing exception they are today. With its novelistic heft, lumbering pace and overpopulated cast, *Picnic* is a product of its time.

But rather than attempt to reproduce a more propulsive "Picnic" for impatient 21st-century audiences, director William Hayes' season-opening interpretation at Palm Beach Dramaworks deftly colors around the edges of the main storyline, spelunking the script's peripheral action for new revelations about Inge's mid-century, middle-class, Middle-American strivers. It's the same "Picnic," only this time with a more egalitarian sense of melancholy.

The play is set in a backyard connecting a pair of well-worn two-story houses in small-town Kansas, beautifully rendered in another capacious and verdant Michael Amico set, detailed down to the functional water pump and the fallen leaves scattered on the shingled roofs. Lighting designer Donald Edmund Thomas paints this lived-in exterior the color of sun-bathed wheat.

It's Labor Day, the unspoken end of an era, and Flo Owens (Patti Gardner) plans to celebrate the holiday with her two daughters, the golden-locked beauty Madge (Kelly Gibson) and the homelier bookworm Millie (Maren Searle). Madge is going steady with her strait-laced, tragically smitten neighbor Alan (Taylor Miller), but the future of the Owens clan will soon be thrown into a tailspin with the arrival of Hal (Merlin Huff), the archetypal charismatic drifter who feels most comfortable without his shirt. A onetime fraternity brother of Alan's and a former football prodigy, Hal has found himself mysteriously penniless, riding the rails and coasting on his animal magnetism. He catches Madge's eye, and she wordlessly catches his, ensuring certain heartbreak for poor Alan.

There is no actual picnic in "Pic-

nic"; the three-act structure is divided between Labor Day morning, sunset of the same day and the following morning — time enough for everybody's paradigms to shift. "Picnic" is about people desperate to prove they are more than their surfaces suggest, and the second act marvelously crystallizes the emotional maelstroms underneath those facades.

Mr. Hayes' direction is at its most masterful here, starting when dancey jazz licks emanate from the Labor Day party (composed for this production, by the way, by expert sound designer Steve Brush). Everybody moves to the groove, but not everyone can keep the beat. Millie, who has shed her tomboy couture for a feminine dress to lure Hal's gaze, struggles to pick up his urban choreography, which proves effortless for Madge: The glamorous people find themselves in perfect sync, while Millie sequesters herself near the outhouse with a bottle of whiskey.

Meanwhile, Rosemary Sydney (Margery Lowe), a schoolteacher who has been renting a room from the Owens, visibly clings to a potential future with her cold-footed businessman beau Howard (Michael McKeever, with hucksterish suspenders and an untrustworthy moustache). Ancillary characters earlier in the show, Rosemary and Howard share the emotional tumult with their younger co-stars, equally affected by the whiskey and hot jazz. Thanks to Mr. Hayes' fraught mise-en-scene — which isn't the only time he situates key actions in the shadowy corners and hidden nooks of Mr. Amico's set — they create a vivid canvas of misplaced bitterness, lust and embarrassment.

Ms. Searle beautifully, subtly inhabits Millie's aching frustration, effectively embodying someone who is insecure in her own flesh but whose mind races faster than anyone else onstage. But it's Ms. Lowe's finest hour: She has arguably never been better, discovering in her vulnerable educator a kind of virtuosic sadness that feels like the beating heart of Inge's story.

Mr. Hayes also draws excellent supporting work as usual from Gardner, who exudes a world-weary dignity as the

Owens matriarch, and Elizabeth Dimon, offering warmth and comic relief as Flo's next-door neighbor, Helen. Julie Rowe, Natalia Coego and Riley Anthony fill out the cast, and they're all fine, but their characters are as unnecessary as sweaters on an August afternoon.

Mr. Huff's is the hardest performance to judge. He certainly looks and acts the part; his Hal is a beefcake hayseed, all dim and sinewy, and he gesticulates his character's many confabulations with a storyteller's gusto. He's able to deliver some of the script's most dated lines — "You came out on the porch looking like a pretty little doll, but you're a real woman, aren't you?" — with unself-conscious honesty.

There's an intelligence in Mr. Huff's eyes that he shares with a young Paul Newman, and it's no coincidence that Newman's breakthrough as an aspiring thespian was when he graduated from a small role in the play to replace star Ralph Meeker when he left the production. Consciously or not, Mr. Huff's performance seems so emulative of Newman that it's almost distracting; it doesn't help that his only stilted moment in the show happens to be his climactic exit from the stage. Because it feels false, Ms. Gibson's subsequent breakdown feels unwarranted. Hopefully both actors will grow more comfortable with the finale in the weeks to come.

The effect of the leads' downplaying ultimately allows for the brighter shine of this marquee's other bulbs. Unlike, for instance, the 1955 film adaptation, this "Picnic" is more ensemble piece than star vehicle. We feel the hurt and pain and innocence lost for everyone involved, and it's a commendable experience — even if it takes a while to get there. ■

— "Picnic" runs through Nov. 8 at Palm Beach Dramaworks, 201 Clematis St., West Palm Beach. Performances run 2 and 8 p.m. Wednesdays, 8 p.m. Fridays and Saturdays, and 2 and 7 p.m. Sundays. Tickets cost \$64. Call 514-4042 or visit palmbeachdramaworks.org.

— John Thomason writes for Florida Theater On Stage. Read him at floridatheateronstage.com.

AREA GREENMARKETS

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

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

■ **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

■ **The Palm City Green Market** — 9 a.m. to 2 p.m. Saturdays, Immanuel Lutheran Church, 2655 Immanuel Drive, Palm City. More than 50 vendors. Info: 772-345-3797; email communitygreenmarkets@gmail.com

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



COURTESY PHOTO
Bert Premuroso, David J. Levy, Jeffrey M. Welch, Eric Jablin and Marcie Tinsley hold a sponsorship check for the Gardens GreenMarket provided by Palm Beach Gardens Medical Center CEO Welch.

Info: 630-1100; pbgfl.com/greenmarket.

■ **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. This year-round market is set along the Intracoastal Waterway, where vendors sell produce, specialty food products, apparel, accessories, jewelry, arts and crafts, plus entertainment and special activities. Pet friendly. Vendors welcome. Info: 203-222-3574; harrysmarkets.com. jupitergreenmarket.com

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

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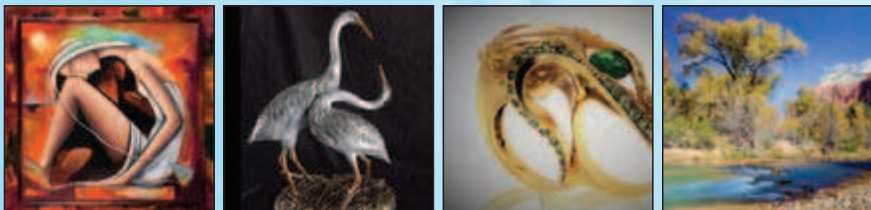
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Photo by Janine Harris

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May 8 • 4pm

ALDEAN

From page 1

drums and the traditional instrumentation of the song.

In fact, one could easily argue that it draws more from today's glossy pop and hip-hop production than from anything country, which was a key reason why some in Mr. Aldean's camp saw it as a risky single, and one that he's sure to perform during his Oct. 24 concert at Perfect Vodka Amphitheatre in West Palm Beach.

"They wanted something that was a little more safe," Mr. Aldean said. "But to me, I felt like, my career hasn't become what it is by me playing it safe, ever. The biggest songs we've had are things that were a little left of center and things that we sort of stuck our neck out on a little bit and took some chances. And I felt like this was one of those songs. Plus, it was just a great song."

Mr. Aldean said he thought it was an obvious single from the start.

"I felt like it was something that was really different and something that was really needed for the album, and something that wasn't going to be confused with any other song," he said. "It wasn't going to just blend in to the 39 other songs that are on the radio. It's like it was something that was really different and sort of unique. There was no doubt when you heard that song, and still when you hear it, you know what it is, you know who sings it, what the song is, and that, to me, is half of the battle. So to me it was a no brainer, but it was one that I really had to go to bat for pretty hard for this record."

As Mr. Aldean mentioned, "Burnin' It Down" isn't the only time he's gambled on a song that tested country radio's status quo. "Dirt Road Anthem," which featured a pair of rap segments to go with its easy-going country sound, is another



COURTESY PHOTO

Jason Aldean's CD, "Old Boots, New Dirt."

shining example of the adventurous side to Mr. Aldean's music. And that 2010 single also generated mixed opinions before being green-lighted as a single.

The song, co-written by Mr. Aldean and fellow star Brantley Gilbert, went on to become the Mr. Aldean's biggest single to date. It sold more than four million copies and remains the biggest-selling song in digital history for a male country solo artist. Mr. Aldean sees plenty of upside in pushing the envelope at country radio.

"I think a song like that is going to reach a lot more people just because you're reaching out into maybe the pop world and grabbing some people over there — not that I want to be a pop singer by any means," the Macon, Ga., native said. "But I also think when you record music, you want as many people listening to it as possible. If you're able to go out and grab a few people that normally wouldn't listen to country music and sort of draw them in to what we're doing over here, I think that's a good thing."

It's not just the choice of singles that has given Mr. Aldean a reputation as a bit of a risk taker. With each of his six studio albums, he has sought to walk the line between maintaining his signature sound and cutting songs that take him in new stylistic directions.

He feels "Old Boots, New Dirt" is his most adventurous album yet.

"I think you just kind of want to grow a little bit with each album, and I feel like this was one of those albums that probably shows it more than any other album that we've done probably," Mr. Aldean said.

Obviously, "Burnin' It Down" is a prime example of a song that was a stylistic stretch for Mr. Aldean. But he feels he pushed forward in other ways on the album.

The rocker "Just Getting' Started" (a recent single, which topped "Billboard's" Country Airplay chart) uses some synthetic percussion to give its quieter moments a modern feel. The song "Sweet Little Something" pairs a pulsing synthesizer and banjo as primary instrumentation in its verses — a move that helps make this bouncy rocker a true collision of pop and country.

In a larger sense, Mr. Aldean also feels he dialed back on the kind of turbo-charged rockers that have been his musical signature.

"The one thing that's not on this album that we've typically had a lot of over the years is those big, big up-tempo 'She's Country,' 'Hicktown' kind of things," he said. "There are a couple of big tempos, but not a lot. I think from a song standpoint, some of the coolest songs that we've ever recorded are on this record, if you believe in songs like 'Two Night Town' and 'Burnin' It Down' and also 'Too Fast' (all ballads) things like that. They're just really good songs. So I think it's a little bit about showing some maturity as far as an artist."

Maturity is one thing, but sounding fresh doesn't hurt, either. And when Mr. Aldean released his self-titled debut album in 2005, his brand of rocked up guitar-based country was something new — and a bit risky — for the genre.

But the sound caught on quickly, and Mr. Aldean is often credited with cre-

ating the template for today's popular so-called "Bro Country" sound, with its rocking tunes and male-oriented, just-having-a-good-time lyrics. For his part, Mr. Aldean chafes at the "Bro Country" label because it represents only one side of what is a multi-faceted catalog of music. But whatever you call his sound, it's connected in a big way.

"Old Boots, New Dirt," has become the latest in an unbroken string of platinum-selling albums for Mr. Aldean that began with self-titled album and continued with each of his succeeding releases — "Relentless" (2007), "Wide Open" (2009), "My Kinda Party" (2010) and "Night Train" (2012). Those successes have made him a bona-fide arena act and one of only a few country artists who has been able to headline outdoor stadium shows in some cities.

Mr. Aldean, who in July notched a third single from "Old Boots, New Dirt" to go number one on "Billboard" magazine's Country Airplay chart with "Tonight Looks Good on You," has been filling arenas and amphitheaters on a tour that started in the spring and is booked into October. The show Mr. Aldean is taking out figures to be a visual as well as musical treat.

"It's called the 'Burn It Down' tour, so obviously we've incorporated a lot of fire, a lot of flame, a lot of heat coming," Mr. Aldean said. "Obviously you want it to sound as good as possible, but visually you want it to look great, too. I think from that standpoint, this is by far the coolest thing we've ever had on the road." ■

in the know

>>What: Jason Aldean, with Cole Swindell and Tyler Farr

>>When: 7:30 p.m. Oct. 24

>>Where: Perfect Vodka Amphitheatre, 601 Sansbury's Way (at the South Florida Fairgrounds), West Palm Beach

>>Cost: \$15-\$225

>>Info: concerts.livenation.com

ART

From page 1

for his bold and colorful designs. Returning to Tequesta after years in the hub of street art in Miami, Mr. Ruppert won the Peoples' Choice Award with the crowd favorites of striking chrome, black and white flamingo and alligator.

Second Place went to ArtCenter faculty member Marta Llorens. An artist and conceptual thinker from Barcelona, Ms. Llorens created her first large-scale contour painting. Her abstract portraits are gaining an audience both abroad and locally.

Manon Sander, a local artist and faculty member at Lighthouse ArtCenter, won Third Place. Her "Florida Faucet" was a departure from her familiar plein air paintings.

Lighthouse ArtCenter is at Gallery Square North, 395 Seabrook Road, Tequesta; 746-3101 or lighthousearts.org.

Women in the Visual Arts show coming to Armory

The Armory Art Center will present "Women in the Visual Arts - Artistic Visions III," an open juried exhibition of 2D and 3D works in media such as oil, acrylic, watercolor, mixed media, wood, stone, metal, ceramics, glass, jewelry and photography.

The 250-member group also takes that message to heart in creating its considerable art.

In addition to the WITVA exhibi-



COURTESY PHOTO

Mark Ruppert's prize-winning flamingo.

tion, the Armory will hold open glass, jewelry, and ceramic studios on the evening of the opening reception, set for 6 p.m.-8 p.m. Oct. 30. Guests can see art demonstrations, discuss classes with instructors and purchase artwork.

Wine and light bites are served at the opening reception. Exhibitions, open through Nov. 24, are free and open to the public.

Women in the Visual Arts brings together artists for exhibitions and raising money for scholarships — the group awarded \$20,625 to college students and \$26,375 to high school students in 2015.

The Armory Art Center is at 1700 Parker Ave., West Palm Beach; armory-art.org or call 832-1776, Ext. 33. ■

HAPPENINGS

From page 1

Love Bach and the Beatles?

This week at the **Harriet Himmel Theater, Kretzer Music Foundation** continues its monthly concerts for charity, with a show supporting the **Grace Notes Music Foundation**, which provides the funds for the **Makayla Joy Sitton** memorial scholarships for music lessons and band camps for underserved children.

At 7 p.m. Oct. 20, more than 45 performers will present **Bach 'n' The Beatles**, a tribute to Mr. Bach and the Fab Four. Visitors will hear a string orchestra and a rock band, and see dancers from the **Paris Ballet Conservatory** interpret the music.

Beatles-themed art by the student artists at the **Lighthouse ArtCenter** will be auctioned.

Tickets: \$10 adults, \$5 students. The Harriet is at **CityPlace**, 700 S. Rosemary Ave., West Palm Beach.

For more information, call 747-6878 or visit gracenotesmusicfoundation.org.

Free music near the Intracoastal

The weather is a little cooler so it's time to take the family to **Meyer Amphitheatre** for Sunday on the Waterfront, a free concert held once a month by the city of West Palm Beach.

From 4-7 p.m. you'll hear blues music by **Markey Blue**, enjoy a tropical sunset, and snack on food from local restaurants or vendors.

It's even pet-friendly, so Rover can come too. Info: wpb.org.

Feast of the Sea returns

Feast of the Sea, a salute to seafood, returns to Clematis Street and Flagler Drive from 11 a.m.-7 p.m. Oct. 24.

Last year, nearly 15,000 people enjoyed the best seafood dishes prepared by Palm Beach County's chefs.

There are more than 35 seafood vendors, 60 art vendors, and live music by **Krush**, the **Bryce Allyn Band**, **Making Faces**, **Odyssey Road** and **DJ Supreme I**. An interactive family area designed by **South Florida Science Center & Aquarium** also is on site. Admission is free.

A Traveler Pass, \$75, includes four food tickets, two drink tickets, private "dens" with a lounge, bars and restrooms. The pass also includes a gift bag, raffle tickets, and a collectible Feast of the Sea mug. Get tickets online at w.downtownwpb.com/events.

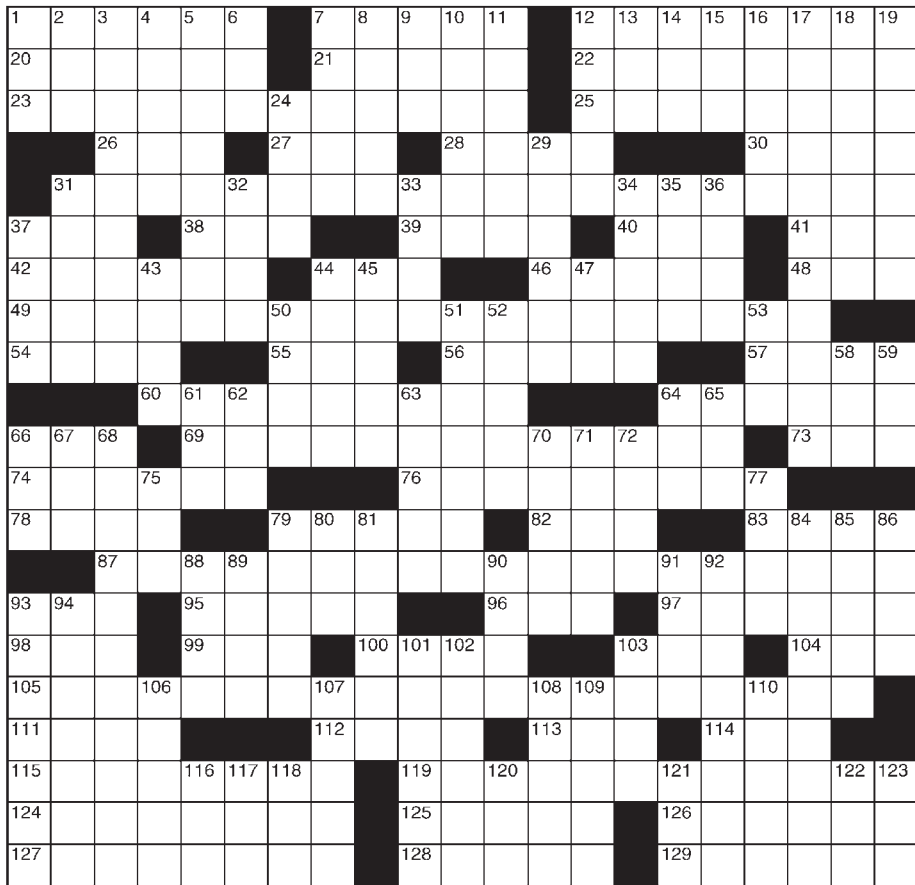
New trolley route includes Northwood

Beginning in November, you'll be able hop on board a free trolley downtown that will you back and forth to the **Palm Beach Outlet Mall** on Palm Beach Lakes Boulevard, stopping in the **Old Northwood** neighborhood on both legs.

The new route will run Thursday through Saturday from 11 a.m. until 10 p.m. for a six-month trial period. The trolley will begin running Nov. 5, pending funding by the **Community Redevelopment Agency Board**. ■

PUZZLES

NABBING YEARLY AWARDS



- ACROSS**
- 1 A hiker may commune with it
 - 7 Chop
 - 12 Gets entry to
 - 20 Worked hard for
 - 21 The "veni" of "veni, vidi, vici"
 - 22 Slope at the base of a mountain
 - 23 Start of a riddle
 - 25 Funny actress Barr
 - 26 By way of
 - 27 Big vase
 - 28 Western U.S. gas brand
 - 30 Police attack
 - 31 Riddle, part 2
 - 37 Geller of the paranormal
 - 38 Naval acad. grad's rank
 - 39 Gender-altering suffix
 - 40 Punk music subgenre
 - 41 Fawn bearer
 - 42 Steady pay
 - 44 Learning ctr.
 - 46 Mimicking mockingly
 - 48 Gender-altering suffix
 - 49 Riddle, part 3
 - 54 TV's Foxx
 - 55 "Bali —"
 - 56 — ("South Pacific" tune)
 - 56 — Rock (Australian landmark)
 - 57 Colorful duck
 - 60 Mix with alternate layers of fat
 - 64 Priests, bishops, etc.
 - 66 Polar worker
 - 69 Riddle, part 4
 - 73 Ball holder
 - 74 Sword or rifle
 - 76 Art of public speaking
 - 78 Falco of "Nurse Jackie"
 - 79 German's "love"
 - 82 Prefix with lingual
 - 83 Church area
 - 87 Riddle, part 5
 - 93 German's "I"
 - 95 Oven-dry
 - 96 Lines to Penn Sta.
 - 97 Placed paper in incorrectly, as a printer
 - 98 Slangy denial
 - 99 TV title alien
 - 100 "— only known!"
 - 103 ROY G. —
 - 104 OR staffers
 - 105 End of the riddle
 - 111 Israeli diplomat
 - 112 Pressing appliance
 - 113 — Canals (Superior-Huron linkup)
 - 114 Time gone by
 - 115 Appeals for
 - 119 Riddle's answer
 - 124 Competing directly
 - 125 Ring shape
 - 126 City near San Diego
 - 127 Those going off course
 - 128 Binge at a mall, say
 - 129 Hawk variety
 - DOWN**
 - 1 With 58-Down, Enya's music genre
 - 2 Hot tub user's sigh
 - 3 Worked hard
 - 4 — the cows come home
 - 5 Crisis signal
 - 6 Old Tokyo
 - 7 Oldsmobile
 - 8 The Huskies of the NCAA
 - 9 Light touch
 - 10 Mark in "Für Elise"
 - 11 View closely
 - 12 Frizzy dos
 - 13 Pigeon noise
 - 14 NYSE listings
 - 15 Summer, in Saint-Lô
 - 16 Biting
 - 17 Arid stretch in Egypt
 - 18 Weather-affecting currents
 - 19 Large hammers
 - 24 Wordplays
 - 29 Split along the grain
 - 31 Hunger for
 - 32 Novelist
 - 33 Longtime pop brand
 - 34 Princes, e.g.
 - 35 Present opener?
 - 36 Springy stick
 - 37 Tech's client
 - 43 "You — both know ..."
 - 44 Body of bees
 - 45 Santiago site
 - 47 Even, in golf
 - 50 Opponents of "us"
 - 51 Noel singer
 - 52 Water: Prefix
 - 53 Sport- (rugged ride)
 - 58 See 1-Down
 - 59 Caustic alkali
 - 61 Cpl. or SFC
 - 62 Heavy weight
 - 63 One-celled creature
 - 64 106, to Cato
 - 65 Zodiac beast
 - 66 Sheep that's a she
 - 67 Was in front
 - 68 Divine cure deliverer
 - 70 Role filler
 - 71 Layers of matted earth
 - 72 The Rolling Stones' "You Can Make — You Try"
 - 75 Stew tidbit
 - 77 Scottish denials
 - 79 Like lettuce and spinach
 - 80 "— all true!"
 - 81 Swimmer Williams
 - 84 Adobe Acrobat, e.g.
 - 85 Composer Camille
 - 86 Pre-takeoff guesses, for short
 - 88 Impish kid
 - 89 Lie about
 - 90 Blore or Idle
 - 91 Islamic VIP
 - 92 Coastal resort areas
 - 93 Eats
 - 94 Disabling wheel clamp
 - 101 Takes in
 - 102 Tire brand
 - 103 Org. with fraternal lodges
 - 106 Soulful Baker
 - 107 Stops lying
 - 108 In the style of: Suffix
 - 109 Extinguish
 - 110 Press into small folds
 - 116 Playfully shy
 - 117 Ending for Denver
 - 118 Bare crag
 - 120 LGA landing
 - 121 "Alice" spin-off
 - 122 Enzyme name ender
 - 123 "Wahoo!"

HOROSCOPES

■ **LIBRA** (September 23 to October 22) A newcomer helps keep things moving. There might be some bumpy moments along the way, but at least you're heading in the right direction. You win praise for your choices.

■ **SCORPIO** (October 23 to November 21) You could be pleasantly surprised by how a decision about one thing opens up an unexpected new option. Also, assistance on a project could come from a surprising source.

■ **SAGITTARIUS** (November 22 to December 21) With more information to work with, you might now be able to start the process that could lead to a major change. Reserve the weekend for family and friends.

■ **CAPRICORN** (December 22 to January 19) This could be a good time to begin gathering information that will help you turn that long-held idea into something substantive. A personal matter might need extra attention.

■ **AQUARIUS** (January 20 to February 18) That new challenge might carry some surprises. But you should be able to handle them using what you already know. That new supporter should be there to lend assistance.

■ **PISCES** (February 19 to March 20) Someone might be trying to disguise his or her true motives. But the perceptive and perspicacious Pisces should have little or no problem finding the truth in all that foggy rhetoric.

■ **ARIES** (March 21 to April 19) You might be growing impatient with a situa-

tion that seems to resist efforts to resolve it. But staying with it raises the odds that you'll find a way to a successful resolution.

■ **TAURUS** (April 20 to May 20) Travel and kinship are strong in the Bovine's aspect this week. This would be a good time to combine the two and take a trip to see family members for a pre-holiday get-together.

■ **GEMINI** (May 21 to June 20) A colleague could make a request you're not comfortable with. If so, say so. Better to disappoint someone by sticking with your principles than disappoint yourself if you don't.

■ **CANCER** (June 21 to July 22) The Moon Child's ability to adapt to life's ebbs and flows helps you deal with the changes that you might confront at work or at home, or both. Things settle down by the week's end.

■ **LEO** (July 23 to August 22) It's a good week for Leos and Leonas to get some long-outstanding business matters resolved. Then go ahead and plan a fun-filled family getaway weekend with the mate and the cubs.

■ **VIRGO** (August 23 to September 22) A possible workplace change seems promising. If you decide to look into it, try not to form an opinion on just a small part of the picture: Wait for the full image to develop.

■ **BORN THIS WEEK:** You can always rely on your people skills to help you find solutions to problems others often give up on. ■

By Linda Thistle

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4				5		7
		5		2 4		9
	7		1		8	

Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging ★★★ Expert

◀ SEE ANSWERS, B9

◀ SEE ANSWERS, B9



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Lavinia Baker, Joe Considine and Elizabeth Matthews



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Stuart Putnam, Eve Gagnon and Peyton Bruns



Norberto Azqueta, Robin Azqueta, Bill O'Connell and Linda O'Connell

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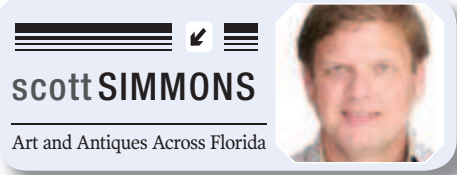
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COLLECTOR'S CORNER

The art of collecting – or clutter vs. décor



scott SIMMONS
Art and Antiques Across Florida

It's a scene I have seen many times. But it's not one I had seen in awhile. It's the cluttered antiques mall. There I was, perusing shops in the Treasure Coast, when I chanced on a mall — 10,000 square feet of space that contained booths rented to dealers offering just about anything from the past century or so. There were novelty salt and pepper shakers from the 1950s sharing space with relatively contemporary collector plates and one or two Victorian antiques for good measure. A rare Steuben jug bore a cheap Depression glass lid that probably was made hundreds of miles from the Steuben factory in Corning, N.Y. There literally was no rhyme, reason or logic to it. That notion of clutter is something we hear over and over again from young people who do not like antiques. It makes sense. Designers today emphasize clean lines and clutter-free spaces. No wonder Grandma's knickknacks are such an anathema for so many, par-

ticularly when she plopped them on a shelf with little thought as to how they might be best displayed. My maternal grandmother set a good example for me, organizing her treasures by color, size, etc., and putting things away occasionally. People often ask me whether my home is like The Old Curiosity Shop. I'll admit that I have a dickens of a time keeping the clutter down sometimes, between doing journalism full time and running a very small antiques business on the side. But I strive to organize like things together, by size, color and composition. It has to be pleasing to the eye and organized; otherwise, it's a jumble. One can look at the shops of West Palm Beach's Antique Row to get an idea of how that which is old can be used in décor. Most of us do not have the high-end decorator items you see along the Row, but you can get inspiration from those beautifully detailed shops and windows. Use a piece or two of Grandma's as the grace note in your décor. She'd be pleased. And perhaps you can look at your own curiosities in a new light. ■

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

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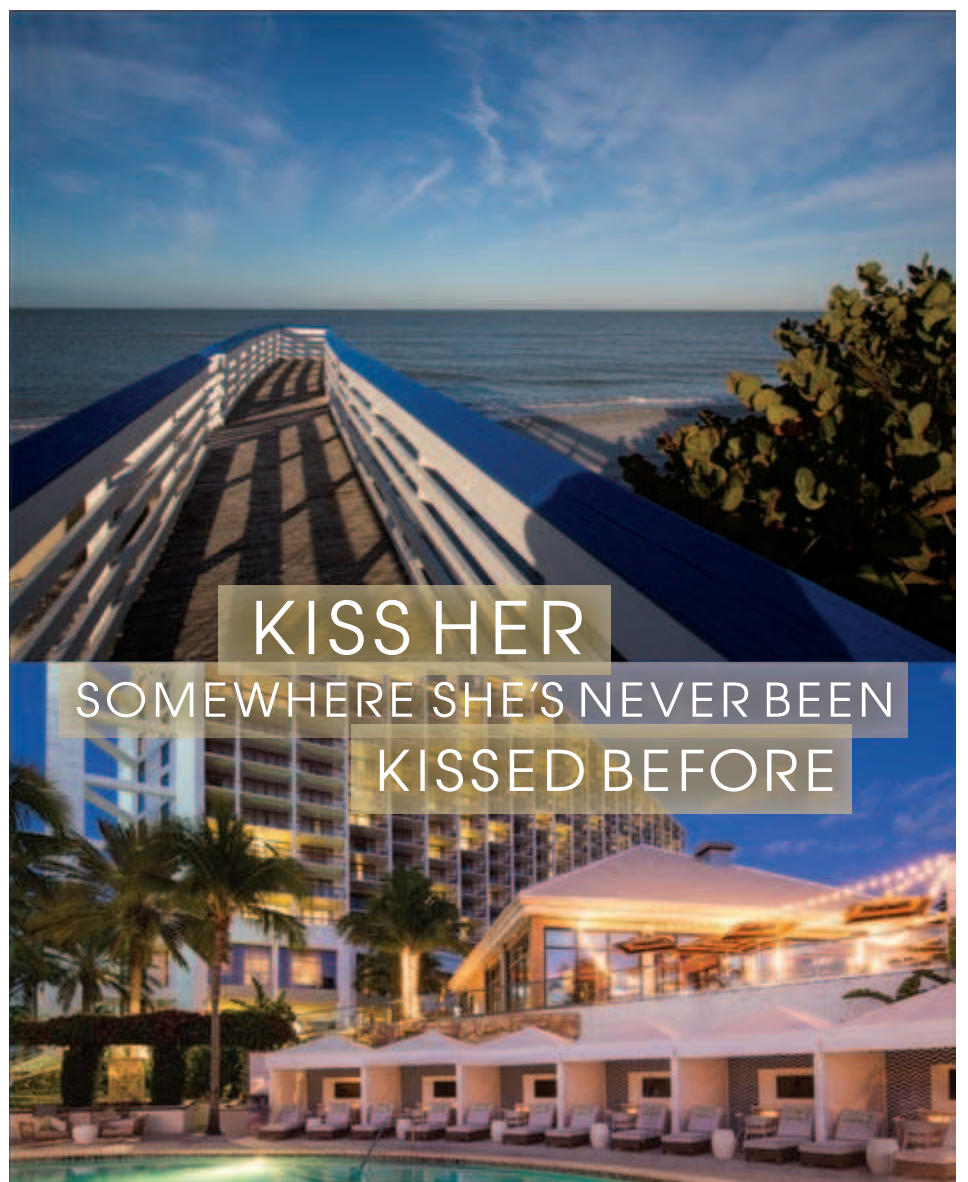
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PALM BEACH SOCIETY

'Nine and Wine' kickoff, South Florida Science Center, West Palm Beach



Russ Evans and Joyce Evans



Page Lee Hufft, Tony Bohannon, Kathleen Crampton, Robert Wildrick and Nancy Wildrick



Kristy Pressly and Grier Pressly



Maria Marino, Rebecca Seelig and Kelly Stenzel



Micah Ford and Rob Ford



Liza Smith and Jeff Smith



Robert Wildrick and Nancy Wildrick



David Fite and Nadine Fite



Mackenzie Perry and Carrie Perry



Carolyn Broadhead Sasso and Cari Rentas



Jeremy Johnson and Sunni Johnson

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FLORIDA WEEKLY CUISINE

Careful: You might learn something at this brunch

SPECIAL TO FLORIDA WEEKLY

Here's an opportunity to stuff yourself and learn something along the way.



ZIMMER

Alain Zimmer, executive chef at Vic & Angelo's at PGA Commons, will teach guests how to make pasta sauce at Rustic Italian Brunch Cooking Class at 10 a.m. Oct. 24.

Also on the menu: Meatballs, stuffed zucchini blossoms and pomodoro sauce, plus bottomless mimosas and Bloody Marys.

Hungry yet? The fee is \$24.99, plus tax and tip. Reservations required.

Vic & Angelo's is at PGA Commons, 4520 PGA Blvd., Palm Beach Gardens; 630-9899 or vicandangelos.com. ■



LIBBYVISION / COURTESY PHOTO

Giant meatball and pasta at Vic & Angelo's.



PB CATCH / COURTESY PHOTO

Fans of stone crab will be delighted to know season begins Oct. 15 and continues through May 15. Look for the decadent claws in a variety of sizes at seafood markets and restaurants.

Café Boulud hosts Lebanese wine dinner

On Oct. 20, join sommeliere Mariya Kovacheva for the Chateau Musar Wine Dinner at Café Boulud in Palm Beach.

There is no name or ambassador more important to Lebanese wine than the Hochar family, the founders and original winemakers for Bekaa Valley's Château Musar, according to Ms. Kovacheva.

Executive Chef Rick Mace will prepare a four-course dinner menu inspired by these wines. Marc Hochar, proprietor of Chateau Musar, will be special guest. Reservations are required to the dinner that begins at 7 p.m. and costs \$95 per person, excluding tax and gratuities. RSVP at 655-6060 or mkovacheva@danielnyc.com. Café Boulud is at the Brazilian Court Hotel, 301 Australian Ave., Palm Beach. ■

Eat, drink, taste at CityPlace

Sample morsels of the offerings from 20 restaurants at CityPlace during Taste of CityPlace, set for 5:30 p.m.-9:30 p.m. Oct. 22.

Offerings range from sandwiches at BurgerFi to chips, salsa, guacamole and margaritas and such at Cabo Flats.

Participants are encouraged to wear pink to support breast cancer awareness.

CityPlace is just north of Okeechobee Boulevard in West Palm Beach.

Cost is \$20 in advance, \$25 the day of the event; 650-6023 or tickets.completicketolutions.com. ■



COURTESY PHOTO

Blue Martini will serve cucumber lemonade martinis.

Bar brawls continue in Delray

A little healthy competition never hurt anyone.

In fact, it could help a worthy cause.

Bar Brawls continues at 9:30 p.m. Wednesdays through Dec. 16 at Max's Social House (SoHo), 116 NE Sixth Ave.,

Delray Beach.

A late night happy hour at SoHo will follow each competition. Admission is a \$10 donation to the Richard David Kann Melanoma Foundation. Info: 501-4332; sohodelray.com. ■

A couple of new dining spots

■ **Chef's Kitchen and Smokehouse** — Chefs Troy Sheller and Annie Robertson have opened this restaurant specializing in smoked meats off Military Trail. The brisket reportedly is quite tasty. A recent burger special included fried truffled brisket, bacon mac and cheese and a burger topped with slaw, fried onion strings and sliced jalapeño. It's in Crosstown Plaza, 2911 N. Military Trail, West Palm Beach; 530-4822 or chefskitchensmokehouse.com.

■ **Queen of Sheeba** — This Ethiopian restaurant just north of downtown West Palm Beach offers a menu that includes such Ethiopian specialties as injera (that spongy flatbread), kifto (beef tartar seasoned with cardamom, chili powder and clarified butter) and afiza (lentil salad).

It may be the only Ethiopian restaurant in South Florida. It's at 716 Sapodilla Ave., West Palm Beach; 514-0615 or queenofsheebawpb.com. ■

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FLORIDA WEEKLY CUISINE

In the kitchen with...

BRUCE FEINGOLD, Dada Restaurant, Delray Beach

BY STEVEN J. SMITH
ssmith@floridaweekly.com

Bruce Feingold, executive chef and partner at Dada Restaurant in Delray Beach, began his career as a 13-year-old dishwasher at a bakery in his hometown of Emerson, N.J.

"I worked there three hours a day after school," he said. "And throughout my whole high school experience, I worked in the restaurant business — whether it was dishwashing, prep cooking, busboying, whatever. That whole time I was in school, I was taking courses in art, marketing, architecture, printing, electrical engineering. But through it all, I was always cooking."

Chef Feingold learned through a couple of fellow students about the Culinary Institute of America, where one could study to become an actual chef. Intrigued, he applied to the two-year, Hyde Park, N.Y., school when he was in 10th grade and by the time he was a senior, he learned he had been accepted. He excelled there, finding mentors in many of his teachers.

"I also discovered celebrity chef Marco Pierre White, who, to me, was one of the most impressive individuals I had ever heard about," he said. "I thought this guy was insanely phenomenal, the way he'd put his own original twist on dishes."

A fellow CIA graduate who had moved to Florida put in a good word for Chef Feingold at The Colony in Palm Beach, so he moved to the Sunshine State in the early 1990s to work both there and later at The Governor's Club, where he moved up the ranks to the level of executive sous chef. Following a stint at another local eatery, he opened Truce Bakery in West Palm in 1996. That fizzled after a couple of years, when he was hired at Jupiter Island Club in Hobe Sound for a year and a half. Then in 2000, he got the call from fellow partners Rodney Mayo and Scott Frielich to open Dada. He's been there ever since, letting his culinary imagination run wild — an exercise he practices to this very day, as he described items soon to grace his menu:

"As an appetizer, I'm bringing in a pan-seared watermelon steak (\$10)," he said. "It's not steak, it's the 'prime cut,' if you will, of the watermelon. We'll be doing that with sheep's milk feta, local nastur-



COURTESY PHOTO

Bruce Feingold at the stove of Dada Restaurant in Delray Beach.

tiums and a basil pesto oil."

"We are known for our Seven-Cheese Grilled Cheese Sandwich (\$10.50), but I'm doing another one, which is going to be a blueberry balsamic basil, in a Muenster-spinach grilled cheese," he said. "Of course we still offer our tried and true favorites, such as the Blackened Redfish (\$25), which comes pan-seared over top of fresh nuggets of gnocchi with herb brown butter, tomato and Parmesan. And I would say our Habanero Maple Glazed Salmon (\$21.50) over yellow rice has been our No. 1 seller for the last 15 years. For that, we import Wester Ross salmon from Scotland, which is raised in its natural environment. No antibiotics, steroids, preservatives or coloring."

Dada is a unique setting in which to enjoy a meal. Built in 1924, the 150-seat eatery originally served as a residence before getting a makeover.

"Every bedroom is painted differently," Chef Feingold said. "My big thing here is, we don't have customers. We have guests in our house. We want to treat them as if they're in our own home. Our aim is to give you the biggest, warmest welcome we can. And the most enjoyable meal possible."

Bruce Feingold

Age: 45

Original Hometown: Emerson, N.J.

Restaurant: Dada Restaurant, 52 N. Swinton Ave., Delray Beach. Hours are 5 p.m. to 2 a.m. daily; dadadelray.com.

Mission: "The restaurant is all about food, art, culture and history."

Cuisine: Modern American cuisine

Training: The Culinary Institute of America

What's your footwear of choice in the kitchen? Clogs

What advice would you give someone who wants to be a restaurateur or chef? "It's a hard job, but it's very rewarding. Focus on delivering an original take on food preparation and make sure your customers enjoy the dining experience." ■



COURTESY PHOTO

Paradiso offers elegant fare in an elegant space in downtown Lake Worth.

SCOTT'S THREE FOR 3 Places in downtown Lake Worth

A trio worth noting

1 PARADISO

625 Lucerne Ave., Lake Worth; 547-2500 or paradisolakeworth.com.

Paradiso is our go-to spot for special occasions — especially since entrees can top \$48.

But when your options include Half Roasted Duckling with Cassis Sauce, you have to pay the price.

The restaurant is Italian but we love the gazpacho — thick, rich chilled tomato soup that tastes more of Spain than Italy.

And the grilled octopus and squid are fork-tender.

2 DAVE'S LAST RESORT

632 Lake Ave., Lake Worth; 588-5208 or daveslastresort.com.

We've been coming to Dave's ever since it opened in 1999.

Why? It's bar food-plus, with everything kicked up a notch from where it has to be.

The cooks at Dave's do not shy away from heat in their conch chowder, and the sandwiches and entrees — is there anything more heartwarming than the sizzle of a fresh fajita platter? — are hearty and flavorful, from the 6.9-Mile Buffalo-style chicken sandwiches to the fish dishes. Dave's also offers a gluten-free menu.



COURTESY PHOTO

A quiet moment at the very popular Dave's Last Resort, which almost always is packed.

3 COUCO PAZZO

915 Lake Ave., Lake Worth; 585-0320 or coucopazzo.com.

The name of restaurant means "Crazy Chef" in Italian.

But there's nothing crazy in the consistency of the food — classic Italian pasta and veal dishes, with a few thin-crust pizzas thrown in for measure, and a cioppino that's sure to whet your appetite for seafood on your next visit. We have friends who order the 14-ounce double pork chops each visit.

Couco Pazzo, just west of Dixie Highway, is off the beaten track for downtown dining, but it attracts quite a following during season.

— Scott Simmons

THE DISH: Highlights from local menus

The Dish: Buffalo Chicken Sandwich

The Place: Duffy's Sports Grill, 225 Clematis St, West Palm Beach; 249-1682 or duffysmvp.com.

The Price: \$8.99

The Details: There are a handful of local chains that get things right just about all the time. Think Jon Smith Subs. Think Park Avenue BBQ Grille.

Make sure you include Duffy's on that list of locally owned destinations.

It's consistent, as is this sandwich, made with tender white-meat chicken that was lightly breaded and fried until crisp then dunked in Duffy's piquant Buffalo sauce. It's all you need.

As always, the fries were crispy, and the lettuce and tomato that accompanied were fresh.

Our only nit: We'd have loved our roll to have been toasted a little longer — all the better to pair with that tasty Buffalo sauce. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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OCTOBER 2015 *

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

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- Finding breast cancer early requires advanced tools | C3
- Parkinson's needs a comprehensive approach | C4
- Laser therapy shown to restore women's sex lives | C6



All breasts are not the same.
Neither are all breast centers.

COURTESY PHOTO

Dr. Lynda Frye provides a consultation.

BY LYNDA FRYE, M.D.

Board Certified, Diagnostic Radiology
Medical Director, Breast Imaging
Jupiter Medical Center

Breast care is extremely vital to women's health. You know it matters when you have a mammogram, but did you know it matters where you get your mammogram? Identifying a breast center that has demonstrated the highest level of quality care to their patients, with a special focus on the female experience, will give you confidence that you're getting the best care available.

Here are five key factors to look for when choosing the right facility for your breast care.

Accreditation

You should have mammography only at a facility accredited by the American College of Radiology (ACR) — quality is critical. ACR guidelines set standards for doctors who read the films, technicians, reports, mammography machines and film-developing materials. Accreditation by the ACR means that the radiologists and radiologic technicians are specially trained and certified in mammography and that the equipment meets standards and is inspected regularly.

Jupiter Medical Center's Margaret W. Niedland Breast Center is not only accredited by the ACR, it is recognized

as a Breast Imaging Center of Excellence because we have earned accreditation in mammography, stereotactic breast biopsy and breast ultrasound (including ultrasound-guided breast biopsy). The center has also met rigorous standards and measures of excellence set by the National Accreditation Program for Breast Centers (NAPBC).

Board certified radiologists, with fellowship training in mammography

It matters who reads your mammogram. If your study is read by a radiologist who practices general radiology or another radiology subspecialty and only reads a few mammograms per week, you are missing out on the specialized expertise of a breast radiologist. Research has shown that specialty-trained breast radiologists find significantly more cancers, and at earlier stages, than the general radiologists. Whenever you make an appointment for a mammogram, ask if the center has radiologists who have completed fellowships in breast imaging. At the Margaret W. Niedland Breast Center, all mammo-



LYNDA FRYE, M.D.

grams are read by board-certified radiologists who are fellowship trained in mammography. My colleague, Dr. Orna Hadar and I, have more than 30 years of combined experience in interpreting these studies, and this is our specialty.

Advanced technology

Your breasts are three-dimensional. Your mammogram should be, too. 3-D mammography allows our radiologists to examine breast tissue layer by layer, one millimeter at a time. Instead of viewing all of the complexities of breast tissue in a flat image, as with traditional 2-D mammography, fine details are more visible and are no longer hidden by tissue above or below.

Radiologists are able to see suspicious areas more clearly, decreasing the need to come back for additional imaging or unnecessary biopsies. Research has shown up to a 40 percent reduction in women being called back for additional imaging and it detects more than 41 percent more invasive breast cancers than 2-D mammography.

The Margaret W. Niedland Breast Center was one of the first facilities in the area to offer 3-D mammography (tomosynthesis).

In 2014, we became the first facility in the region with the technology to provide lower-dose 3-D mammography, offering women the full benefits of 3-D imaging coupled with a lower dose of

radiation. You should also look for a facility that can do MRI, ultrasound, or other imaging procedures in case it is necessary to get a more precise look.

Genetic testing and counseling for cancer risk

Genetic risk assessment and counseling makes it possible to predict a woman's susceptibility to cancer and make her aware of her options to be proactive about prevention. Finding out that you carry a specific gene means you can help prevent breast cancer or find it early, when your chances for successful treatment are highest. But your decision won't just affect you. Your test results also could predict your family member's cancer risks.

Our team in the Niedland Breast Center's Cancer Genetics and High Risk Program will work closely with you to map your family's cancer history, determine your risk and develop a plan specialized for you to help lower your risk and possibly prevent cancer from developing.

Patient navigators for personalized support

Maneuvering through the health care system can be daunting, especially if you've just been diagnosed with breast cancer or even if you've just received word of a suspicious

Change your smile and change your life with Teeth Next Day

Are you suffering from missing teeth, damaged teeth, failing dental work or ill-fitting dentures?

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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. Every Teeth Next Day implant bridge is hand-stained to provide the most natural-looking color possible.

Each of these innovations makes Teeth



Before

After

Next Day the most state-of-the-art option for the replacement of missing teeth, damaged teeth, failing dental work or ill-fitting dentures.

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To learn more or schedule an appointment, please call 561.882.6214 or visit 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.**

Diagnosing breast cancer early requires access to advanced tools

BY TENET HOSPITALS

Breast cancer can strike anyone: young or old, male or female, from all ethnic backgrounds and walks of life.

Former first lady Betty Ford, “Good Morning America” anchor Robin Roberts, singer Olivia Newton-John and actor Richard Roundtree are all breast cancer survivors. Their journeys began when the disease was recognized from a symptom or screening test.

Statistics indicate that one in eight women will develop breast cancer sometime in her lifetime. If detected early, the five-year survival rate is 98 percent. The Comprehensive Breast Center at Good Samaritan Medical Center gives women access to advanced tools to help detect breast cancer early.

Signs of Breast Cancer

The most common sign of breast cancer is a lump or mass. Other common symptoms include breast swelling, skin irritation, the nipple turning inward, nipple discharge (not breast milk), and breast or nipple pain. These signs may be noticed during a breast self-exam, routine clinical exam or screening mammogram. If a suspicious-looking area is detected, additional testing will be used to either confirm a breast cancer diagnosis or identify a benign condition.

Diagnostic Tests

- A diagnostic mammogram, which generates X-ray pictures, focuses on a specific area of the breast and takes more detailed pictures of the areas that look abnormal. Good Samaritan offers a



revolutionary new screening and diagnostic breast-imaging tool, 3D mammography (breast tomosynthesis). Used in conjunction with standard 2D mammography, there is a 40 percent higher invasive cancer detection rate than when using conventional 2D mammography alone.

- An ultrasound, which uses sound waves, can help doctors determine if an abnormality is a benign fluid-filled cyst or a potentially cancerous solid mass.
- MRI, which uses radio waves and strong magnets, is sometimes used to look for tumors that did not appear on a mammogram.

- Imaging tests can help locate a breast mass, but they cannot confirm a breast cancer diagnosis. This is done during a biopsy to remove cells or tissue samples for laboratory testing.

Three Main Types of Biopsies

- Fine needle aspiration biopsy involves inserting a very thin needle into the suspicious area to withdraw cells. Ultrasound may be used to guide the needle if the lump cannot be easily located.
- A core needle biopsy uses a slightly larger needle to remove three to five small cylinders of tissue from the breast abnor-

mality. Larger core biopsies can be performed using suction to remove tissue samples.

- Surgery may be recommended to remove all or part of a lump for examination. During an incisional biopsy, a sample is removed from the abnormal area. An excisional biopsy involves removing the entire mass as well as a surrounding margin of normal tissue.

If cancer cells are found after a biopsy, test results can determine the cancer type and whether it is invasive (likely to spread) or in situ (localized). Invasive cancers are assigned a grade based on how closely the sample resembles normal tissue and the likelihood the cancer will grow and spread. An estrogen and progesterone receptor test can determine if hormone therapy may help stop the cancer from growing. A human epidermal growth factor receptor-2 test can measure a growth factor protein that may cause cancer cells to spread more aggressively.

The Comprehensive Breast Center at Good Samaritan Medical Center is committed to the fight against breast cancer. In offering breast tomosynthesis digital mammography, (3D mammography), the hospital provides the latest in imaging technology.

In honor of National Breast Cancer Awareness Month, call 561-650-6023 to receive a free, pink manicure kit. To learn more about breast cancer or to schedule your mammogram, see goodsamaritanmc.com/our-services/women's-health/comprehensive-breast-center. ■

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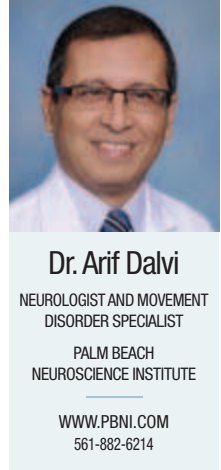
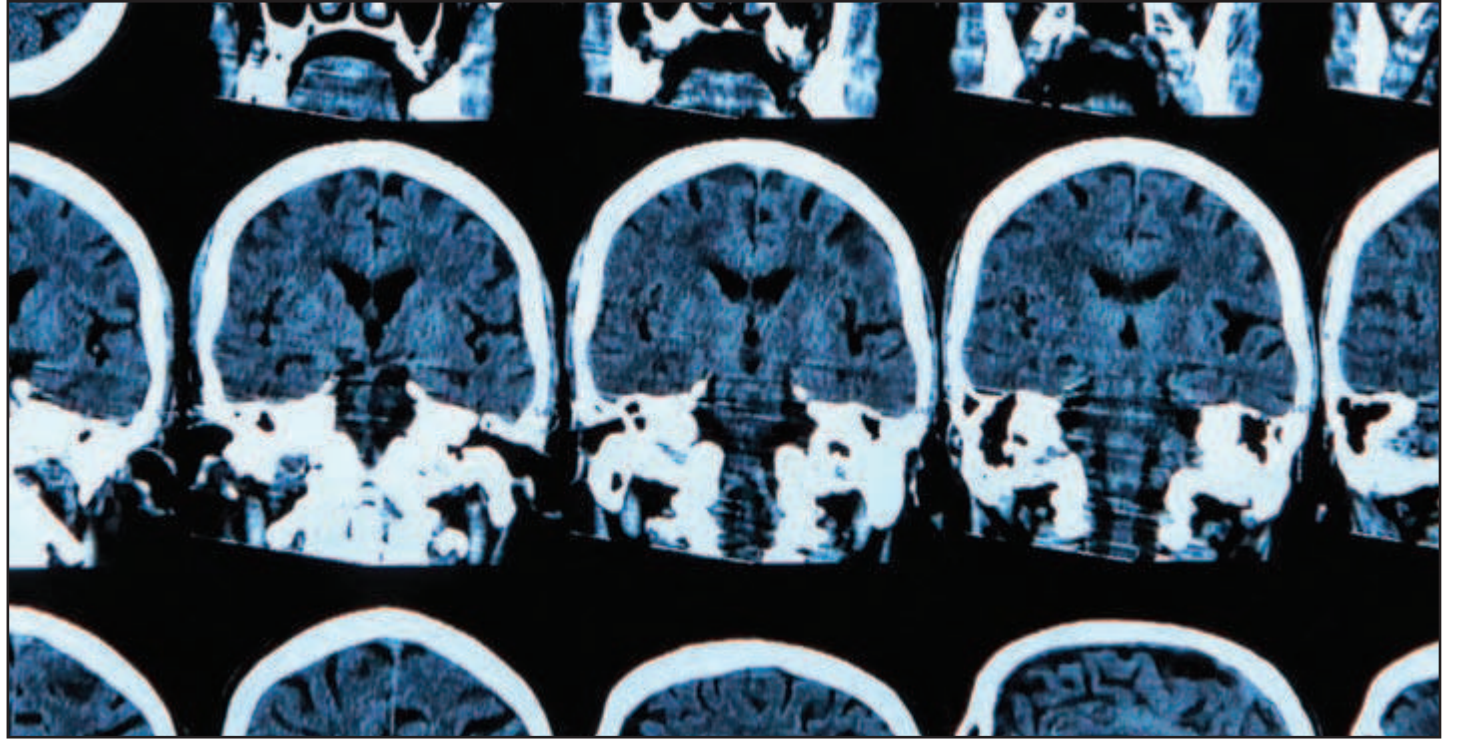
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Parkinson's Disease: The need for a comprehensive approach

Ask most people what symptom they associate with Parkinson's disease (PD) and the answer is tremor or shakes. And they would be right. Tremor is often the first and most visible symptom of PD. However, about 30 percent of patients never have a tremor. The defining symptom of PD is not tremor but slow movements, also called bradykinesia. This is a reason why PD is considered a movement disorder.

However, there is a growing realization that PD has a wide range of symptoms in addition to tremor and slowness. These include muscle stiffness, difficulties with walking and balance, depression, poor memory, insomnia, blood pressure fluctuations, among others. Thus, the typical evaluation where the patient is asked a few questions on how they are doing and advised a change in medication is not enough. There is a need to evaluate the patient in a comprehensive way measuring all the significant symptoms and developing a treatment plan that addresses the needs of the patient as a whole.

Unlike many medical conditions, there is no blood test or X-ray to measure the severity of PD. In my clinic at Palm Beach Neuroscience Institute (PBNI), I use the Unified Parkinson's Disease Rating Scale (UPDRS) for evaluating



Dr. Arif Dalvi
NEUROLOGIST AND MOVEMENT DISORDER SPECIALIST
PALM BEACH NEUROSCIENCE INSTITUTE
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561-882-6214

patients. This scale was developed at New York's Columbia University and the Queen Square Neurological Institute in London. It measures the patient across different domains, including both motor and non-motor symptoms, activities of daily living and complications of medical treatment. This allows a detailed identification of the needs of the patient so that a plan can be made for comprehensive care.

At the Comprehensive Movement Disorders Center at PBNI, we offer a range of options that can address these needs including medication changes, physical therapy, suggestions for diet and exercise

programs and, when necessary, surgical treatment for PD in the form of deep brain stimulation surgery (DBS). This patient-centered model of care is designed to allow our patients to optimize their quality of life no matter the stage of their disease. ■

— Dr. Arif Dalvi is a board-certified neurologist and a world-renowned expert on Parkinson's disease and movement disorders. He is internationally recognized for his work on deep brain stimulator programming for Parkinson's disease and the treatment of tremor in patients. Dr. Dalvi's offices are located in

West Palm Beach and Delray Beach. 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.

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BREAST

From page 1

finding on your mammogram. At the Niedland Breast Center, our health navigator helps patients and their loved ones cope with the anxiety and expedites access to care. Our navigator is a trained oncology nurse who provides emotional support and helps guide patients through their breast cancer treatment, from diagnosis to recovery and beyond.

Once you choose a breast center you can trust, don't compromise your health for convenience.

Have your mammogram there every

year. This way, your current mammogram can be compared with past mammograms. Comparing images from year to year can be very helpful in picking up on subtle abnormal changes.

Jupiter Medical Center's Niedland Breast Center is committed to providing you consistent, high-quality service year after year, so you don't have to shop around.

We have set the standard for the best in breast health available to our community.

So if you haven't had a mammogram recently, this year is your year.

To schedule your mammogram, call 561-263-2000.

For more information on breast health, visit jupiterbreastcare.com. ■



COURTESY PHOTO

Dr. Lynda Frye reads a mammogram. At the Margaret W. Niedland Breast Center, all mammograms are read by board-certified radiologists who are fellowship trained in mammography.



All breasts are not the same. Neither are all breast centers.

Breast care is extremely vital to women's health.

It matters where you get your mammogram.

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of the National Accreditation Program for Breast Centers and carries the Breast Imaging

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The new Margaret W. Niedland Breast Center offers:

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- Positron emission mammography (PEM) and positron emission tomography (PET) for staging of cancer and measuring the effectiveness of treatment

To schedule an appointment at one of our two convenient locations or to learn more about our services, call 561-263-4414.



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(Located in Legacy Place next to Nicklaus Children's Palm Beach Gardens Outpatient Center.)

Learn more at jupitermed.com/breastcare

Brain, gut inflammation behind most autoimmune and neurodegenerative diseases

According to the American Autoimmune Related Disease Association, 53 million Americans are suffering from autoimmune disorders including autoimmunities against our bodies, such as rheumatoid arthritis, multiple sclerosis, Guillain-Barré syndrome, amyotrophic lateral sclerosis and others.

Autoimmune diseases can take many forms by attacking different tissues and organs in the body. These include the nervous system, joints, skin and internal organs.

I recently attended an astonishing medical conference in Fort Lauderdale, The Brain-Gut Relationship, where experts presented convincing evidence that imbalances in our intestinal flora can create a severe negative reaction by our immune system.



Dr. Bruce Dooley
ADVANCED NATURAL MEDICINE
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And it appears this immune backlash is likely the primary cause of most autoimmune disorders, as well as chronic neurological diseases like

Parkinson's, headaches, chronic fatigue, autism, ADHD and depression. Wow, how many millions of people have these conditions? So how does this occur? Estimates are that we have 10 times more gut "bugs" than cells in our body ... over 100 trillion living on an area the

size of a tennis court!

This is called the microbiome and weighs 3 pounds, as much as our brains.

It also now is very clear that the gut and the brain are intimately interconnected and whatever happens in one often has a profound effect on the other.

Your microbiome acts as a mucosal antibody-saturated barrier and the first line of defense against attack, as well as processing of vitamins and nutrients and producing 70 percent of our serotonin.

It acts to prevent invasion through a single layer of mucosal epithelial cells that have tight junctions between them.

When all is well, these selectively allow small molecules to pass through. However, in the past five decades our diet and environment has dramatically changed and has brought devastating health effects along with it.

Our gut microbiomes affect and influence our brains in three ways: biochemically, immunologically, and via neuroendocrines.

Endotoxins called lipopolysaccharides (LPS) from an unbalanced microbiome activate an excessive outpouring of inflammatory cytokines from our immune system.

This breaks down the tight junctions, causing what is commonly known as "leaky gut."

This allows unwanted LPS, large food molecules and bacteria to invade our sterile body. Remember that we have an unsterile environment on our skin AND in our intestinal tract from mouth to anus.

Now our body responds vigorously



with a broad systemic inflammatory reaction and the brain gets involved. Studies prove that the accumulation of abnormal white matter in the brain is a direct result of the leaky gut process.

The body's immune system creates specific antibodies to brain and gut component molecules. This is autoimmunity — not good.

The terrific news is that a remarkable man, Dr. Aristo Vojdani, the keynote speaker at the Gut Brain Conference, has developed specialized testing to accurately detect and diagnose these many different antibodies.

From Glyphosate (herbicide) residue on our non-organic food and GMO soy, corn, etc., to the antibiotics in feedlot animal meat, to alcohol, salt and stress effects, to the 5 TRILLION pounds of

chemicals manufactured in the U.S., the speakers went on and on describing the many modern-day insults on our amazing and amazingly important organ, our intestines.

Suddenly overcome with emotion, I turned to my friend, a well-respected functional medicine physician in Jupiter, and said, "We have a duty to pass this information on to our fellow docs!" He nodded, and so it begins.

— Dr. Bruce Dooley received his M.D. from Jefferson Medical (Philadelphia) 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.

MonaLisaTouch laser therapy shown to restore women's sex lives

The subject of restoring intimacy has been one that has gone unmentioned for centuries as most women have been too uncomfortable to speak about such a personal subject. Fortunately, with recent breakthroughs in modern medicine, patients are now able to have these conversations with their urogynecologist.

I have been repeatedly asked questions on this subject, especially from patients who have had breast cancer and are receiving treatment to lower estrogen levels that have gone into menopause.



Dr. Linda Kiley
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DR.LINDAKILEY.COM

They want to know whether there are any other options out there. My patients have told me how they

were not prepared for the effect it would have on their sex life, that lubricants don't work well, and they cannot use the vaginal estrogens as they cause irritation and burning, not to mention that they are afraid of them, despite their doctor's reassurances.

One of the side effects of menopause that doesn't get discussed very often is the vaginal dryness and thinning of the tissues accompanying low estrogen levels.

Symptoms may range from discomfort or pain with intercourse to recurring urinary tract or vaginal infections.

While vaginal estrogens can be a safe and effective treatment, not everyone is able or willing to use them.

Osphena is an oral medication, in the same family as Tamoxifen, designed to



treat symptoms of vaginal atrophy (thinning and drying of the vaginal tissue), however, its effects on the uterus are similar to estrogen, and it may increase risks of blood clots similar to estrogens.

It is not recommended for breast cancer survivors at this time. Fortunately, there is another option for vaginal atrophy symptoms that has been shown to be effective and safe.

The MonaLisaTouch laser therapy has been tested in Europe and the U.S. and has demonstrated significant effectiveness in relieving symptoms of vaginal atrophy.

It is a quick, simple, and pain-free procedure that can be done without anesthesia in the doctor's office in just

a few minutes. Sexual activity may be resumed in about 48 hours. Treatment consists of three sessions six weeks apart.

Studies have demonstrated a dramatic improvement in vaginal blood supply, elasticity and tone following treatment. The treatment lasts for a year, after which a "touch up" is usually needed for optimal results.

Although the procedure is relatively new to the U.S., it has been used in Europe for several years and the data published from well-respected sources there and in this country have continued to find evidence for its treatment benefits.

Requirements for treatment include

having an up-to-date pelvic/gynecologic examination, no current active vaginal infections or urinary infections, no history of vaginal/pelvic radiation treatment and no active vaginal disease or recent vaginal surgery.

At this time, because the treatment is relatively new to the U.S., insurance does not cover it. However, it provides a safe and effective alternative to hormonal treatments. ■

— For more information about Dr. Linda Kiley's practice, call 561-701-2841 to schedule an appointment today. Offices in Palm Beach Gardens and Boynton Beach.



Visiting Angels' caregivers can help seniors needing assistance live comfortably in their own homes.

If you're a caregiver, take good care of yourself, homecare expert says

Caring for an aging parent or a spouse can take a toll on patience, perseverance and even your own health.

Irv Seldin knows first-hand.

Seldin's 88-year-old mother served as the primary caregiver for his 89-year-old father.

"Mom was happy to help most of the time, but she reached a point where she began to feel resentful," he said. "She would tell us, 'Dad can't do this and can't do that, and I have to do it all for him.' This in turn led to feelings of guilt. Until we brought in help, Mom was overwhelmed and spiraling downward herself."



Irv Seldin

PRESIDENT,
VISITING ANGELS OF
THE PALM BEACHES

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Seldin, the president of Visiting Angels in Palm Beach Gardens, said caregivers can take simple steps to minimize stress and anguish.

"A good first strategy is to remind yourself that the person you're caring for certainly does not

want to create frustration or be a burden," he said.

The best course of action is to get counseling from a professional who is familiar with overstressed family caregivers. The second step is to take time off — grab time for yourself. Seldin recommends a minimum of four hours a day, two or three times a week.

"Everybody needs to have free time to relieve stress," he said. "Very often, in a caregiver situation, whether it's a parent or a spouse, that opportunity is not easy to come by."

Feeling unappreciated as a caregiver

also contributes to anxiety, and maintaining personal health and well-being helps combat that.

Getting proper nutrition, rest and exercise promotes a positive state of mind, while neglecting health issues can lead to more stress.

"You will not continue to be a strong caretaker if you always put your needs last," Seldin said. "This can lead to emotional exhaustion, depression and illness. Understanding and communicating your feelings is also part of maintaining your health. There are fewer negative effects of stress for people who admit their feelings and express them."

Another piece of advice: All caregivers should have a meeting with other family members to identify problems and develop solutions.

"Together, you can plan and share responsibilities so that you do not try to do everything alone," Seldin said. "Seek additional help from professionals, community resources or support groups for any specific medical conditions like Alzheimer's or cancer."

Links for support groups can be found at www.visitingangels.com/resources.

Finally, caregivers should become educated about the details of their loved one's health, including medications and doctors, as well as legal and financial matters.

"This helps the day-to-day process move along more smoothly, so that you do not become overwhelmed with logistics," Seldin said.

Visiting Angels is located in Palm Beach Gardens and is dedicated to helping seniors continue to live in their homes by providing personalized home care and support services. For information, call 561 328-7611, or visit visitingangels.com/palmbeaches. ■

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- Diplomate, American Dental Implant Association
- Mastership, Misch International Implant Institute
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