

PALM BEACH GARDENS & JUPITER
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WEEK OF JANUARY 21-27, 2016

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Vol. VI, No. 14 • FREE

"You can watch any meeting live." — **Rep. Matt Hudson** about the new FloridaHouse app

Session on



SCOTT KEELER / AP PHOTO

Florida Gov. Rick Scott, right, addresses a joint session of the Florida Legislature during his State of the State address in Tallahassee on Jan. 12.

Florida politics take center stage this week

BY ROGER WILLIAMS
 rwilliams@floridaweekly.com

THE POWER AND RESPONSIBILITY BORNE BY FLORIDA legislators who jumped into a new and early legislative session last week is evident in the numbers. The Sunshine State now includes about 20 million residents, roughly the population of the United States when Florida joined the union on March 3, 1845, just about the time the now historic capitol building in Tallahassee was completed. Representing their interests, ambitions, needs and

SEE SESSION, A8 ►

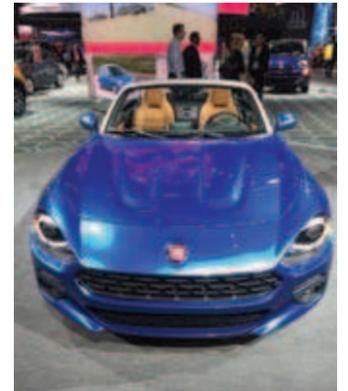


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Look What I Found
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In the Kitchen
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Komen set to paint the town pink for the 25th Race for the Cure

SPECIAL TO FLORIDA WEEKLY

Jan. 30 will be downtown West Palm Beach's day in pink.

That's the day the 25th Annual Susan G. Komen South Florida Race for the Cure takes to the streets.

The event, which will draw thousands, will be a day of family friendly activities including a "fun run" and a survivor



KEPCHAR

celebration. The event will raise hundreds of thousands of dollars for breast health services and education.

Ashley Kepchar will lead thousands of survivors at the Komen South Florida Race for

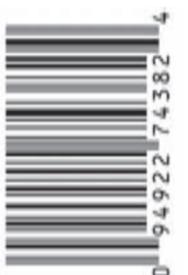
the Cure this year. Ms. Kepchar, a 2016 Warrior in Pink who was diagnosed at age 25, was selected by Komen South Florida as one of the eight local Warriors representing the courage and strength of survivors in the fight against breast cancer.

"Being named a Warrior in Pink is a

SEE KOMEN, A11 ►

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COMMENTARY

An American nightmare



leslieLILLY

llilly@floridaweekly.com

If you were asked to name the movie that won the Academy Award for Best Picture in 2006, it might be a stretch. However, you might recall that one of the films competing for top awards that year was “Brokeback Mountain.” The film produced shock and awe among American audiences unprepared for gay cowboys kissing passionately. Though “Brokeback Mountain” received wide critical acclaim, it won only a single Oscar, for Best Original Score.

Best Picture that year went to “Crash.” It also took top honors for Best Original Screenplay and Best Film Editing. Though it enjoyed modest box office success, the film was judged an underwhelming pick by many film critics, with the exception of Roger Ebert.

He declared “Crash” the best movie made in 2005 and predicted in advance of the awards it would be named Best Picture. To some, it was a surprising choice.

“Crash” is set in modern Los Angeles. It tells the stories of multiple characters whose lives intersect with explosive results, encounters made dangerous and deadly by the race, class and ethnic tensions at the city’s core.

It’s all there: two white cops, one good, one bad; a black detective and his criminal brother; a white, elitist D.A. and his socialite wife; a Persian and Hispanic immigrant pursuing the American Dream; and a black professional and his wife subjected to racial profiling.

Each character’s story is told as a parable revealing the dual sides of their singular coin, one side sympathetic, the other, abhorrent.

Ebert lauded the movie, saying it “... doesn’t assign simplistic ‘good’ and ‘evil’ labels but shows that the same person can be sometimes be a victim, sometimes a victimizer.” He observed most of the movie’s characters survive theirs and others’ moral depravity — “Not happier, not calmer, not even wiser, but better.” It was a lot to hang the virtues of the movie on.

Some labeled the film overly naïve, an urban fairy tale full of banalities. Others had a different reason to dispute Ebert’s coronation of the film’s message as durable.

A.O. Scott’s review in *The New York Times* said the film wasn’t plausible because the source and cause of the characters’ prejudice are far more complex than the film depicts. Said Scott, “The idea that bigotry is the public face of private unhappiness — the notion that we lash out at people we don’t know as a form of displaced revenge against the more familiar sources of our misery — is an interesting one...”; but nonetheless, in his view the film didn’t rise to proof

of concept. He didn’t find believable the film’s premise that bigotry can be a misguided expression of hate and anger by a good person bummed out by a bad day at the office.

What Scott judged a decade ago as “overwrought and implausible” is not the fiction it once seemed: life is now imitating art.

The campaign season has pulled back the curtain on a reality show where personal bigotry is elevated to a starring role on a national stage, and absent moral constraints. Prejudice of all stripes is on exhibit and alarmingly mainstream, promoted and sanctioned by a growing political movement that stokes emotional excess, encouraging misplaced revenge.

Those who un-closet their bigotry to win accolades from their peers may otherwise pass for decent, hardworking and humane people, like some of the characters in “Crash.” But they are intoxicated by rage as a source of empowerment, not suspecting it also makes them ripe for exploitation.

The shepherds gathering this flock know this; they are provocateurs. They use the language of fear and hate to incite their charges, using blame as their rod to prod them into common cause. In their pasture, exceptionalism means only they are exceptional.

They would edit the American Dream until the ideals it represents are dead to millions of dreamers not thought to qualify.

Author Ta-Nehisi Coates thinks this already describes the African-American experience in this country.

His book, “Between the World and Me,” is witness to the deep sense of pessimism haunting the country’s hope for a unified people and future. He penned it from his perspective as a black American, drawing from the vessel of his own pain.

The book is in the form of a letter to Coates’ teenage son, the same structure used by James Baldwin in “The Fire Next Time.”

Coates, like Baldwin, lays bare the all-consuming fear African-Americans experience at the hands of the white majority. The narrative is an intensely personal account of the destruction done to black lives by race discrimination, affecting multiple generations across the arc of American history.

It is a bleak and difficult read about the lies white America tells itself about the status of equity and opportunity for African-Americans.

The American Dream — to achieve prosperity, success and upward mobility, each according to their ability and ambition — may not be dead; but Coates’ brilliant book makes clear that the Dream is, for too many others, an American nightmare. ■

— Leslie Lilly is a native Floridian. She resides with her family and pugs in Jupiter. Email her at llilly@floridaweekly.com.

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FEBRUARY

COMMUNITY EVENTS & LECTURES

The Convergent Approach: Minimally Invasive Treatment Option for Atrial Fibrillation

Neil Galindez, MD, Cardiothoracic Surgeon

Thursday, February 4 @ 6-7pm

Palm Beach Gardens Medical Center | Classroom 4

Approximately 2.7 million Americans experience atrial fibrillation, or AFib. Join Dr. Neil Galindez to learn about a new treatment option available for the first time in Palm Beach County at the hospital's Heart & Vascular Institute.

Light dinner and refreshments will be served.

Hands-Only Adult CPR Class

Tuesday, February 16 @ 6:30-7pm

Palm Beach Gardens Fire Rescue | Fire Station 1

Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival. Palm Beach Gardens Medical Center has teamed up with Palm Beach Gardens Fire Rescue to provide free monthly CPR classes for the community. Local EMS will give a hands-only, adult CPR demonstration and go over Automated External Defibrillator (AED) use. Participants will have the opportunity to practice their new skills using CPR manikins.

Reservations are required.

Exercises to Help Improve Cardiovascular Health

Stephen C. Trachtenberg, MD, FACC, Cardiologist

Thursday, February 18 @ 6-7pm

Palm Beach Gardens Medical Center | Classroom 4

In honor of American Heart Month, join Dr. Stephen C. Trachtenberg, a cardiologist on the medical staff at Palm Beach Gardens Medical Center, to learn about physical exercises that can be beneficial for your cardiovascular health.

Light dinner and refreshments will be served.

Screenings at Annual Jupiter Health Fair

Wednesday, February 24 @ 11:30am-4pm

Jupiter Community Center | 200 Military Trail, Jupiter

Palm Beach Gardens Medical Center will offer free heart attack risk assessments at Jupiter Community Center's annual health fair. Screenings, starting at 1 pm, will include glucose, cholesterol, blood pressure and BMI. Osteoporosis screenings will also be performed with the use of an ultrasonometer, with bone density being measured through the heel. A panel of physicians will discuss topics on cardiology, neurology and colon health starting at 11:30am.

Light breakfast and refreshments will be served.



FREE COMMUNITY SCREENINGS

Heart Attack Risk Assessment

(blood pressure, BMI, glucose and cholesterol)

Wednesday, February 10 @ 8-11am

Osteoporosis Screenings

Thursday, February 21 @ 9am-1pm

Screenings held at Palm Beach Gardens Medical Center

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**Subscriptions:**

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PALM BEACH GARDENS & JUPITER
FLORIDA WEEKLY

OPINION**Weather reports from 50 years hence**

roger WILLIAMS

rwilliams@floridaweekly.com

Jan. 22, 2066, National Weather Service, Clewiston:

EAST COAST: Meteorologists predict calm weather along Florida's east coast from Homestead north to the Bay of Okeechobee this week.

Conditions are expected to remain favorable for sunbathing on the region's popular Atlantic beaches in Homestead, Kendall, Westchester, Cold Springs, Palm Beach Gardens and Belle Glade, with good boating and fishing over the condo and house reefs in the shallow, 50-foot waters topping South Beach, Miami Beach, Hollywood, Fort Lauderdale, Boca Raton, Lake Worth, Delray Beach, West Palm Beach and Jupiter.

WEST COAST: On Florida's west coast, however, officials advise some caution, as waters will be rougher along beaches in Golden Gate, Ave Maria, Lehigh Acres, LaBelle and Arcadia. Fishing and treasure hunting — the popular new sport embraced by the annual 18 million Mexican visitors to Florida and most of the state's 3.7 million former Syrian refugees, now citizens — is not advised in the condo-canyons of Marco Island, Naples or Fort Myers Beach waters, where several diving mishaps have recently occurred.

Officials say snorkeling and scuba diving above Sanibel, the Captivas and Boca Grande should be safe once waves of 20 to 25 feet subside.

ORLANDO and the SOUTHEAST: Snow flurries are expected in Tampa, Orlando and points north starting today, with accumulations of 3 to 5 feet in the Panhandle and south Georgia and 10 to 12 feet from Atlanta north. Driving conditions will be poor.

NORTHEAST: The region once known as New England, in what officials formerly called the northeastern United States, remains submerged beneath 350

feet of fresh snow, although spring floods from the polar ice cap that finally melted completely last year are expected to reduce snow pack, officials say, possibly revealing the tops of buildings in such former cities as Boston, New York and Philadelphia for the first time in 16 years.

Officials have offered no reports from Buffalo and Montreal northward since the year 2041. No one has been to the place they used to call Canada and no one wants to go, they acknowledged.

MIDWEST: Conditions are expected to be normal this week, with rainfall returning for the first time since 2055 and farmers — those who can remember how to farm — hoping to plant wheat, corn, beans and other crops for the first time in 11 years.

FAR WEST: Weather remains somewhat stormy this week along the Pacific beaches from Boise to Salt Lake City to Phoenix. Although recreational boating is impossible, officials say, the annual International Suicide Surfing Convention is expected to convene in Las Vegas on Friday.

Weather officials say surfers from New Zealand, Tibet, Nepal and the newer Mediterranean seafront surfing communities where the sport has grown popular in recent years — Paris, Dusseldorf, Bologna, Milan and Geneva, among others — will have ideal conditions for gambling along the Vegas beaches. Waves are expected to average 200 to 300 feet, and the likelihood of survival is optimistically rated at about .005 percent.

WEEKLY ANALYSIS: Ponce de Rubio, a Weather Service climatologist, provides this week's guest analysis from Clewiston, courtesy of the Koch Brothers News and Weather Service located in Wichita.

The grandson of the late Florida senator and 20-time presidential aspirant Marco Rubio — a famously ardent climate-science denier who disappeared in a flood that consumed West Miami, his hometown, in the 2030s — Mr. Rubio noted that no scientific proof exists of manmade weather changes because most of it has been washed away or buried.

"So we can't know," he said. "And frankly, it hurts business to make claims that haven't been proven. Florida's economy is on the upswing, and even though the distance from the gulf beaches to the Atlantic beaches now only averages about 23 miles in the Sunshine State, we have to utilize every inch to make money from this paradise we all love so much and want to protect."

Mr. Rubio agreed that questioning what happened is natural on the part of citizens. But he insisted the weather is also natural, a purely organic and therefore very healthy condition of a naturally tempestuous planet.

"Sure, people wonder why there's snow along the Amazon, or why it's 80 degrees and sunny at the North Pole one day and 400 below zero the next, but that's natural," he said.

"Everything is natural — you're natural, the weather is natural, and I'm natural, too.

"I can tell you what Grandpa Rubio told me when I was a small boy back in the teens and '20s, because it's still true, naturally.

"Ponce, you can take this to the bank," he'd say, putting me on his knee: 'Severe weather changes happen simply because God wants them to happen. And they happen probably about every 12,000 years or so, whenever there's a new Ice Age and he questions our behavior because 9 or 10 billion people kept driving cars with internal combustion engines for about 50 years after they knew better.' That's what Grandpa told me.

"And all these naysayers who claim otherwise? They've always reminded me of the surgeon generals they used to have back then. They were always spouting off about how smoking by pregnant women could result in fetal injury, premature birth and low birth weight — about lung cancer this and lung cancer that.

"But that was just a lot of hot air. And this is just a lot more hot air, nowadays. That's all it is. Hot, hot, hot — very hot — air." ■

Ted Cruz Is Nixon, not Goldwater

richLOWRY

Special to Florida Weekly

The lazy conventional wisdom is that Ted Cruz is the new Barry Goldwater, doomed to suffer an electoral landslide defeat should he win the Republican nomination.

Not only is this wrong about Cruz's general-election chances, it may compare Cruz to the wrong 20th-century Republican forebear. The better analogue for Cruz might be Richard Nixon, not in the crudely pejorative sense, but as another surpassingly shrewd and ambitious politician who lacked a personal touch but found a way to win nonetheless.

First, all the caveats. Obviously and most importantly, Cruz is not a paranoid. He's more ideological than Nixon. And he has none of Nixon's insecurity, in fact the opposite. Nixon went to tiny Whittier College and resented the Northeastern elite; Cruz went to Princeton and Harvard, and could be a member of the Northeastern elite in good standing if he wanted to be.

But Cruz is cut from roughly similar cloth. He wears his ambition on his sleeve and isn't highly charismatic or relatable. If Cruz wins the nomination, it'll be on the strength of intelligence and willpower. He'll have outworked, outsmarted and outmaneuvered everyone else.

Certainly, Cruz isn't ascending on the basis of warm feelings from his colleagues. Cruz portrays his unpopularity within the Senate as establishment distaste for him as a lonely man of principle. But it's a genuine personal dislike.

Not that Cruz cares. In fact, a key to what he has been able to achieve is his apparent immunity to the reflexive desire to be liked by people around you, a weakness to which almost all of us fall prey. Cruz is free of the peer pressure that typically makes all senators, at some level, team players.

Cruz is a Reagan Republican, although with considerable flexibility. When Rand Paul seemed to be on the ascendancy a couple of years ago, Cruz was a Reagan Republican with Paulite accents. When Donald Trump began to dominate, Cruz became a Reagan Republican with Trumpian tendencies.

Cruz penned an op-ed with Paul Ryan last April that was a ringingly stalwart argument for trade-promotion author-

ity. Two months later, when a brush fire erupted on the right over "Obam-atrade," Cruz abruptly reversed course and came out against trade-promotion authority — he cited procedural reasons — and then opposed the underlying trade agreement as well.

Is all the effort on Cruz's part only in the cause of a 1964-style ideological blowout? No. The country's too evenly divided for another Goldwater-style landslide loss, and Hillary Clinton is a deeply flawed candidate.

But Cruz has major vulnerabilities. He's more ideologically defined than George W. Bush in 2000 or Barack Obama in 2008, and his current theory of the general election — that he need turn out only conservatives — is a comforting fable.

Marco Rubio and Chris Christie are both, in their own ways, more winsome, and it's easier to see how each of them could pick off Obama states. But Cruz has always understood that you have to win the primary to win the general. Whoever is going to beat him better know what he's doing — because Cruz certainly does. ■

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

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PET TALES

Scientists seek answers to the canine aging process and lifespan

BY KIM CAMPBELL THORNTON

Universal Uclick

How long do dogs live? I think we can all agree that it's not nearly long enough. Canine lifespans vary from as short as 6 to 8 years for certain giant breeds to an astounding 20-plus years for some tiny dogs. Owners of small and medium-size dogs can generally expect their companions to live 10 to 15 years.

Diet, good care and genetics all play a role in the length of a dog's life, but two researchers at the University of Washington in Seattle are hoping to learn more about how dogs age, as well as whether the aging process can be delayed and the lifespan lengthened. The Dog Aging Project (DAP), headed by Daniel Promislow, Ph.D., and Matt Kaeberlein, Ph.D., plans to track 10,000 dogs in homes around the United States to get a sense of how genetic and environmental factors affect aging in dogs.

As dogs — and humans and other animals — age, organs and tissues break down, increasing the risk of age-related diseases such as cancer, cardiovascular disease, kidney disease, Alzheimer's disease and more. Age is a greater risk factor for these diseases than diet, weight and exercise.

"The big picture behind what we're trying to do is to understand the aging process so we can delay the onset and progression of all these diseases," Dr. Kaeberlein says. "It's sort of a fundamental shift from the traditional medical approach, which is to wait until dogs — or people — are sick,



Studies of canine longevity could have benefits for dogs and humans. Mouse, a 6-year-old husky-shepherd mix, is participating in the Dog Aging Project's Rapamycin study.

and then try to treat the disease."

The dogs in this observational study will include many different breeds in different environments: short-lived dogs, long-lived dogs, dogs in wealthy households and dogs in more modest households. The researchers will look at not just how long the dogs live, but also at how environmental factors affect them as they age.

Included in the DAP will be a smaller study, with up to 36 pet dogs in the Seattle area. It will look at whether a drug called Rapamycin — used to prevent organ transplant rejection in humans — can slow aging, extend canine lifespans and improve quality of life. The drug has been shown to increase lifespan in many different organisms, Dr. Kaeberlein says, as well as improve cognitive, cardiac and immune function in animals such as mice.

"There's been accumulating evidence over the past several years that not only do they live longer, but that the aging process itself is slowed down," he says.

Of the 46 dogs whose owners have expressed interest in enrolling them in the Rapamycin study, only 26 dogs so far have met the criteria to be included: at least 6 years old, weighing at least 40 pounds and with no pre-existing conditions. Among them are golden retrievers, a greyhound, Labrador retrievers, German shepherds and mixed breeds.

In both studies, dogs are good subjects because their shorter lifespan allows scientists to see results in a decade or less.

"If we had a large enough sample size, we could know in three years — certainly in five years — the extent to which Rapamycin improved healthy aging in dogs," Dr. Promislow says. "And for a longitudinal study of age, where we want to follow dogs throughout life and understand the genetic or environmental factors that affect aging and disease in dogs, you can do that in a decade. That's not possible in that timeframe in people."

The eventual results could have implications for humans, but the dog-loving scientists say their research is about more than that.

"We're both determined to find ways to improve the quality of life for dogs," Dr. Kaeberlein says. "This is not just about finding something that will help people. It might be good for dogs and their owners." ■

Pets of the Week



>> **Unique** is a 1-year-old female mixed breed. She is loving and affectionate, and enjoys walks and exercise. She has special markings.



>> **Big Red** is an 8-year-old male marmalade cat, with a little spot of white on his nose, and white socks. His right eye is cloudy from an old injury, but it's fine. He is used to being around other cats, and dogs.

ADOPTION SPECIAL! Name your own adoption fee. The average cost for Peggy Adams to prepare and care for an adoptable animal is \$300.

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 hsppb.org. For adoption information, call 686-6656.



>> **Pepper** is a spayed female tabby with beautiful orange highlights. She's a petite cat, roughly 9 years old, and she recently lost her home. She loves people, and likes to play.



>> **Garfield** is a neutered male gray tabby, approximately 3 years old. He is quiet and laid-back, and gets along well with people and with other cats. He's waiting for a new home in a loving household.

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



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Photo by LILA PHOTO

Adopt A Cat store grand opening set for new Juno Beach location

SPECIAL TO FLORIDA WEEKLY

The Adopt A Cat Resale Store recently moved to Juno Beach from its former location in Lake Park. To commemorate this move, the store will have a Grand Opening celebration on Saturday, Jan. 30, from 10 a.m. to 5:30 p.m.

The celebration will be held at the new store location at 889 Donald Ross Road in the Plaza la Mer Shopping Center, at Donald Ross Road at U.S. 1.

The public is invited to join in the festivities, which will include food, drinks and prizes awarded hourly.

All items in the store will be on sale at

a 20 percent. Attendees can meet Baxter, the resident resale store mascot, and have a photograph taken with "Chad Cat," the friendly human-sized feline. For more information about the grand opening, call 848-4911, Option 2.

The Adopt A Cat Resale Store was a fixture in Lake Park for 10 years. The store, which sells donated items and is staffed completely by volunteers, supports the Adopt A Cat Foundation, a free-roaming cat rescue and adoption facility located at 1125 Old Dixie Highway, Lake Park.

For more information, see adoptacatfoundation.org. ■

Peggy Adams Animal Rescue League, Pet Supermarket create partnership

Peggy Adams Animal Rescue League has announce an expanded partnership with Pet Supermarket. The League has placed adorable kittens and cats in 10 new Palm Beach County locations.

Peggy Adams Animal Rescue League plans to have several kittens or adult cats always available for adoption at each store. This growing partnership alone is projected to find new, forever homes for 2,000 felines in 2016.

These additional retail locations bring the total to 11 Pet Supermarkets where rescue animals from the League are available for adoption.

"We are very excited about this joint venture with Pet Supermarket that will help us save more lives than ever before," said Rich

Anderson, CEO and executive director of Peggy Adams Animal Rescue League, in a statement.

The locations are: Jupiter, 6756 W. Indiantown Road; Tequesta, 229 U.S. Highway 1 South; Boca West, 9798 Glades Road; Lake Worth, 7201 B Lake Worth Road; Hypoluxo, 4762 N. Congress Ave.; Boca East, 1966 N. Federal Highway; East Boynton, 570 E. Woolbright Road; Royal Palm Beach, 1125 Royal Palm Beach Blvd.; Central Boca, 5030 Champion Blvd.; West Palm Beach, 846 Southern Blvd.; and Northlake, 3581 Northlake Blvd.

Based in Sunrise, Pet Supermarket is the largest specialty retailer of pet food and pet-related supplies based in the southeastern U.S., with 155 stores. ■

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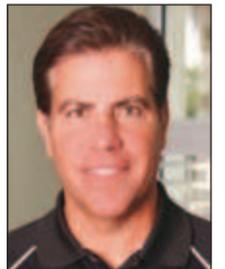
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DR. SHANELE LUNDAHL
Chiropractor

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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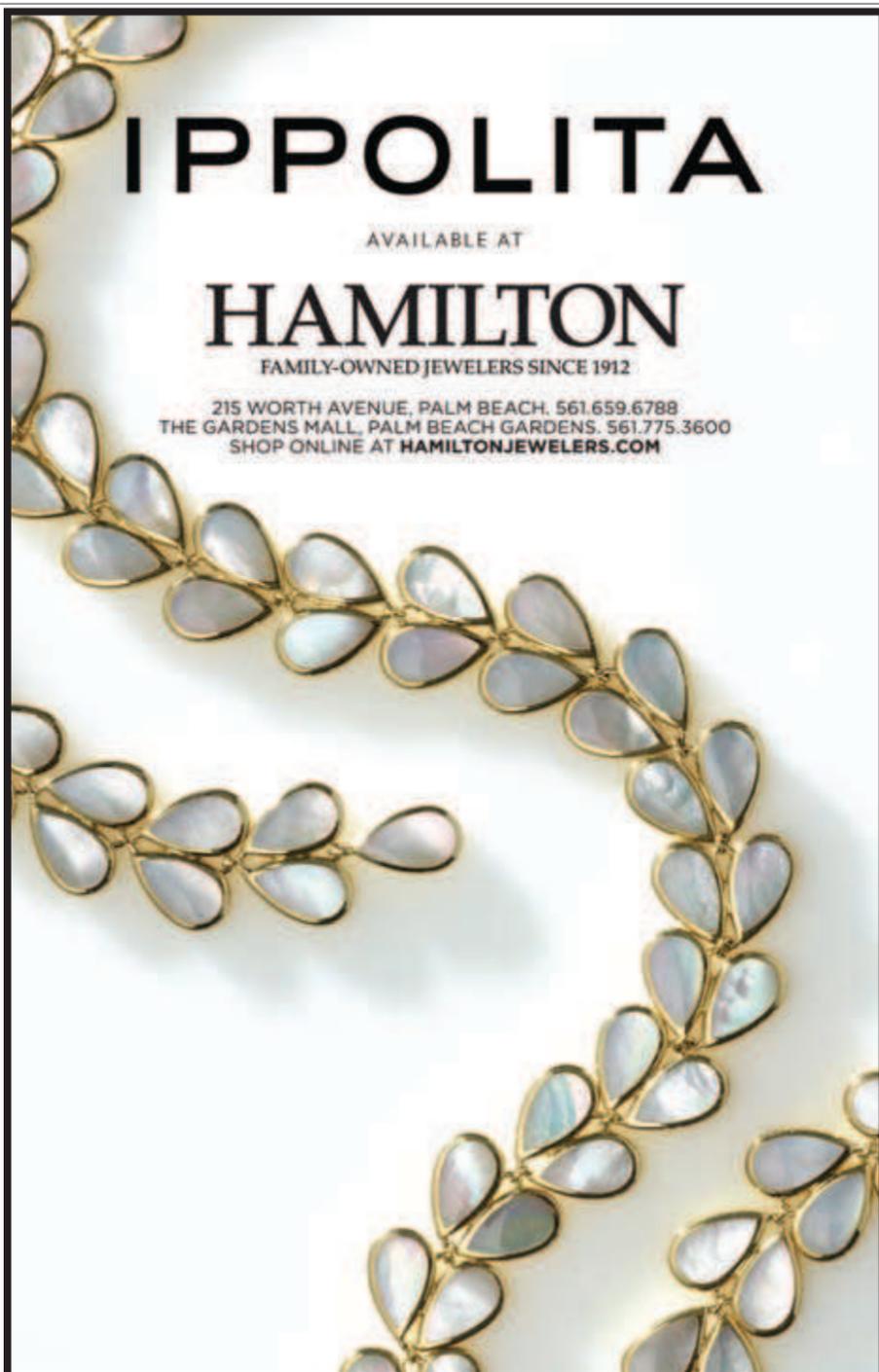
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SESSION

From page 1

expectations in an election-year legislative session are a mere 160 elected men and women, including 40 senators and 120 representatives working with Republican Gov. Rick Scott.

Below, *Florida Weekly* offers the voices of several reflecting on the challenges they face and the issues of importance to them personally, as well as a map detailing the contact information and showing the districts of all who represent *Florida Weekly* readers.

Rep. Matt Hudson, a District 80 Republican, points out that Florida's is the only state legislature in the nation to make the business of legislators completely open in live time to any citizens elsewhere, via a free mobile app designed for Android and Apple devices. One need only search for the FloridaHouse app, and then download it.

"You can watch any meeting live, you can be there to see what we're doing and talking about all the time. It's great transparency in government," he says.

For two decades the legislature has been predominantly Republican, as it is in this session.

Together, legislators will decide how much to tax their citizens, how to spend the money their citizens provide, what laws to enact on behalf of their citizens, and how their citizens will be treated by police, educated by teachers, or cared for by medical professionals if they are uninsured.

They have eight weeks to do it. This year's early session wraps up on March 11, giving those who need it the time to campaign in a tidal-wave of a presidential election year parsed by this long-standing truth: "All politics is local," as the late Tip O'Neill, a Massachusetts congressman, once said.

Local, regional, national issues

A British-based newspaper, *The Guardian*, offered an observation last week about Florida politics that reflects that American truth, in a report about the guns-on-campus bill coming before legislators in this session.

"Now the measure is back before them in Tallahassee, alongside a new bill that would make Florida the latest 'open carry' state. It highlights a stark reality facing (President) Barack Obama's efforts to break America's love affair with firearms: irrespective of any executive order, the real power in directing the nation's gun laws resides in its state capitals."

A lot of other real power resides in the state capital, too.

Among the other issues facing legislators are these: water and the environment and how to fix both; health care and who gets it; gambling and who gets to do it where and for how much; tax cuts proposed by Gov. Scott and who gets them; incentive money for businesses and who gets that; disabled people and how better to support them; and alimony laws.

Many of those issues are ongoing and unlikely to be solved in the near future.

"The only thing we really have to do is pass a budget," says Rep. Ken Roberson, a District 75 Republican based in Charlotte County. Rep. Roberson is now terming out after eight years, as the law requires.

"Addressing proper funding for health care and education — that by itself takes up two-thirds of the Florida budget," he points out.

Gov. Scott has proposed a \$79 billion budget for the coming year set to kick off July 1. It could provide between \$750 million and \$1 billion in tax breaks, including the abolition of a 5.5

percent income tax on corporations and retail businesses worth about \$2 billion each year to the state.

Some members of the House are also proposing a \$1 billion tax cut in the budget.

The governor's plan includes a smaller tax for businesses that pay one on commercial leases, the elimination of sales tax on manufacturing equipment, and a \$250 million bucket fund to encourage businesses to locate in Florida.

Among other goals, the governor has proposed spending more money on digital education and on support for students, bringing the total spent on each up to \$7,176.

Although that figure represents the highest dollar amount ever spent on public education per student, as the governor has proclaimed — it's \$50 more than Gov. Charlie Crist's \$7,126 per student in 2007-2008 — in today's dollars it represents something significantly less than the Crist effort. His output for students would have amounted to about \$8,380 in 2016, following an average annual inflation rate of 1.82 percent.

The education budget itself is likely to exceed \$20 billion, legislators say.

So the special 160 have a lot on their plates.

But each legislator also intends to do other things less acclaimed — sometimes, to pass legislation that reflects their own experiences and might make 20 million other people the better for it, in their views.

"As the father of a child with Asperger's syndrome, I can relate to what (Senate President) Andy Gardiner is doing with his bill — he's trying to incentivize businesses to employ people with disabilities," explains Pat Rooney, a District 85 Republican from Palm Beach Gardens.

"In the past if you had a neurological disability you'd be automatically categorized as unable to do a job. But that's not the case. A lot of people with disabilities can do jobs as well as quote-unquote normal people."

That bill passed in the first week of session. But another issue likely to effect many, including Rep. Rooney, is a new \$3 billion gambling deal signed by Gov. Scott and the Seminole Tribe last month giving it the exclusive right to offer craps and roulette in seven casinos and the right to be a predominant blackjack host if the Tribe provides part of its profits to the state.

The legislature has to agree, though, before it becomes law, says Rep. Rooney, who in private life heads the Palm Beach Kennel Club.

"It's now up to the legislature to look this over. We have a lot of interested groups — the stand-alone casino folks, the pari-mutuels, all kinds of folks that have a stake in the alternative gambling pie. So you'll see debate, presented by the legislators who represent those groups.

"I don't think this is going to be an easy sell."

And ultimately we need to have some kind of comprehensive plan for gaming in this state."

In the last six months, the Palm Beach Kennel Club has raised \$188,000 of the nearly \$643,000 in lobbying money spent to encourage legislators to expand the agreement, allowing non-Tribal venues to expand their gaming, according to a report this week in the *Tampa Bay Times*. At the same time, the Palm Beach Kennel Club would get slots under the new compact.

Health care and the environment

Other issues legislators address this



session are equally as thorny, with complications both practical and philosophical.

Over the issue of health care, for example, the legislative session came apart like a house of toothpicks in a high wind last year when legislators couldn't agree on funding for health care — that happened after Gov. Scott rejected Medicaid expansion to pay for the care of as many as 800,000 uninsured Floridians.

Now, other federal funding for uninsured patients — money that would ease the pressure on hospitals — is declining by almost 40 percent (Medicaid expansion is designed to cover that and more, but Florida doesn't have it).

Florida's legislators, therefore, are wrangling new ways to save money and boost treatment options without having chosen the federal help many states have.

"One overarching goal for the House this session is to pass legislation that will provide lower cost and more transparent access to health care," says Rep. Heather Fitzenhagen, a District 78 Republican from Lee County.

"We have several bills. Mine has to do with recovery care centers wherein a person who has had surgery in a hospital or ambulatory care center can stay up to 72 hours to have the best opportunity to recover faster, so they can be monitored."

As it stands, a patient in such a care center must leave after 24 hours.

Rep. Hudson, who as Speaker Pro Tempore files no bills himself (his job is to ensure that each bill is properly vetted, he says), is also chair of the powerful Health Care Budget Committee.

He describes the huge gravity of health care funding in the Florida budget this way: "My priority will be to write a (health care) budget that consumes 42 percent of the state budget and exceeds \$33 billion. My concerns include veterans, foster children, seniors, and others, along with a continued focus on funding for Alzheimer's research and care."

Water and environment questions

Another thorny and complex issue, water quality, has long been significant in the state, and now it's even more compelling for legislators as increasing levels of pollution and poor water quality drive away tourists and investors, and kick up costs to residents.

"Water is big," says Rep. Rooney.

"Not just protecting our resources — the Everglades, and what to do with the St. Lucie and Caloosahatchee rivers, for example — but finding some type of policy to guide us for the next 10 to 20 years.

"Water is like air and everything else we consume to stay alive — it's a finite resource."

Key in this session is a statewide water bill that passed in the first week, designed to make regulations more manageable, says Rep. Matt Caldwell, a District 79 Republican from Lehigh Acres.

"It streamlines Everglades regulations — you have statutes from the 1970s when these protections were just focused in Okeechobee, and now it's evolved to look at the greater Everglades mosaic, cleaning it up and so (the law) agrees with itself."

Two other elements of the bill — a policy bill that does not come equipped with a dollar figure since funding springs from other sources — include managing long-term water supplies as Central Florida grows, and preserving and restoring springs in North Florida.

Now, says Sen. Lizbeth

Benacquisto, a District 30 Republican, a key element is passage of a Legacy Florida fund, co-sponsored by her in the Senate and by Rep. Fitzenhagen in the House, to designate specific dollars over a 10-year period to Everglades and regional projects.

"Some 25 percent of this money will be dedicated for Everglades restoration and all the ancillary programs to restore our resources, to help us with the C-43 (reservoir) project on the Caloosahatchee, for example," Sen. Benacquisto says.

Some critics in the state remain frustrated with such progress.

"The underlying issue with me is that water quality compliance and enforcement in Florida is extremely lax," says John Cassani, a water expert and head of a citizens' interest group, Lee Public Voice.

"That's what led to rampant state-wide impairments for water quality in the first place. We've always had excellent statutes pertaining to water quality in Florida, but if the political will to enforce them isn't there, those are just words on a page."

Closely related to those issues are two bills (House Bill 191 and Senate Bill 318) designed to take away local authority in banning fracking — a move supported by oil and gas companies — and let decisions to allow it rest with state officials.

Immigrants and beyond

Another issue facing legislators, one that exists in an echo chamber of national concerns just as gun rights and health care policies do, is the treatment of immigrants.

There are seven "anti-immigrant" bills, characterized as such by critics of those bills, filed by Republican legislators this session, as well.

One bill, for example, would make it a criminal offense for any who have been deported or ordered deported to remain in or return to the United States, whether or not they have children here.

Another would require local law enforcement agencies to work more aggressively with immigration officials to detain illegal immigrants even when public safety is not an issue. A number of sheriff's departments have criticized this bill since it comes with no funding to help them do that.

While there are many other issues and concerns — and while disagreements are likely to be prevalent on some issues for the 160 legislators guiding the state this session — all of them will work together in the capitol, which includes not just the historic building but a 1970s era 22-story executive office building directly behind it, designed by its architects to last a century.

There much of the action takes place, and fortunately the architects included 66 public restrooms — in case the palaver becomes too much for some.

That's politics in the Sunshine State. ■

Legislators in their own words

Sen. Lizbeth Benacquisto, R, District 30:

"My personal goals include, first and foremost, testing the backlog of rape kits that exist, some 13,000 across the state that have been untested for years.

"These are from victims, and we will no longer accept that they have to wait six years or more.

"Clearing that backlog comes with a significant price tag: we estimate \$30 million. But we'll find a way to do it. I have a bill going forward to make sure evidence is submitted within 30 days from now on, to make sure this never happens again.

"Also, Rep. Dane Eagle and I have a suicide awareness bill, which provides teachers across every spectrum the training to identify this, and save some lives.

"Another important one to me is changing the practice of some insurance companies. It's been discovered that they were taking money for premiums and if a policy holder passed and their beneficiary knew they were the rightful owner of funds, they paid the claim.

"But in many cases the beneficiary does not know their name, and companies did not pay rightful claims. Nationwide, about \$5 billion went to the right people, and in Florida alone \$100 million was returned to beneficiaries, from 20 companies.

"My bill will catch in the process all those other companies that were not part of those settlements but are holding firm because beneficiaries don't know they're beneficiaries. That's not right."

■ ■ ■

Rep Matt Hudson, R, District 80:

"As we move forward, expect to see a very lively debate about the House proposal of a \$1 billion tax cut.

"Additionally, we'll see a lot of discussion around the governor's gaming compact with the Seminoles.

"And there will be a great deal of discussion about fulfilling our transportation work plan and making our infrastructure strong — everything surrounding the concept of keep Florida growing, and growing correctly."

■ ■ ■

Rep. Ken Roberson, R, District 75:

"A couple of issues are personally important to me. One is a bill that came out of my committee last year, and is re-filed again. We want to encourage direct primary care where somebody can contract with a local doctor for direct care, for a monthly fee, even though it's not considered an insurance policy.

"We're trying to think outside the box to do things that allow us to expand health care and address the costs.

"Another bill I'm doing is aimed at eliminating cremation approval fees that some counties and medical examiners are charging citizens when they prefer cremation. Sixty-three percent of us want to be cremated, and in such counties as Glades, Hendry and Lee, people are charged \$50. It's higher in Broward and even higher in Miami-Dade. That shouldn't happen."

■ ■ ■



BENACQUISTO

Rep. Pat Rooney, R, District 85:

"On the immigrant issues: Two or three years ago, I voted to give immigrants in-state tuition. From a business point of view, it's a good idea, and allowing them to participate I thought was important. I want to encourage people to be the best they can be, because that will help the state in the long term.

"But with the environment we're in right now — with everything going on in the world — immigrant issues are different.

"The House and Senate will be wary about doing much with immigration for this election year. But that doesn't mean something can't pop up.

"I would suspect, because it's an election year and because of the political climate, that those super-charged issues might get a foot in the door, they might get a committee or two to hear them and then set them up for future years.

"But I wouldn't expect something like that to be presented to the governor for a signature now."

■ ■ ■

Rep. Matt Caldwell, R, District 79:

"I'm encouraging our office of EDR — of Economic and Demographic Research — to annually produce a report that outlines commitments and agreements the legislature made. To try to distill that into one report that says, 'Here are all our commitments.'

"Our budget this coming year is in the \$79 billion range, and the governor has proposed \$1 billion in tax cuts. I'm supportive of the manufacturing retail sales tax cut.

"One of the things I'm interested in is civil asset forfeiture, where law enforcement seizes assets related to criminal activity — most people picture the drug dealer's Corvette. But the current law doesn't require law enforcement to make an arrest or get a conviction necessarily. So law enforcement isn't enamored of this, but it's the right thing to do, to change that."

■ ■ ■

Rep. Heather Fitzenhagen, R, District 78:

"One of the biggest issues in Florida is water quality and I'm a co-sponsor of the Legacy Florida bill.

"It would provide dedicated long-term funding for Everglades restoration projects, which would include our Caloosahatchee. (The amount would be \$200 million over 10 years, with \$100 million designated for the Comprehensive Everglades Restoration Plan, or CERP projects.)

"The Legacy Fund would make sure those dollars are specifically designated for the Everglades — the money would be put toward completion of existing and new projects on the drawing board to help fix the Everglades.

"We shouldn't have to fight for each and every project. Now we can prioritize our projects based on what would be the most effective way to complete them."

■ ■ ■



ROBERSON



ROONEY



CALDWELL

Sen. Garrett Richter, R, District 23:

"Three things. First, I want to continue to advance common sense tort reform. There is an industry of certain lawyers that take advantage of well-intended consumer protection laws to reap huge financial rewards for themselves rather than the consumer. These attorneys collect hundreds of thousands of dollars from insurance companies while the consumer gets a relatively small settlement. Insurance companies take risk and losses into consideration when establishing rates that all consumers pay for insurance. Lawyers that make these huge profits take money out of the pockets of all Floridians by causing higher premiums. I want to curtail this activity.

"Second, I believe we need to properly regulate the oil and gas industry. We do not need to shut them down. As a country, we need to become energy independent. That means we should encourage and support all opportunities to increase our energy sources — such as, wind, solar, waste, oil and natural gas. The legislature can't stop technology but it can regulate technology advances

"I'm talking about fracking. I do not support a permanent ban on oil exploration and extraction in Florida. Oil has been extracted from the ground in Florida for over 60 years. Advances in technology, such as fracking, need to be safe. In order to ensure that, it needs to be properly regulated. Today, it is not. A priority for me is to establish a specific permitting process through the DEP, to initiate a scientific study of the geology and hydrology in Florida in order to provide DEP scientific facts to create rules to go along with specific permitting. The legislation also increases fines and bonding requirements and it increases the regulatory powers to do more thorough background checks on companies, and to act accordingly.

"This bill also establishes a moratorium on fracking until the study is completed and the Department of Environmental Protection has developed and adopted the rules.

"Third, I want to successfully advocate for the re-establishment of funding for the Collier County Accelerator. This accelerator funding got caught up in the political fallout last session. This is a very successful economic engine for Southwest Florida, recruiting over a dozen companies from France and Hungary and Finland. These companies are moving their headquarters here and creating job opportunities in Florida."

■ ■ ■

Rep. Dane Eagle, R, District 77:

"House Bill 1299 relates to public assistance and makes several revisions to the Temporary Aid to Needy Families program to encourage work, focus aid to the truly needy by strengthening eligibility and reduce waste, fraud and abuse.

"This bill will help eliminate fraud and ensure that tax dollars are only being spent on the truly needy — not those trying to manipulate the system or that are able to support themselves. We need to bridge the gap to self-sufficiency instead of perpetuating government dependence.

"Also filed for the 2016 Session is HB 1305 which will help get epinephrine auto-injectors into schools where they are needed most by children who may suffer from life-threatening allergic reactions. Experts have estimated that one out of 13 children in the United States has a food allergy. Under the provisions of HB 1305, public and private schools would have the option to receive epinephrine auto-injectors for free or at reduced prices."

— (From a press release)



RICHTER



EAGLE

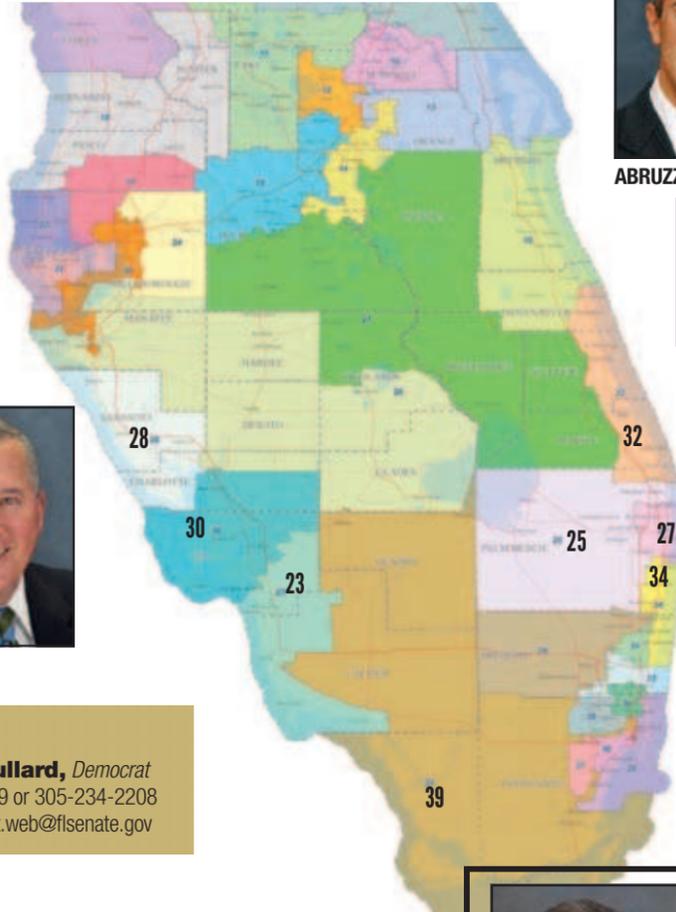
Who represents you in Tallahassee?

It's OK if you haven't been paying attention — if perhaps a few elections have passed you by and maybe you've fallen behind. Names have changed, and you're just not sure anymore who exactly your representative and senator in the Florida

Legislature are. It happens to the best of us. This could be the year, however, where you jump back on the wagon, hone in on an issue or two that you want to follow and pay attention to the votes that are being cast in your name.

The state makes it easier than ever to track how your operatives in the capital voted and where bills end up. Use our color coded-maps, then follow through with online tools accessible at leg.state.fl.us. ■

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TRUJILLO



COURTESY PHOTO

Teams in the Race for the Cure don a variety of themed costumes for the event.

KOMEN

From page 1

huge honor, because I feel it acknowledges that with a positive attitude, courage, and determination, any obstacle in our paths can be overcome," Ms. Kepchar said in a statement. "I believe in sharing my story to encourage my peers and others to be proactive about their health, so they can live their fullest lives possible."

This year, Komen will use a portion of the money raised for new initiatives based on its 2015 Community Profile Report. This assessment, completed once every four years, targets needy subsections of the community and identifies partnerships that will provide its service area — Palm Beach, Martin and St. Lucie counties — the greatest impact.

"Seventy-five percent of the funds raised by Komen stays in our service area, and this year, we will use our updated Community Profile Report to help guide our breast health education and services," said Dayve Gabbard, executive director of the Susan G. Komen South Florida chapter. "By participating in the race, you help support our continued outreach — outreach that evolves to make the most impact."

Race registration fees start at \$20 for kids and \$40 for adults. Proceeds will benefit Susan G. Komen South Florida. To register for the race or to make a donation, visit komensouthflorida.org. For information, call Nichelle Rains at 514-3020, Ext. 10.

"Seventy-five percent of the funds raised by Komen stays in our service area, and this year, we will use our updated Community Profile Report to help guide our breast health education and services."

—Dayve Gabbard,
executive director of the Susan G. Komen
South Florida chapter

in the know

Because You Asked...

Is the 25th Annual Susan G. Komen South Florida Race for the Cure only for competitive runners?

The Komen South Florida Race is for everyone. It has family friendly races, like the fun run and the tot race, as well as a timed race for men and women.

May I register in person? Yes, you can register in-person at the following:

The Gardens Mall, Nordstrom Court
Saturday, Jan. 23, 10 a.m. to 7 p.m.
Sunday, Jan. 24, noon to 5 p.m.
Team captain pick-up starts at noon each day

Fit2Run, Boca Raton Town Center Mall
Center Mall Terrace
Monday, Jan. 25, 10 a.m. to 7 p.m.
Team captain pick-up, noon to 7 p.m.

Sports Authority, Jensen Beach
Tuesday, Jan. 26, 10 a.m. to 7 p.m.
Team captain pick-up, noon to 7 p.m.

Sports Authority, Boynton Commons
Wednesday, Jan. 27, 10 a.m. to 7 p.m.
Team captain pick-up, noon to 7 p.m.

The Mall at Wellington Green
Fit2Run Store
Thursday, Jan. 28, 10 a.m. to 7 p.m.
Team captain pick-up, noon to 7 p.m.

Palm Beach Post Centennial Park
Flagler Drive at Fern and Evernia streets
Friday, Jan. 29, 10 a.m. to 7 p.m.

You also can register on Race Day, Jan. 30, at Post Centennial Park, Flagler Drive at Fern and Evernia streets in downtown West Palm Beach, beginning at 5:30 a.m.

What are the registration fees for the race? Registration fees range from \$40 to \$50 for adults and \$20+ for kids 12 and under. Race Day fees apply when registering on the day of the race for adults.

What should I know about fundraising? It's never too late to fundraise — in fact, you can continue fundraising for a month after the race.

How many members must be in a team? Official teams will need 10 or more registered members by the morning of the race. You can form a team or join one online — and if you get stuck in the process or have questions, just contact Komen at race@komensouthflorida.org.

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Presented by
Howard Kaye Insurance Agency, LLC.

Opening Night: January 20
Kravis Center of Performing Arts
DOUGH
starring Jonathan Pryce.



A London Jewish baker's failing business gets a boost when his young Muslim apprentice accidentally drops cannabis into the dough.

Special Guest Film Director
John Goldschmidt

Closing Night February 11
Duncan Theatre, Lake Worth
South Florida Premiere
RAISE THE ROOF



The synagogues of 18th-century Poland inspired artists Rick and Laura Brown to embark on a 10-year pursuit to reconstruct the elaborate painted ceiling of the Gwoździec synagogue.

Special Guest Laura & Rick Brown

Film Trailers, descriptions, schedules, dates
and times at pbjff.org

Festival Box Office
1-877-318-0071 or pbjff.org



The mission of the Mandel JCC is to build community and enhance connection to Jewish life.
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4:00-5:15PM

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*Limited space
Pre-registration required



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HEALTHY LIVING

Early onset bipolar disorder often is difficult to diagnose

linda LIPSHUTZ

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Gloria was afraid to take the call. She knew if her son Max's teacher called her it would not be with good news.

Sure enough, Max had had another meltdown. Max apparently had shoved a classmate, who had fallen and fractured his elbow.

Although there were some days that Max's sunny side would show through, those days were now few. Volatile incidents and unprovoked angry outbursts had become the norm. Gloria worried that her other two children were becoming more distant and wary, noting how they retreated to their rooms without the slightest provocation.

Gloria had consulted with her pediatrician, then a therapist, and the initial consensus was that Max was "hyperactive" and might benefit from medications. Gloria and her husband, Ned, had followed most of the recommendations. Although life seemed to improve for a while, things deteriorated shortly thereafter as Max began to exhibit much more concerning behaviors.

Gloria and Ned were scared and discouraged. When they had nearly lost hope that the growing team of professionals they'd consulted would be able to come up answers, Gloria and Ned

were told by a specialist that Max very likely had early onset bipolar disorder.

So, what are parents to do when they know their child is facing serious emotional challenges — but they've been unable to come up with any realistic solutions? What if family life feels like it's careening out of control and the experts they've consulted have not been able to offer solutions or relief?

Before learning of a definitive diagnosis and developing a treatment plan, some parents of children diagnosed with bipolar disorder (oftentimes after years of being medicated for other illnesses, or courses of therapy that have proved to be disappointing) feel as though the disease has wreaked havoc on their families' ability to lead a normal life.

According to The National Institute of Mental Health, bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks.

While the onset of bipolar disorder most typically occurs in one's late teens or early adult years, the incidence of early-onset bipolar disorder (prior to age 18) potentially affects more than 3 percent of children and adolescents in the United States. Many researchers believe the occurrence is even more prevalent.

What is particularly troubling is that oftentimes, well-intended professionals have tremendous difficulty properly diagnosing this disorder, espe-

cially when bipolar disorder symptoms resemble (or coincide with) other disorders, including attention deficit disorder, obsessive-compulsive disorder, learning disabilities, or even developmental disorders related to autism.

The symptoms of bipolar disorder are different from the normal ups and downs that all of us will go through from time to time. Those individuals with bipolar disorder will usually experience intense emotional states that occur in distinct periods called "mood episodes" — which are a severe change from a person's usual mood and behavior. An overly joyful, or overexcited state (sometimes with symptoms of racing thoughts, irritability, sleeplessness or recklessness) may be evidence of a "manic episode." A depressive episode may be characterized by an extremely sad, lethargic or hopeless state. Sometimes, there will be a "mixed" episode of both manic and depressive symptoms. The mood episodes may vary in duration, with extreme changes in energy levels, activities, sleep and behavior. It's not uncommon for those suffering from bipolar disorder to be resistant to getting help.

Some children who have severe or improperly treated bipolar disorder may have difficulty maintaining friendships or functioning in school. These young people may feel unable to control their emotions and behavior, feeling demoralized and helpless to repair the tremendous upheaval left in their wake.

Tragically, the illness has a very high

mortality rate because it is often the driving force behind self-medication, chemical dependency, risky behavior and suicide. Families and professionals are often on high alert to maintain safety, and will be advised to reach for assistance, or to dial 911, should there be any signs of danger.

While the above report may sound grim, on the contrary, early onset bipolar disorder can be treated, and children with this illness can lead full and productive lives.

Proper treatment helps many young people with early onset bipolar disorder — even those with the most severe forms of the illness — gain better control of their mood swings and related symptoms. But because it is a lifelong illness, long-term, continuous treatment is needed to control symptoms. Treatment usually consists of medication management and supportive psychotherapy, helping patients and their families to cope maximally.

In addition to these important treatment components, those who fare the best are the ones who make a commitment to maintaining self-care — balanced diet, exercise and sufficient sleep, and a balanced lifestyle of work and leisure that is designed to minimize stress.

There are many supportive professionals and community resources available to help families make the difficult decisions. Informative online and community support groups are now offering a resource of hope and understanding. ■

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RORY MCILROY



'Shower for Shelter' teddy bear fundraiser auction to help provide homes to young mothers, kids

SPECIAL TO FLORIDA WEEKLY

Rescue a teddy bear and help provide a home and hope to a young homeless family by attending the Holy Ground Shelter's annual "A Shower for Shelter" luncheon and auction at the Kravis Center's Cohen Pavilion on Sunday, Jan. 24, beginning at 11:30 a.m.

The luncheon will feature a silent and a live auction, musical entertainment, plenty of opportunities to adopt one or more of Holy Ground's popular "formerly homeless" Teddy bears, and a chance to learn more about Holy Ground's mission to shelter and mentor homeless pregnant and parenting young mothers and their children in Palm Beach County.

Jan Kranich, president of Holy Ground Shelter, said in a prepared statement that the highlight of the event is "sharing the exciting progress our organization has made in just four short years of operation and how the lives of our young moms have been changed by the love and commitment of the dedicated volunteers and staff members who work hands-on with each family."

On hand to celebrate these successes and ensure Holy Ground's continued success will be co-chairs Donna McLoughlin and Krista Bernard, honorary chairperson Herme de Wyman Miro and the honorary committee members: Beverlee Miller Raymond, Edith Bush and Cheryl Gowdy. Michael Williams, WPTV-5 News anchor, will emcee this event along with Bob Nichols, who will act as auctioneer.

Holy Ground Shelter provides a home



COURTESY PHOTO

Holy Ground Shelter President Jan Kranich, left, with co-chair Krista Bernard, committee member Beverlee Miller Raymond, co-chair Donna McLoughlin, and Holy Ground executive director Phyllis Turner Jepson.

and hope to homeless pregnant and parenting teens and adult young women and their children. Through this long-term and multi-faceted program, the young mothers learn responsible living, parenting, and essential life skills, while they complete high school and transition to college or vocational school, always with the on-going support and guidance of trained, adult female mentors. While in the program, the clients work part time and contribute part of their income toward rent and utilities. Accountability is key. The goal of Holy Ground's program is long-term generational change, by teaching these young women to be self-sufficient, healthy and productive members of this community.

The donation, which includes the cost of the luncheon and auction, is \$100 per person. For reservations, call 355-5040. For more information, see holyground-pbc.org/events or call Jan Kranich at 512-2650. ■

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To RSVP or for more details about programming
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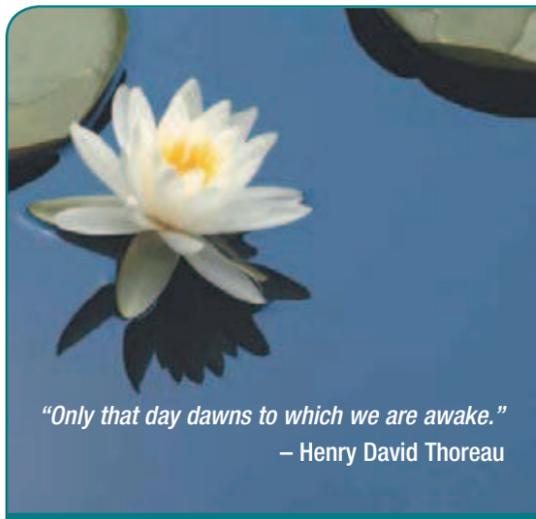
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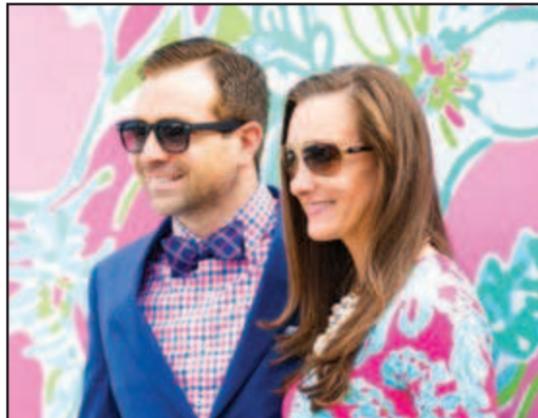
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LILA PHOTOS

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In 2004, Alicia was diagnosed with Graves’ disease, an autoimmune disorder that results in an overactive thyroid. She continued to gain weight over the years, feeling unlike herself and trapped in her own body. She had a laparoscopic sleeve gastrectomy performed by Dr. Jefferson Vaughan, medical director of Jupiter Medical Center’s Institute for Metabolic & Bariatric Surgery. Alicia no longer needs her medications and is once again able to enjoy her favorite activities.

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

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

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

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

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

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

This report is courtesy of Chasewood Realty, Inc. Not intended to solicit buyers or sellers currently under contract. Copyright © 2016

Nonprofits encouraged to register for May 3 annual Great Give event

SPECIAL TO FLORIDA WEEKLY



Great Give Palm Beach & Martin Counties is a 24-hour online giving event led by the Community Foundation for Palm Beach County, United Way of Palm Beach County and United Way of Martin County designed to raise as much money as possible for local nonprofits in a single day.

This community-wide event, to be held on May 3 from midnight to midnight, celebrates the spirit of giving and the collective effort it takes to strengthen the two counties by raising critical funds for local nonprofits.

Every local gift made during the 24-hour period will be multiplied by additional dollars from a bonus pool raised by the Community Foundation. Great Give Palm Beach & Martin Counties will make May 3 even more exciting by providing cash or valuable prizes for nonprofits to compete for each hour.

Great Give Palm Beach & Martin Counties is open to all eligible nonprofits in the two-county area. Nonprofits are encouraged to sign up early and start promoting by registering on great-giveflorida.org.

It is also recommended that nonprofit representatives attend training sessions and workshops to ensure maximum

success during the 24-hour fundraising event.

The first training will be held Jan. 22 at Palm Beach State College, Lake Worth.

Great Give Palm Beach & Martin Counties is part of the largest online giving event in history, Give Local America. Close to 200 communities across the country raise millions of dollars in a single day.

Last year's event raised more than \$68 million nationally and \$3.1 million locally, with the local Great Give ranking seventh.

Local businesses and individuals are encouraged to support this opportunity for to raise significant funds that will make a direct, positive impact on the lives of neediest residents (including the furry variety).

You can provide a prize, become a sponsor, offer an in-store incentive or simply give on May 3. ■



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Jan. 23 Downtown at the Gardens fashion show benefits cancer charity

SPECIAL TO FLORIDA WEEKLY

Downtown at the Gardens invites fashionistas and friends to enjoy a chic night out during Downtown's Fashion Affair on Jan. 23 at 7 p.m. The event features a fashion show presented by 17 of the destination's boutiques, as well as light bites from several restaurants. Proceeds benefit the Cancer Alliance of Help & Hope.

The fashion show, curated by the boutiques of Downtown at the Gardens, will unveil latest trends and showcase the stores' most stylish outfits. Participating boutiques include Blessed Boutique, Ceci Palm Beach, Contemporary Living, Cool Beans Indoor Playground, Couture Optique, Crazy 8, Golfsmith, Green Path Baby, Hibiscus Beach Kids, Hot Yoga Downtown, Keola Health & Wellness,

LF Stores, Lola Chic Boutique, Mollie Bridals, Style So Chic, Urban Outfitters and Whole Pet Essentials.

Guests will savor bites from The Cheesecake Factory, Dirty Martini, Grimaldi's Coal Brick-Oven Pizzeria, Paris in Town Le Bistro, Texas de Brazil, The Spice & Tea Exchange and TooJay's Original Gourmet Deli.

Tickets are \$25 in advance and \$30 at the door. To purchase tickets, see CAHH.org/fashion or call 748-7227. There will be limited seating, so advance ticket purchase is recommended.

Event sponsors include Palm Beach Gardens Medical Center and Palm Beach Children's Hospital at St. Mary's Medical Center.

Downtown at the Gardens is at 11701 Lake Victoria Gardens Ave. in Palm Beach Gardens. ■

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Dieters beware! Girl Scout cookies set to go on sale

SPECIAL TO FLORIDA WEEKLY

There potentially is nothing more deadly to the diets of America than the combination of adorable Girl Scouts and those cookies they sell each year.

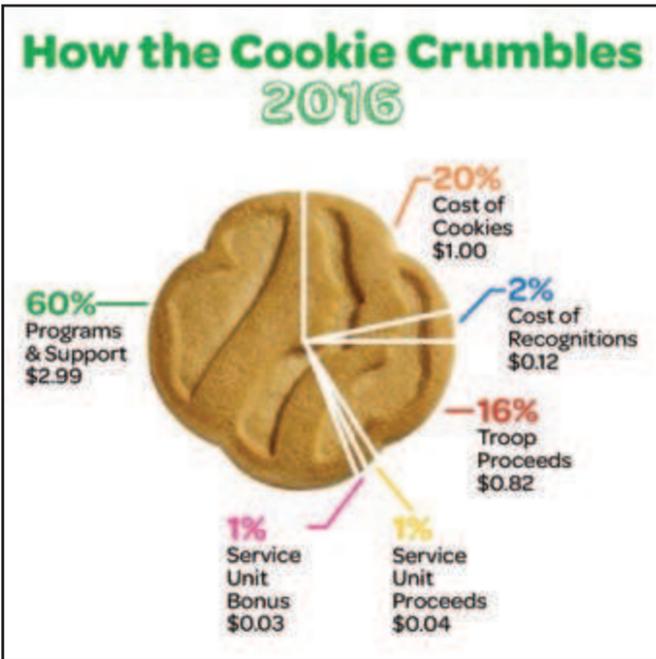
Waistlines, watch out — they're back!

From Jan. 21 through Feb. 14, those adorable Scouts will be scouting out buyers for their boxes of eight varieties of cookies — crispy Samoas, chocolaty Thin Mints, buttery Trefoils, peanutty Do-si-dos, lemony Savannah Smiles, peanut butter-chocolate Tagalongs, Rah-Rah Raisins and the gluten-free Toffee-tastic.

They're priced at \$4 per box, with the exception of the Toffee-tastic. They're \$5 a box.

This is the second year the Girl Scouts can use technology to enhance sales for the \$700 million cookie program. Digital Cookie 2.0 is a mobile app that expands girls' ability to reach out.

Locally, the Girl Scouts of Southeast Florida have set a goal of selling 1.5 million boxes.



Last year, more than 6,600 girls earned more than \$990,000 for their troops; 164 joined the Cookie Extreme Team, meaning each sold more than 1,000 boxes of cookies. Twenty-two achieved Cookie CEO status, selling 2,015 or more boxes.

Those girls are a savvy bunch.

Chances are you'll encounter one of their cookie booths outside area supermarkets. To find a booth near you, visit gssef.org or call 866-727-4475.

And try not to overindulge. ■

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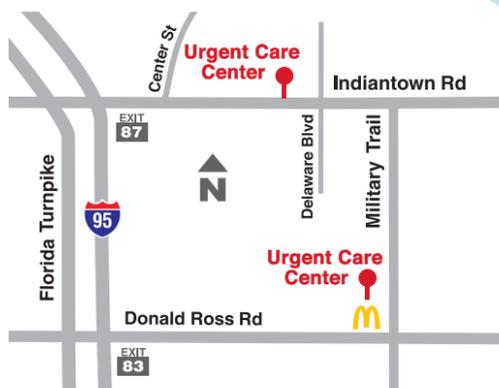
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PALM BEACH SOCIETY

Impact 100 inaugural awards luncheon at The Colony Hotel, Palm Beach



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Nancy Perry, Gary Johnson and Ellen Peitz



Danielle Cameron, Marcie Gorman and Margaret May Damen



Judy Mencher and Jane Cleveland



Sharon Daly and Michele Vogel



Susan Hutcheon and Jessica Cecere



Judy Rappaport, Sara Griffen and Gail Cochran



Bridgette Barata, Patricia LeBow, Emily Clifford and Deborah Johnson



PJ Layng and David Lickstein



Cindy Kresbsbach, Tandy Robinson, Susan Duane and Lisa Mulhall



Shahar Pasch, Alex St. Pierre, Noelle Smith and Tatum Coutee



Jo Ann Wagner, Melinda Barham, Daryn Kirchfield and Gina Sabean

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Scripps Florida gets \$100,000 to study drugs for Alzheimer's

SPECIAL TO FLORIDA WEEKLY

Scripps Florida has received a \$100,000 grant from the Lottie French Lewis Fund of the Community Foundation for Palm Beach and Martin Counties. The funds will support Alzheimer's drug discovery research at the Scripps Research Institute.

The United States spends approximately \$200 billion a year on Alzheimer's disease. This is the yearly economic burden; the emotional burden on individuals with AD and their family and friends is incalculable. Current treatments for AD have minor efficacy at best. Thus, new and effective drugs, or neurotherapeutics, are needed to help individuals with AD, their families, and our communities. With the support of the Lottie French Lewis Fund of the Community Foundation for Palm Beach and Martin Counties, scientists will leverage the intellectual strength of the Department of Neuroscience at Scripps Florida to help meet this critical need.

Several promising avenues of exploration are being pursued to discover new and effective therapeutics. This crucial stage of discovery will include the basic science research of developing and implementing assays (an analysis for the determination of a drug's potency or composition) that might be developed into drugs with efficacy for the treatment of Alzheimer's. The lead compounds that are discovered will be tested in animal models (mice) with Alzheimer's disease to determine whether they are effective and safe.

Over the longer term, the compounds

will be moved along the drug discovery pipeline in collaboration with other institutions for human clinical trials. The funds are supporting the drug discovery efforts of four faculty members in the department: Dr. Baoji Xu, Dr. Srin Subramaniam, Dr. Sathya Puthanveetil, and Dr. Ronald Davis.

Dr. Ronald Davis, chair of the Department of Neuroscience said, "Support from the Lottie French Lewis Fund provides crucial funding for our Alzheimer's drug discovery efforts and we are extremely grateful for their generosity. Working with Danielle and Renee from the Community Foundation has been a great experience."

The Community Foundation awards annual grants through a competitive application and review process. "This \$100,000 grant awarded for Alzheimer's drug discovery research is a perfect example of the important work Lottie French Lewis desired to continue when she set up her endowed fund at the Community Foundation. She would be proud to support such great work by Scripps Florida and we are happy to carry out her charitable wishes in perpetuity," said Danielle Blangy Cameron, vice president of Personal and Family Philanthropy.

Lottie French Lewis resided in West Palm Beach; after she died in 2009 turned her passions into an everlasting legacy. Finding a cure for Alzheimer's disease was a passion for Mrs. Lewis. She lost a husband because of complications from Alzheimer's and saw the devastation the disease can have on aging individuals and their loved ones. ■

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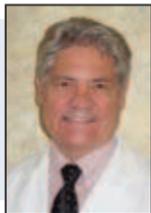


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ASK THE VEIN EXPERT

ASK THE VEIN EXPERT



Thomas Ashton,
Medical Director, MD,
FACPH

VENOUS DISEASE PROGRESSES OVER TIME

Question: I realize my legs don't look so great but they don't hurt, so why should I seek treatment now?

No one likes to see or be seen with bulging varicose veins, purple discolorations, or swelling of the legs. Appearance alone however is not the "medical" reason to seek treatment of this very correctable condition. The real reasons for seeking treatment are much more complicated than that.

First and foremost is the fact that varicose vein disease is progressive. As time passes, these veins will get larger, more unsightly, and even dangerous. The typical progression is from a red cluster discoloration (or spider veins), to a bluish, slightly bulging veins. If left untreated at this point, you could be looking at ropey, bulging veins, swelling and finally open sores and ulceration. This progression is preventable, and once present can be reversed with proper treatment.

Research has shown that as we age, the presence of varicose veins can increase the risk of blood clots (thrombosis) by as much as thirty times the normal population. As we age, we become less active. This can be a dangerous combination that often sets the stage for serious complications.

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MONEY & INVESTING

It's not just China playing havoc with equities



ericBRETAN

estaterick@gmail.com



When I was thinking of moving here in 2014, it was May and the weather was just awful. It was in the upper 90s with daily showers and a sun beating down on you that made it feel like if you spit on the pavement, it would boil away in a matter of seconds. Why would anyone move down here? The answer, I was told, was the winter — 60 to 70 degrees every day without a cloud in the sky.

Well, what happened? As I am writing this article, a sailboat is floating in our store's parking lot in 4 feet of water after it has rained for the last five hours straight. The cause of this, I am told, is El Niño, which apparently is a complex set of circumstances centered on a country on another continent. As if that explains why it is raining here in Florida. Well, similar to the weather, the stock market continues to perform in a way not really appreciated, with stocks getting hammered once again. As I am writing this article on a Friday afternoon, the DOW is down more than 430 points. What is going on? The answer, I am told, is China, which is a complex set of circumstances centered around a country on another continent. As if that explains why the stock market is crashing here.

Just like all of our weather can't be blamed on El Niño, all of the volatility in the stock market cannot be blamed on China. There are other factors at play causing the recent pain to equity investors. First, you have oil falling below \$30 a barrel for the first time since the financial crisis in 2008. And before that, it was in 2000 with the bursting of the tech bubble. So I guess this is what we have in store for us every eight years. But we have a little bit of a chicken/egg question with oil prices. Are low oil prices the cause or the effect of this crisis? In other words, are falling oil prices due to an oversupply of crude causing a global economic slowdown as companies pull back spending/investments in everything from steel production to housing in oil producing countries and states? Or are low oil prices simply an effect of a slowing global economy and the resulting low demand for energy? Regardless of the answer, low oil is definitely spooking Wall Street.

Another potential problem that isn't so obvious is deflation across the globe. Almost every inflation gauge in the last few months (including the one most recently released) shows flat to falling prices. Now you may be asking yourself how is that a bad thing that everything is less expensive. Well, the answer is that if you are the CEO of a major corporation or a small business owner and you can never raise prices for the goods or services that you sell, you probably won't be able to hire new workers or give raises to the workers that you have. This is one of the key reasons that wage growth is so stagnant here in the U.S.

And with the dollar getting stronger and stronger against almost every other currency, cheaper and cheaper foreign goods will continue to flood into the U.S., pushing prices even lower.

So what is an average investor to do right now? I am not in panic selling mode yet. There is a lot of bad news and fear priced into the market right now and I see no reason to join the selling. But I am certainly not calling a bottom right now. If I have money I want to put to work at this point, I am definitely going on the defensive with industries such as tobacco companies, the biggest box retailers, and consumer staple companies. I would stay away from consumer discretionary stocks and especially luxury brands as trillions of dollars of wealth are being destroyed, especially in places such as China, Russia and the Middle East, where these brands count on future growth. But if you are close to retirement and need capital to live off of in the next five to 10 years, it may not be a bad time to pull some money out, even after this downturn. Some research analysts are calling for another 10 percent or 20 percent decline in equity markets this year and others are even calling for a bear market starting now to last a number of years. While I am not in that camp, it is a definite possibility. Just like rain in January. ■

— 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 more than 15 years at several global banks.

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BUSINESS

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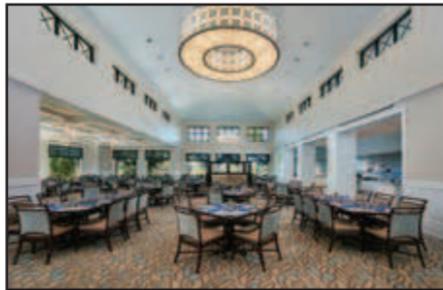
PALM BEACH COUNTY COMMERCE

The Club at Ibis earns top industry award

SPECIAL TO FLORIDA WEEKLY

The Club at Ibis — formerly Ibis Golf & Country Club — has been awarded the prestigious Distinguished Emerald Club of the World award, as determined by the annual Distinguished Clubs of the World award program conducted by *BoardRoom* magazine, one of the most respected trade publications serving private clubs. The Club made the announcement in a prepared statement.

“We’d like to congratulate The Club at Ibis for earning Distinguished Emerald Club status,” said John Fornaro, publisher of *BoardRoom* magazine. “Special recognition also goes out to The Club at Ibis’s general manager, Stephen J. LoGiudice, as well as the club’s board of directors, its department heads, and entire staff for their efforts in providing an excellent member experience.”



COURTESY PHOTO

The Club at Ibis has a new clubhouse and Sports Village.

For fine private clubs that operate at the highest standards, *BoardRoom* magazine’s Distinguished Clubs award program uses a club-specific rating system that recognizes the club, its management, and its staff based on a proprietary criteria and evaluation process that distills and measures a club’s

member experience.

As such, the rating system used by Distinguished Clubs is different from any that has come before, and with it, the private club industry now has the means to identify the top private clubs based on the most important aspect — member experience.

BoardRoom also named Peter A. Miller, president of the Ibis board of directors, as one of the top 22 Private Club Presidents of the Year.

“Our goal is to enhance the active lifestyle of our existing and future members, and our new Clubhouse and Sports Village will provide a multifaceted resort experience,” said Mr. Miller, in the statement.

Ibis is a secure, gated collection of 33 distinctly different neighborhoods, located on the quiet edge of northern West Palm Beach and just minutes from

the heart of the city.

It is adjacent to the pristine Grassy Waters Nature Preserve, a 12,000-acre, state-protected preserve, with wildlife, birds, and tropical vegetation. The Clubhouse recently completed a major enhancement and expansion to include three new dining venues and banquet accommodations up to 450 members.

A new Sports Village opened in 2014 to include fitness facilities, pools, a 4,100-square-foot spa, and a yoga wall. The Tennis Center holds friendly tournaments and weekly group play.

Golf is center stage and offers 54 holes of golf on three renowned Nicklaus golf courses. Top golf instruction is headed by Martin Hall, ranked by *Golf Digest* as one of the game’s Top 50 instructors. For more information, call 625.8500 or see clubatibis.com. ■

Florida Whole Foods Markets donate 1 million pounds of food

SPECIAL TO FLORIDA WEEKLY

The Florida region of the Whole Foods Market’s Core Values charity donated more than 1 million pounds of food statewide in 2015, the company announced. Whole Foods aims to serve and support its local and global communities, the company said in a prepared statement.

“In addition to the company’s pledge to give back to local communities through the support of purchasing from local growers, Whole Foods Market is also focused on encouraging and supporting healthy eating,” said Karen Doyle, Whole Foods Market’s regional healthy eating and green mission specialist, in the statement. “No group within our community should go unnoticed.”

The feat was made possible through Whole Foods Market’s partnership with Food Donation Connection, an international organization that manages food donation programs and provides an alternative to discarding surplus food. Since solidifying the partnership in April 2015, all 24 Whole Foods Market

locations in Florida have jumped on board and partnered with a total of 65 charities and organizations, which are overseen by Food Donation Connection.

“Our role is to visit Whole Foods Market’s locations, and through education, work with the staff to identify what can be donated and how to safely package and handle it,” said Steve Dietz, Food Donation Connection’s director of business development. “After that, we connect the stores with their local organizations in need of aid.”

In addition to coordinating daily pickups to the store, Food Donation Connection tracks every pound of food to maintain quality standards.

“Food Donation Connection initially approached Whole Foods Market for their prepared foods,” said Mr. Dietz. “Once we toured the stores, we both discovered a greater opportunity to help by tapping into all their departments.”

At Whole Foods Market, no division gets overlooked when it comes to serving the community. Everything from bakery, grocery, frozen food, meat,



COURTESY PHOTO

The Whole Foods Market in Palm Beach Gardens, along with other Florida stores, worked with Food Donation Connection to help give away food and nonfood items in 2015.

seafood and even dairy is donated. For example, leftover food from the day’s hot bar is properly cooled and frozen, ready for next-day pickup by the organizations. Nonfood items are also added to the mix, including Whole Body lifestyle products, flowers and magazines.

More than half the food Whole Foods Market donates is produce (22 percent), dairy and cheese (26 percent) and prepared foods (13 percent).

“Produce, dairy and cheese, and pre-

pared foods are key categories due to their nutritional value and it’s a food group that seldom gets donated,” said Ms. Doyle. “The Food Donation Connection coordinates daily pickups which enables us to donate these perishable foods.”

Every day, local organizations take turns visiting the store and picking up supplies for their community. Organizations aided throughout the Sunshine State include the Salvation Army, Helping Hands and Lighthouse Mission. In addition to feeding the hungry and keeping the food waste out of the landfill, Whole Foods Market’s partnership with Food Donation Program is a sense of pride among the company’s team members. Last holiday season, Whole Foods Market’s regional team spread holiday cheer by visiting local charities and delivering donations.

Whole Foods Market is continuing its work with Food Donation Connection this year, and is aiming to donate another 2.5 million pounds by December.

For more information on Food Donation Connection, see foodtodonate.com. ■

Hamilton Jewelers to offer designs by Alexandra Mor

SPECIAL TO FLORIDA WEEKLY

Hamilton Jewelers is joining forces with haute couture jewelry designer Alexandra Mor.

Hamilton will host a personal appearance event Feb. 4 with Ms. Mor at the Worth Avenue store in Palm Beach.

The collection expresses strong lines, powerful and bold gemstones incorporated with curvy silhouettes and a soft palette of colors — with such names

as Coral, Pink, Pearl, Golden-Wheat, Lilac-Aqua and Green-Mint — that combine stones such as rose quartz, moonstones, coral, Andean opals, pink opals, baroque pearls, aquamarine and diamonds.

“We are truly delighted to have Alexandra join Ham-



MOR

ilton for her Palm Beach launch. Her creativity and design inspiration are unequalled and her work is extraordinary,” Hank Siegel, Hamilton president, said in a statement.

Each piece is designed and handcrafted in Ms. Mor’s New York studio and offers rare, gemstones juxtaposed with 18k yellow gold and platinum along with the knife-edged wire and yellow gold interior lining that is incorporated into every piece as a “retrospective to the past.”

“There is so much about the history and current story of Hamilton Jewelers that coincides with my personal and brand’s values and story,” Ms. Mor said in the statement. “In my work I strive to conserve the human experience and so it was only natural to join the Hamilton family in Palm Beach this winter to create this special event.”

A private cocktail reception is set for 5 p.m. to 7 p.m. Feb. 4 at Hamilton Jewelers, 215 Worth Ave., Palm Beach; 659-6788. ■



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WEEK OF JANUARY 21-27, 2016

A GUIDE TO THE REAL ESTATE INDUSTRY

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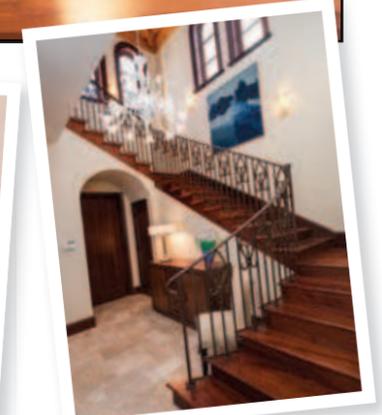
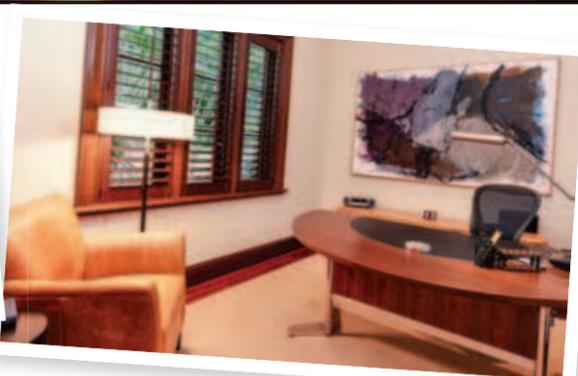
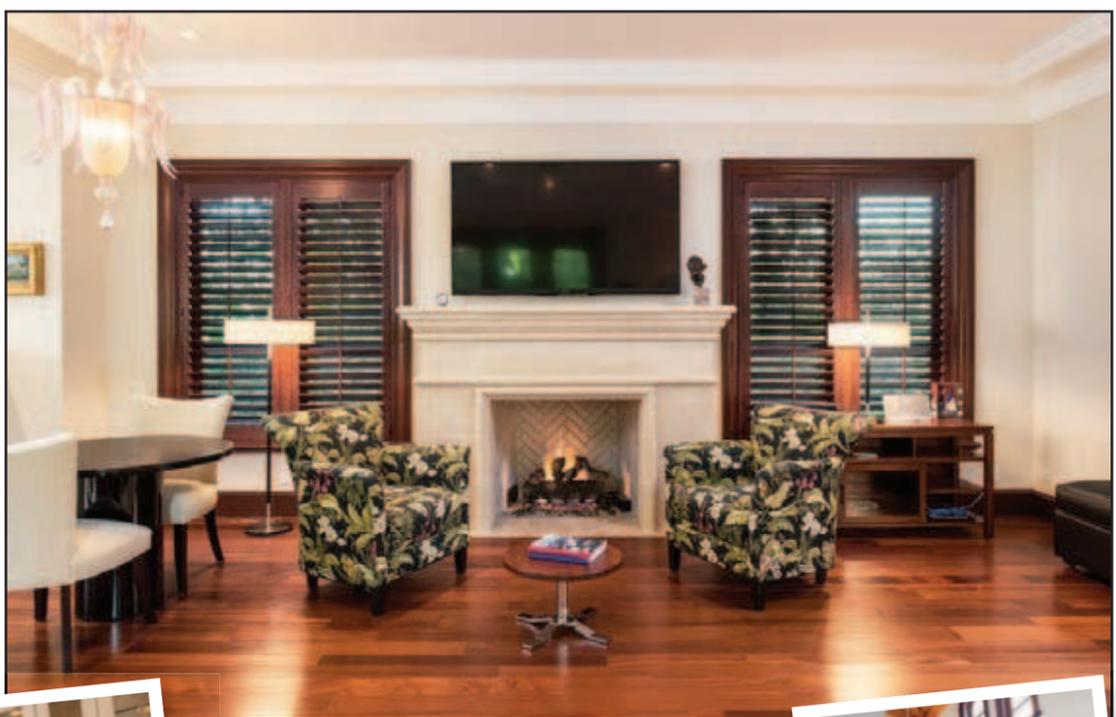


COURTESY PHOTOS

Elegance in the heart of Palm Beach

SPECIAL TO FLORIDA WEEKLY

This top-of-the-line Palm Beach home is in a superb in-town location. The Sloan Construction residence, at 358 Hibiscus Ave., is 2 years old, and features mahogany impact glass and Sapele wood floors. It offers a Downsvien custom kitchen, Haifa stone, a grand cypress foyer ceiling, elevator, upstairs laundry room, gracious balcony, patio, and a garden surrounding the pool. An old Chicago Brick driveway leads to a two-car garage. Luxurious attention has been paid to every detail in this home, which offers three bedrooms, three baths and one half-bath. It is close to the town docks, Worth Avenue and the town's premier restaurants. Sotheby's International Realty lists the home at \$4,800,000. The agents are Crissy Poorman, 404-307-3315, crissy.poorman@sothebyshomes.com, and Mary Boykin, 561-379-3767, mary.boykin@sothebyshomes.com.





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NEWS OF THE WEIRD

BY CHUCK SHEPHERD

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The new grade inflation

They are simply “spas’ designed to attract teenagers,” according to one university official — plush, state-of-the-art “training” complexes built by universities in the richest athletic conferences to entice elite 17-year-old athletes to come play for (and, perhaps, study at?) their schools. The athletes-only mini-campuses include private housing and entertainment (theaters, laser tag, miniature golf) — but, actually, the schools are in a \$772-million-plus “arms’ race”

(according to a December *Washington Post* investigation) because soon after one school’s sumptuous, groundbreaking facility opens, some other school’s more-innovative facility renders it basically second-rate. And of course, as one university official put it, the “shiny objects” have “nothing whatsoever to do with the mission of a university.” (Donors and alumni provide much of the funding, but most schools by now also tap students’ “athletic fees.”)

Redneck chronicles

■ Police in Monticello, Kentucky, charged Rodney Brown, 25, with stealing farm animals and equipment from a home in December — but offering to return everything if the victim (a man) had sex with him. Brown allegedly took 25 roosters, a goat and some rooster pens and other rooster-care equipment. (Because Brown also supposedly said he’d beat the man up if he called police, a “terroristic threatening” count was added to “promoting prostitution.”)

■ William Cornelius, 25, and his fiancée, Sheri Moore, 20, were arrested at the Bay

City (Michigan) Mall in January, charged with theft. Police found a pair of earrings and a necklace swiped from Spencer Gifts on her, but she refused to “snitch” on Cornelius, who had minutes earlier proposed to her via a Wal-Mart loudspeaker and given her a ring, to applause from onlooking shoppers as she accepted. Cornelius, holding \$80.93 worth of goods (a watch, an edible thong, a vibrator and “BJ Blast” oral-sex candy), was apprehended at the mall food court, having apparently (according to the police report) “fallen asleep at a table while tying his shoe.”

Latest religious messages

■ A geography class at Riverheads High School in Augusta County, Virginia, alarmed some parents in December when students were assigned to copy an Arabic script to experience its “artistic complexity.” However, the phrase the teacher presented for copying was the “shahada” (“There is no god but Allah”). District officials called that just a coincidence — that the phrase was presented only for calligraphy and never translated.

■ A Washington state uncle complained in December that a WolVol toy airplane he bought for his nephew on Amazon.com, instead of making engine noises, recited spoken words — which a Whatcom County Islamic Society spokesman said was actually a prayer that hajj pilgrims speak when they jour-

ney to Mecca. (Wolvol said it would investigate.)

■ NPR’s “Morning Edition,” reporting on the violent tornadoes that hit North Texas on the night after Christmas, interviewed one woman who said she was luckier than her neighbors because of her faith. She was entertaining 10 relatives when she heard the “train-like” sound of the winds approaching and took everyone outside to confront the storm: “We ... started commanding the winds because God had given us authority over ... airways. And we just began to command this storm not to hit our area. We spoke to the storm and said, go to unpopulated places. It did exactly what we said to do because God gave us the authority to do that.”

Weird science

■ The most promising current concussion-prevention research comes from a study of ... woodpeckers (according to a December Business Week report). Scientists hypothesize that the birds’ apparent immunity from the dangers of constant head-slamming is because their neck veins naturally compress, forcing more blood into their craniums, thus limiting the dangerous “jiggle room” in which brains bang against the skull. A team led by a real-life doctor portrayed in the movie “Concussion” is working on

a neck collar to slightly pinch the human jugular vein to create a similar effect.

■ Researchers from the University of York and the University of St. Andrews wrote in the journal *Biology Letters* in December that they observed wild male parrots using pebbles in their mouths to help grind seashells into powder and hypothesized that the purpose was to free up the shells’ calcium in “vomitabile” form so that they could pass it to females before mating, to help improve their offspring’s health outcomes.

The continuing crisis

■ Factory worker Thanakorn Siripaboon was arrested in December in a Bangkok suburb after he wrote a “sarcastic” comment on social media about the dog that belongs to Thailand’s king. For the crime of “insulting the monarch,” Thanakorn faces 37 years in prison.

■ Michael McFeat, a Scottish man

working on contract for a mining company in Kyrgyzstan, was arrested in January after he (on Facebook) jokingly called the country’s national dish “horse penis.” (“Chuchuk” is indeed a sausage made from horsemeat.) The crime he was charged with carries a five-year prison term.

Great moments in leadership

■ In November, the president of Mauritania, Mohamed Ould Abdel Aziz, in the stands but “bored” with his country’s “Super Cup” soccer final that had been

tied, 1-1, for a long stretch, ordered officials on the field to stop play abruptly and proceed to a game-ending 10-kick “shoot-out.” (The Teyragh-Zeina team won.) ■

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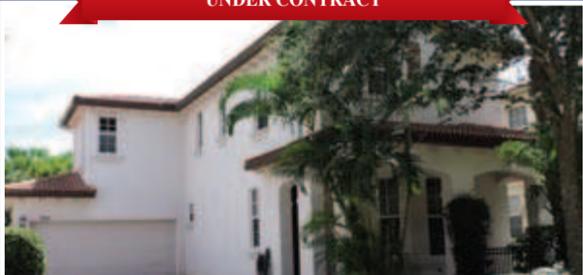
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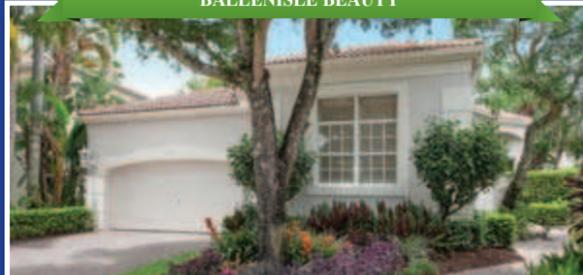
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BEHIND THE WHEEL

Top five new cars to look forward to in 2016



While the snowbirds flock south to Florida in January, car people head to Detroit. The North American International Auto Show is our time to peek into the crystal ball to see what the automakers see in the future. There are plenty of dream cars with sheet metal that defies gravity, and vehicles that drive themselves home. But this event is also a time to showcase what will be arriving at your local dealer as soon as the next few months. The best part of it all is that some of our daydreams will actually be a reality in 2016.

■ **Volvo S90** — Volvo is taking maximum amount of self-driving technology legally available and making it standard on its new flagship sedan. This luxury car's second-generation Pilot Assist program will let you cruise at 80 mph with your hands off the wheel (if you dare!) and still come to a complete stop on its own.

■ **Fiat 124** — This is the classic Fiat roadster name and new body panels wrapped around the bones of a Mazda MX-5. It is certainly not as pretty as the car from Japan, but now there's a way for those socially embarrassed by the Miata to still get that car's legendary handling and bulletproof-build quality.



VolvoS90

■ **Chevrolet Bolt** — Electric cars are hard to accept because of limited battery range and high prices. Chevy's new Bolt EV promises 200 miles on a full charge (enough to cross Alligator Alley and back). It's also expected to cost less than \$30,000 after government discounts.

■ **Honda Ridgeline** — Honda has always had the most carlike of trucks, and that has not changed. This new one will still ride like a crossover, and have fun features like the built-in ice chest underneath the pickup bed. In fact, most of the fundamentals that made this the best pickup for those who only occasionally need a pickup have not changed. The difference with having a new one is the interior has gone from feeling a decade outdated to modern money's worth of soft materials.

■ **Chrysler Pacifica** — The people who first taught us the word "minivan" more than 30 years ago are now back



Chevrolet Bolt



Chrysler Pacifica

with the newest one on the market. Chrysler did not reinvent the wheel. Instead, they have taken good features like seating for eight adults and on-board vacuum system, and wrapped it in a tastefully aggressive design. The Pacifica can't hide its soccer practice practicality, and that's because any attempt to make it more sporty would take away from its utility. Solid. Useful. Spacious.



Honda Ridgeline



Fiat 124

It is everything you've expected from the first name in minivans. ■

A New Choice for a New Generation

De George Pediatric Unit
Opening February 2016

Introducing the De George Pediatric Unit at Jupiter Medical Center in proud partnership with the Nicklaus Children's Hospital (formerly Miami Children's Hospital) and the Lawrence J. and Florence A. De George Charitable Trust.

From newborns and toddlers to adolescents up to age 18, the pediatric unit is a comprehensive, child-centered environment, featuring state-of-the-art medical and therapeutic services. Patients will receive outstanding care using the clinical guidelines developed by Nicklaus Children's Hospital, a leader in pediatric health for 65 years.

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De George Pediatric Unit

KOVEL: ANTIQUES

The Kate Greenaway look was popular in the late 19th century

BY TERRY KOVEL AND KIM KOVEL

Kate Greenaway (1846-1901), an English artist, often is called the creator of picture books. As a young girl, she drew watercolor pictures of children dressed in old-fashioned clothes in a nearby village. She created a pattern, made the dresses and bonnets and dressed models to pose for her drawings. The romantic style was immediately successful, and soon she was illustrating cards, calendars, books and almanacs, earning both fame and fortune. She soon started writing the poetry for her books. The Kate Greenaway look became so popular it was copied in dress patterns, dishes, napkin rings, glassware and, of course, picture books. Collectors today like the original books and drawings and also collect the lookalikes. The world she created reminds people of the joys of childhood and more innocent times. So it is not surprising that a figural napkin ring sold at a James Julia auction in Fairfield, Maine, in 2015 for \$533. It featured two Greenaway-type girls in a tree, and because it was a "double," it had added value.

Q: I have an Avon apple-shaped candle holder that is about 50 years old. It's gold-painted glass. The top half of the apple comes off so you can put a small candle inside the bottom half. It's about 5 inches high and 4 inches wide. Is it worth anything?

A: Avon made this Golden Apple candle holder in 1968 and 1969. Avon started in 1886 as the California Perfume Company. The name Avon was used beginning in 1929. The company has made many

figural bottles, jars, figurines, children's toys, jewelry and other items. The Golden Apple candle holder came with a perfumed candle and originally sold for \$6. They sell online today for about \$5-\$15.

Q: I'd like some information about an Excel projector and Betty Boop movie I have that are over 75 years old. The movie is on a 3/4 by 3-inch reel that plays on an Excel projector. The projector was lit with a G.E. bulb that has the words "Mazda Toy Projection" on the top of the bulb. I'm concerned that if the film or projector breaks, I'll lose both. What are they worth? If these have any value, I don't want my children to throw them out.

A: Several companies made toy projectors and sold them with short movies. Cartoons and comedies were popular in the 1930s and '40s. Excel Home Movies of Toledo, Ohio, advertised a projector and 100-foot reel featuring "Betty Boop," "Popeye," "Our Gang" or other comic character for \$3.95 in 1936. The value of your projector and reel today is less than \$50.

Q: I inherited a lot of stuff from my mother and grandmother. There are old pictures, a sewing machine, metal dolls, dishes, chocolate pots and even some things I can't identify. How can I find



COURTESY PHOTO
Kate Greenaway drawings inspired this silver plated "double Greenaway" figural napkin ring made by Simpson, Hall, Miller & Co. It brought \$533, the second highest price at the auction of a famous collection of over 185 napkin rings.

someone to help me decide what to do? Should I just dump them at a yard sale?

A: Unless you have something of great value, a yard sale or garage sale works best. We hope your mother and grandmother told you if there was something of great value or had special meaning to your family in this collection of "stuff." Advertise the sale in a local paper and post a sign on your street. Make sure everything has a price sticker or tag. Set prices low, at

half retail value. Similar items can be grouped together in a box to sell at one price for the bunch. Remember, shoppers like to bargain and expect to get a "discount" on the price you set. Some newspapers offer a free leaflet telling how to have a good sale.

Q: I have a bunch of old movie posters that were used outside of theaters. They include "Singing in the Rain," "Hunt for Red October" and several others. Are they worth anything? How would I sell them?

A: Movie posters are easy to sell. Some sell for about \$25 and many sell for several hundred dollars or more. Contact auction houses or dealers who sell movie memorabilia may want to sell them for you. ■

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

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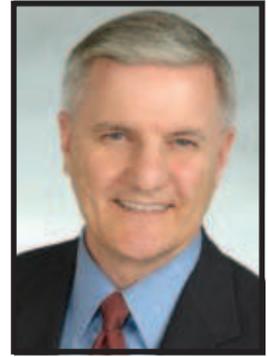
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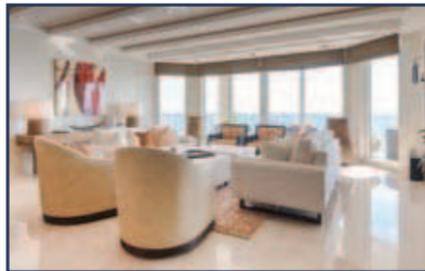
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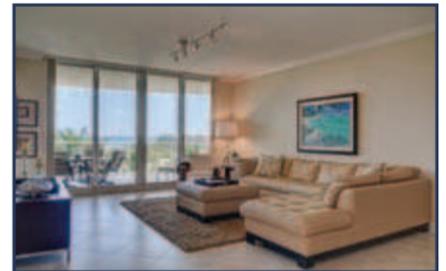
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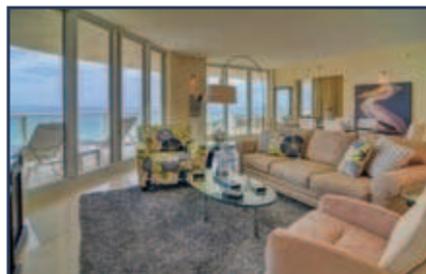
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Ocean's Edge 1401
4BR/4.5BA - \$2,875,000



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



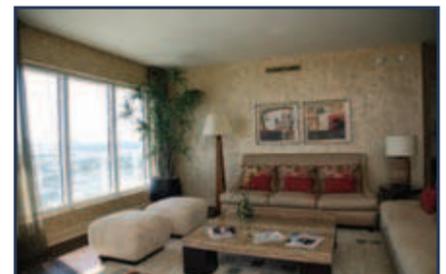
Ritz Carlton Residence 2104B
2BR+DEN/2.5BA - \$1,750,000



Ritz Carlton Residence 903B
3BR/3BA - \$1,725,000



Ritz Carlton Residence 1805B
2BR+DEN/2.5BA - \$1,699,000



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

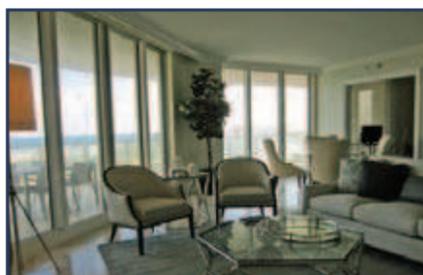
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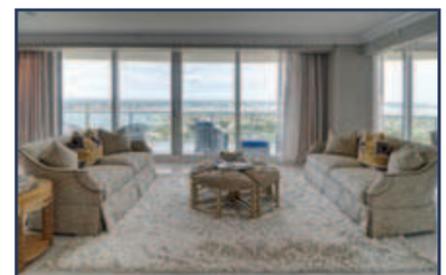
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3BR/3.5BA - \$1,399,999



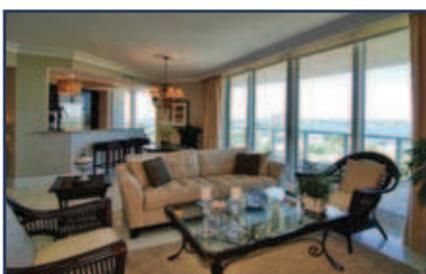
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Ritz Carlton Residence 404B
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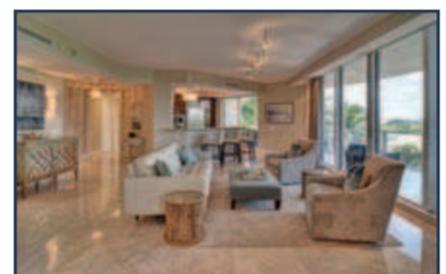
Ritz Carlton Residence 1206B
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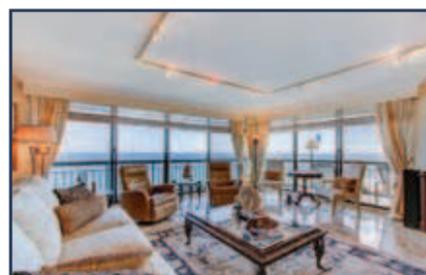
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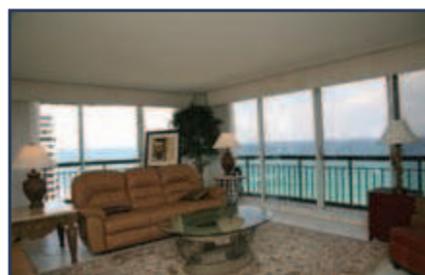
Ritz Carlton Residence 1506B
2BR+DEN/2.5BA - \$1,189,000



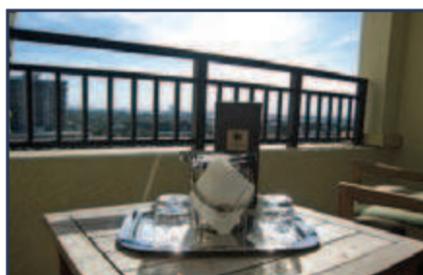
Ritz Carlton Residence 306B
2BR+DEN/2.5BA - \$1,024,900



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



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



The Resort-Marriott 1004
1BR/1.5BA - \$299,000



Midtown 301
2BR/2BA - \$248,000



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ARTS & ENTERTAINMENT

WEEK OF JANUARY 21-27, 2016

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



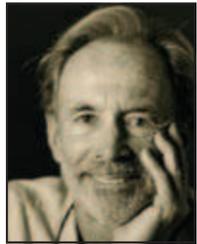
FOCUSED

Photographers unite at 21st annual FOTOfusion

BY AMY WOODS

awoods@floridaweekly.com

FOTOfusion's faithful have descended on downtown West Palm Beach for the 21st installment of the five-day festival celebrating the field of photography.



IOOSS

An estimated 10,000 shutterbugs of all skillsets — from amateurs to hobbyists to professionals to Pulitzer Prize winners — will participate in dozens of community lectures, master workshops, studio sessions and photo shoots offered during the event. Headlining this year's gathering: *Sports Illustrated's* Walter Iooss. The

SEE FOTO, B7 ►



Images by Walter Iooss. Top: Tiger Woods. Left: Kate Upton on a *Sports Illustrated* cover. Above: Christie Brinkley.

COURTESY PHOTOS

Plein air painter to show at Eissey



COURTESY IMAGE

"Big Pappa," an oil on canvas by plein air painter Manon Sander.

BY KATIE DEITS

Special to Florida Weekly

Plein air painter Manon Sander's work literally is kissed by the sun.

And for about five weeks, the artist's work will shine on the lobby at Palm Beach State College's Eissey Campus Theatre, from Jan. 21 to Feb. 28.

Whether she is painting scenic Florida or focusing her attention on ordinary objects, she brings attention to the beauty found everywhere. Visitors can meet the artist from 5 p.m. to 7 p.m. Jan. 27.

"How light influences color has been an endless source of fascination for



SANDER

me," Ms. Sander said. "I choose painting as a way to point out a view or an object that might otherwise go unnoticed." On rainy days, Ms. Sander paints in her studio/gallery space at Village Art Studios. She is also a popular art instructor at the Lighthouse ArtCenter in Tequesta. Upcoming events include the Lighthouse ArtCenter Plein Air Festival in March and the Winter Park Paint Out in April.

SEE SANDER, B9 ►

HAPPENINGS



COURTESY PHOTO

The Vega Quartet performs at the Flagler Museum.

Vega Quartet to play concert at Flagler

BY JANIS FONTAINE

pbnews@floridaweekly.com

The Vega Quartet, composed of four musicians *The New York Times* praised for "playing that had a kind of clean intoxication to it, pulling the listener along," performs at 7:30 p.m. Jan. 26 at the **Flagler Museum**, 1 Whitehall Way, in Palm Beach.

The concert is part of the **Flagler Museum Music Series**, which brings acclaimed chamber musicians to its chamber music venue in the museum's intimate West Room.

The Vega Quartet includes violinists **Domenic Salerni** and **Jessica Shuang Wu**, Yinzi Kong on viola and **Guang Wang**, cello. They were named quartet-in-residence at **Emory University** in 2006, and they've earned a stellar reputation by collaborating, claiming prizes and touring in Europe and Asia.

Tickets are \$70, which includes a Champagne and dessert reception with the musicians following the concert, and valet parking. Info: 655-2833; flaglermuseum.us.

An African in America

The work of **Njideka Akunyili Crosby** will be showcased at the **Norton Museum of Art's** annual **Recognition of Art by Women** exhibition. RAW, launched in 2011, highlights and promotes living women artists working in painting and sculpture.

"Njideka Akunyili Crosby: I Refuse to be Invisible" will be the first survey exhibition of the Nigerian-born, Los Angeles-based artist's work. It features 16 large-scale, new and recent (from 2010 to 2015) mixed-media works with painted and collaged elements which speak to navigating life as an African in America.

Ms. Crosby came from Nigeria in 1999 to continue her education. She earned a BA (with honors) in biology and studio art from Swarthmore College. She considered a medical

SEE HAPPENINGS, B7 ►

SANDY DAYS, SALTY NIGHTS

The next adventure



When my first book came out two years ago, I had the chance to peer into the New York publishing world, a strange place with sometimes unfathomable rules and norms. There was one practice in particular I never got used to: How they handled goodbyes.

When someone I had worked with at Simon & Schuster — an editorial assistant or a publicist — moved on to another job elsewhere, they'd send out an email on the day of their departure. The messages invariably began the same way: "This will be my final day at S&S." And they always caught me by surprise. I expected more. A dramatic build-up, perhaps. Some early warning. Maybe an offer to meet for coffee and hash it out, the way you would with a breakup.

Now, finally, I understand their approach.

Sometimes there's just no better way to say it.

This will be my final Sandy Days, Salty Nights column.

I've been writing these stories for nearly a decade, working through the ups and downs of dating in my mid-

20s and now my mid-30s. A lot of weird things have happened to me along the way, and I'm grateful that I've been able to share them with you. This column has been a place for me to explore my personal truths, honestly and openly, in all their ugliness and grace. I'm thankful to the readers I've heard from along the way, those of you who encouraged me to continue when I lost my footing. I'm sad to bring this column to an end but excited about what comes next.

So? What comes next?

My whole life, I wanted to be a writer. More specifically, an author. And even more specific than that, a novelist.

A year ago, I began working on my first long piece of fiction. For months, I was afraid to call it what it was. Now I'm

deep into the writing of it, and I can say with authority, "I am working on my first novel."

It's been harder than my memoir in many ways (like having to create a fictional world from nothing) but also easier in some ways (I'm glad not to have to poke at my personal tragedies day after day).

The plot line of my novel follows a teenage girl across Florida after she runs away with her father's best friend. I keep telling people it's not as scandalous as it sounds, but if you know anything

about me — and if you've ever read this column — then you know that's a hedge. It's going to be very scandalous.

This new book has me equal parts electrified and terrified. Which is why, of course, I want to share it with you.

Beginning in March, I'm happy to announce, the first chapters will appear on this page. We've never done anything like it at *Florida Weekly*, and it will be an experiment for all of us. The truth is, I'm scared as hell. But as someone wise recently told me, "If you're not scared, it's not worth doing." ■

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



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Photo: Benno Galica for Opera Australia.

PALM BEACH OPERA



CONTINUUM

WEST PALM BEACH ARTS

JANUARY 21 - 30

522 Clematis Street, Downtown West Palm Beach, FL

West Palm Beach Arts & Entertainment District presents **CONTINUUM WPB Arts**, a pop-up gallery and performance space. This event is in partnership with ArtPalmBeach and Art Synergy, produced by ATB Fine Artists & Designers LLC.

VIP NIGHT BLACK TIE & SNEAKERS

Thursday, January 21; 7pm - 10pm

The public is invited to join the charitable event by donating a pair of sneakers, which will be donated to Faith's Place Center for Education Inc. Enjoy live musical entertainment by DJ Kyle "Thought" Holder of Smooth Bounce Entertainment, Mister Trombone and Band, and a Steel Drum performance.

CELEBRATE THE ARTIST

Friday, January 22; 6pm - 10pm

We honor the arts and those who bring it to life at the Awards Ceremony. Live body painting, Battle of the Cubes, sponsored by Canvas Art Charities, and musical enjoyment by DJ Cole Rippe. Enjoy complimentary hors d'oeuvres and beverages with Celebrity Bartender, Cecily Mathis. Must be 18 years of age or older to attend.

MEET THE ARTISTS OF CONTINUUM

Saturday, January 23; 4pm - 6pm

Enjoy a night of art and live acoustic music.

BODY PAINTING COMPETITION AND FASHION SHOW

Saturday, January 23; 6pm - 10pm

Enjoy fashion and musical entertainment by DJ Cole Rippe during the Live Body Painting Competition. Complimentary beverages (including Perfect Vodka) will be served.

QUARTER AUCTION / ARTIST MARKET PLACE

Thursday, January 28; 6pm - 9pm

Participate in the quarter auction, a part raffle, auction, fundraiser and sales bingo-style event with musical entertainment by DJ Cole Rippe.

KEYFRAME MOTION

Friday, January 29; 9am - 6pm

Join us for the one-day festival which showcases a year-long, regionally focused program of events concentrating on motion design and interactivity. Live musical entertainment by Acoustic Guitar player, Craig McInnis, from 7pm - 10pm.

BRUNCH AND LECTURE

Saturday, January 30; 11:30am - 1pm

Spend your afternoon attending a panel discussion of art professionals who service the art community.

MEET THE ARTISTS OF CONTINUUM

SPONSORED BY THE ARMORY ART CENTER

Saturday, January 30; 1:15pm - 3:15pm

Meet some of the Armory's teaching artists who are on exhibit. Artists will be on-site to discuss their artwork and sell to individual buyers and business buyers.

ART CAKE BATTLE

Saturday, January 30; 6pm - 10pm

See custom cake decorations, combining the creative nature of art into custom designed cakes. Cakes will be auctioned off after the winner is announced.

Share your experience on social media

#ContinuumWPB #WPBArts DowntownWPBArts.com



TAKE THE SCENIC ROUTE!



Hop aboard the free A&E District trolley and move from one cultural experience to the next.

The Orange Line operates Friday and Saturday from 12 p.m. to 4 p.m.

CALENDAR

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

FRIDAY 01.22

ArtPalmBeach — Through Jan. 24, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. 239-495-9834; artpalmbeach.com.

Palm Beach Poetry Festival — Through Jan. 23, Delray Beach Center for the Arts, Old School Square, 51 N. Swinton Ave., Delray Beach. 868-2063; palmbeachpoetryfestival.org.

The 21st Annual FOTOfusion — Through Jan. 23, at the Palm Beach Photographic Centre, 413 Clematis St., West Palm Beach. A special exhibition by sports photographer Walter Iooss, Jr., the recipient of FOTOfusion's prestigious FOTOfusion Award 2016. A free reception takes place Jan. 22. Info: 253-2600; fotofusion.org.

Continuum: West Palm Beach Arts 2016 — Through Jan. 30, 522 Clematis St., West Palm Beach. A pop-up gallery and performance space with 10 days of art, including Black Tie & Sneakers, Celebrate the Artist, a Body Painting Competition and a fashion show. Get a complete schedule at DowntownWPBArts.com.

Historical Trolley Tours — Hop on board the Historic Trolley for a tour of downtown West Palm Beach and hear what this town was like half a century ago. Tours take place Fridays at 3 and 4 p.m. and Saturdays at 11:30 a.m. and 12:30 p.m. through April. Reservations are required. The tours leave from the Richard and Pat Johnson Palm Beach County History Museum, 300 N. Dixie Highway, West Palm Beach. Tickets are \$5 for adults, free for children age 10 and younger. 833-8873.

South Florida Fair — Through Jan. 31, South Florida Fairgrounds, 9067 Southern Blvd., suburban West Palm Beach. The biggest annual event in Palm Beach County boasts entertainment, a huge midway, animals, fair food and games. 793-0333; southfloridafair.com.

Free Friday Concerts at the Pavilion: Turnstiles — 7:30 p.m. Jan. 22. Billy Joel Tribute, Old School Square, 51 N. Swinton Ave., Delray Beach. BYO chairs. Food trucks on site. Cash bar. 243-7922.

The Jazz Singer: The Musical — Through Jan. 24, The Willow Theatre at Sugar Sand Park, 300 S. Military Trail, Boca Raton. Based on the play by Samson Raphaelson. Presented by Black Box Booking. Tickets: \$35. 347-3948; willowtheatre.org.

"The Will Rogers Follies: A Life in Revue" — Through Jan. 31 at the Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Celebrate the life of Will Rogers, the beloved American entertainer who never met a man he didn't like. A winner of six Tony Awards, this spectacle includes tap-dancing cowboys and colorful showgirls. Tickets: \$55. Info: 575-2223; jupitertheatre.org.

Palm Beach Opera performs "Car-men" — Jan. 22-24 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up. 833-7888; pbopera.org, or 832-7469; kravis.org.

"High Society" — Through Jan. 31 at the Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Cole Porter's music and lyrics sets the performers on the right track. Through Jan. 31, the theatre offers several dinner and a show options including dinner at Brogue's, Dave's Last Resort, Paradiso, Cuoco Pazzo and

Suri. Prices run from \$60-\$72. Show only tickets are \$29 and \$35. See the website for details. 586-6410; lakeworth-playhouse.org.

"Ronn Jaffe: The Holloman - ex Samsara Solo Exhibition" — Opening reception 6-9 p.m. Jan. 22 at EmKo, 2119 S. Dixie Highway, West Palm Beach. Jaffe's iconic Holloman figure will be brought to life in multiple, 3-D sculptures infused with video, animation, sound and light, creating a multi-sensory exhibition. On display through Feb. 14. Info: ronnjaffe.com; 227-3511; emkopb.com

SATURDAY 01.23

Downtown Delray Beach Festival of the Arts — Jan. 23-24, 1111 E. Atlantic Ave., Delray Beach 746-6615; artfestival.com.

Boca Raton Fine Arts Show — Jan. 23-24, Sanborn Square, 72 N. Federal Highway, Boca Raton. Up to 175 juried fine art and fine craft artists. Hotworks.org.

Delray Art League "Artists in the Park" Fine Art Exhibition & Show — 10 a.m. -4:30 p.m. Jan. 23-24 and Jan. 30-31, in Veterans Park, Atlantic Avenue and the Intracoastal Waterway, Delray Beach. Info: delrayartleague.com.

Book Sale — 9 a.m.-2 p.m. Jan. 23, Lake Park Library, 529 Park Ave., Lake Park. The Friends of the Lake Park Public Library host their sale. Florida author Bob Brink (Murder in Palm Beach) will have a reading and book signing at 11 a.m. Light refreshments will be served. Info: 881-3330.

Collectors' Gun Show — 9 a.m.-5 p.m. Jan.23 and 10 a.m.-3 p.m. Jan. 24, Scottish Rite Masonic Center, 2000 N. D St., Lake Worth. Hosted by Palm Beach Arms Collectors. Historic, collectible, militaria. Info: 790-4643

SUNDAY 01.24

Young Friends of the Palm Beach Symphony Mixer — 2-5 p.m. Jan. 24, International Polo Club Palm Beach, Wellington. Classical music enthusiasts mix and mingle at a polo match. A VIP tent experience includes brunch and cocktails. Proceeds support the symphony's music education outreach programs in Palm Beach County. Tickets: Free for members, \$35 for non-members. Info: 655-2657; palmbeachsymphony.org.

The Palm Beach International Polo Season — Sundays through April 24, at the International Polo Club Palm Beach, Wellington. A season of challenge cups, qualifier matches and tournaments leading up to the U.S. Open Polo Championship. 282-5290; internationalpoloclub.com.

Winter Equestrian Festival — Through April 3. The Palm Beach International Equestrian Center in Wellington. See the world's best riders in both show jumping and dressage in four classes: Olympians, adult amateurs, juniors and children. 793-5867; equestriansport.com

Music at St. Patrick — 3 p.m. Jan. 24, St. Patrick Church, 13591 Prosperity Farms Rd., Palm Beach Gardens. The Lopez Tabor Duo - Alfonso Lopez, violinist and Dr. Michelle Tabor, pianist, perform American, French, Spanish and Latin works. Free; offering. Info: 626-8626, alan@stpatrickchurch.org

MONDAY 01.25

Norman Sunshine Talks "Dames" —

11:30 a.m.-2 p.m. Jan. 25 at the Cultural Council of Palm Beach County, 601 Lake Ave., Lake Worth. Lunch and conversation with Norman Sunshine, whose exhibition "Dames" is on display at the Boca Raton Museum of Art. He'll be interviewed by Irvin Lippman. Part of the "It's What You See" series. Tickets are \$125. Info: 471-2901; palmbeachculture.com

The Business & Professional Women/Jupiter Chapter — 5:30-8 p.m. Jan. 25, Mangrove Bay Adult Living Center, 110 Mangrove Bay Way, Jupiter. Social/networking, followed by dinner and speaker. Tickets: \$30. RSVP by Friday, Jan. 22, at 799-6348 or 512-3847.

Luxury Travel Showcase — 5-7 p.m. Jan. 25, Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. An introduction to the finest luxury vacations in the world. Wines and appetizers. Suggested donation: \$10. Benefits the Paul and Sandra Goldner Conservatory of Performing Arts. Info: 744-1000; thetravelgallery.com.

TUESDAY 01.26

Palm Beach Paradise: Pioneer to Peril — 6-7:30 p.m. Jan. 26, Lakeside Center, 10410 N. Military Trail, Palm Beach Gardens. Richard A. Marconi, curator of education of the Historical Society of Palm Beach County, will explain how Palm Beach Gardens transitioned from a jungle to a paradise. Free, but RSVP to 630-1108 or gkwright@pbgfl.com.

The Vega Quartet — 7:30 p.m. Jan. 26 at the Flagler Museum, 1 Whitehall Way, Palm Beach. \$70, includes valet parking. Part of the Flagler's Music Series. flaglermuseum.us or call 655-2833.

PBAU Evening and Graduate Information Session — 5:30 p.m. Jan. 26, in the Enrollment Services Center at 1301 S. Olive Ave., West Palm Beach. Learn about PBAU's evening undergraduate and graduate programs. Info/reservations: 803-2122 or email grad@pba.edu.

The Donald M. Ephraim Palm Beach Jewish Film Festival — Through Feb. 11, at six theaters throughout Palm Beach County. Presented by the Mandel Jewish Community Center of the Palm Beaches. 877-318-0071; pbjff.com.

WEDNESDAY 01.27

Two German Romantics — 7:30 p.m. Jan. 27, Benjamin Hall at the Benjamin Upper School, Palm Beach Gardens. Artistic and music director Ramón Tebar conducts the symphony in two romantic pieces by Schumann and Brahms, specifically selected and arranged for the new state-of-the-art venue. Tickets: \$25-\$100. 602-6720. palmbeachsymphony.org.

Live In Central Park, Revisited — Jan. 27, Crest Theatre, Old School Square, 51 N. Swinton Ave., Delray Beach. \$45. 243-7922, Ext. 1; oldschool.org

LOOKING AHEAD

The Sierra Club of Loxahatchee meets — 7-9 p.m. Jan. 28, Lantana Branch Library, 4020 Lantana Road, Lake Worth. Marshalluna Land, a marine biologist with Florida Fish and Wildlife, will speak about the Florida manatee and the conservation efforts of Florida Fish and Wildlife. Info: 742-9219.

Introduction to Opera — 7:30 p.m. Jan. 28, Feb. 4 and 11, Temple Sinai of Palm Beach County, at 2475 West Atlantic Ave., Delray Beach. Cantorial soloist Margaret Schmitt will teach this course

that features a different opera each week. Jan. 28: Verdi's La Traviata. Feb. 4: Puccini's Madama Butterfly. Feb. 11: Strauss's Die Fledermaus. Tickets: \$10. Info: 276-6161 or email cantor@templesinaipbc.org.

Dr. George Archibald speaks — 6-8 p.m. Jan. 28, the Tropics Café at the Palm Beach Zoo, 1301 Summit Blvd., West Palm Beach. Archibald speaks about "Dancing with Cranes" and his international conservation efforts over 40 years helping these beautiful and endangered birds. Part of the Conservation Leadership Lecture Series. Cocktails and passed d'oeuvres. \$20. Info: 533-0887; palmbeachzoo.org

Clematis By Night — 6-9 p.m. Thursdays on the Palm Stage at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Live music, vendors, free.

- Spred the Dub returns for an evening of Reggae on Jan. 28. spredthedub.com

Unlikely Heroes — Jan. 28 - Feb. 21, Mizner Park Cultural Arts Center Studio Theatre Second Floor, 201 Plaza Real, Boca Raton. A story about characters "you wouldn't expect to rise and really stand up and take control of this situation," by Charles Gluck. "Those are my Unlikely Heroes." Directed by Avi Hoffman. Produced by Family Pool Productions. Tickets: \$35. Info: 800-595-4849; UnlikelyHeroesPlay.tix.com

Introducing EAUseFit — 7-8:30 p.m. Jan. 29, Eau Spa at Eau Palm Beach Resort & Spa, 100 S. Ocean Blvd., Manalapan. Dr. Andy Larson and Ivy Larson will discuss their anti-inflammatory fusion approach to fitness and teach a workout system that fuses yoga with cardio and strength training. Dr. Andy Larson is a board certified general, laparoscopic, and bariatric surgeon. Ivy Larson is a nutrition, fitness and wellness expert and the author of five nutrition books. The self-centered spa garden is open until 10:15 p.m. \$50. Reservations are required at 540-4960.

Classics and classic jazz chamber music — 7:30 p.m. Jan. 29, Persson Recital Hall in Vera Lea Rinker Hall, 326 Acacia Road, West Palm Beach. Features Paul Posnak, Anita Castiglione and Patrick Clifford. Info/tickets: 803-2970 or ticket_central@pba.edu.

The Great American Divas — Jan. 29, The Plaza Ballroom & Event Centre, 111 U.S. 1, North Palm Beach. An original musical production of a Vegas-style show which pays tribute to divas, past and present. Singing, dancing, video montages and an onstage narrative backed by a 14-piece orchestra. 842-0111; theplazaballroom.com.

Festival of Hymns — 4 p.m. Jan. 31, DeSantis Family Chapel, 300 Okeechobee Blvd., West Palm Beach. Featuring Faythe Freese, organ, and the PBA Concert Choir. Free. pba.edu/arts-notes.

Volunteers are needed for the 2016 ArtiGras and Art Fest by the Sea in Juno Beach. The 31st annual ArtiGras Fine Arts Festival will be held Feb. 13-15. Art Fest by the Sea in Juno Beach is March 12-13. Volunteer applications are being accepted online at npbchamber.com.

AT THE COLONY

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

Live music in the Royal Room:

Steve Tyrell — Through Jan. 30.

CALENDAR

Carole J. Buffard — Feb. 3-6.

Tony Danza — Feb. 9-13 and 16-20.

Melissa Manchester — Feb. 23-27.

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.

“Long Day’s Journey Into Night” — Feb. 4-Feb. 28.

Nibbles and Knowledge — 11:30 a.m. Jan. 28, features an examination of “Long Day’s Journey Into Night” over lunch at Hullabaloo, 517 N. Clematis St., West Palm Beach. The discussion continues after lunch at the theater.

AT THE DUNCAN

Duncan Theatre, Palm Beach State College, Lake Worth; 868-3309 or duncantheatre.org.

Mix Tape Music Series: 7 Bridges: The Ultimate Eagles Experience — Jan. 29.

Weekend Family Fun Series: Mutts Gone Nuts — Jan. 30.

Modern Dance: Subscriptions are \$145 orchestra, \$135 balcony.

Hubbard Street Dance Chicago — 8 p.m. Jan. 22-23. Under the artistic leadership of Glenn Edgerton, this company is known for its exuberant and innovative repertoire. Tickets: \$45.

AT THE EISSEY

PBSC’s Eissey Campus Theatre, 11051 Campus Drive off PGA Blvd, Palm Beach Gardens. Tickets: 207-5900; eisseycampus theatre.org.

The Glenn Miller Orchestra — 8 p.m. Jan. 28. All of the toe-tapping, big band music of the 1930s and ’40s swing era. Part of the 2016 Arts in the Gardens. Subscriptions to the series are \$200 orchestra, \$150 balcony. Single tickets are \$40 orchestra, \$30 balcony.

The Atlantic City Boys — 8 p.m. Jan. 30. Relive rock-n-roll harmonies of the ’60s, sing along to the hits of The Drifters, The Beach Boys and Frank Valli and the Four Seasons. Tickets: \$39. 877-592-2787 or at the Eissey Campus Theatre Ticket Office. Presented by Southeast Florida Honor Flight, so you can get tickets there too, at honorflightsefl.org

The 30th Anniversary Celebration of Holy Spirit Lutheran Church — 10 a.m. Jan. 31.

Eissey Campus Theatre Lobby Gallery:

Oil Paintings by Manon Sander — An opening reception will be held from 5 to 7 p.m. Jan. 27. The paintings are on display through Feb. 29. Impressionistic oil paintings. ManonSander.com.

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. 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.

Exhibitions:

“Beauty’s Legacy: Gilded Age Portraits in America” — Jan. 26 to April 17. Features 53 stunning portraits of prominent Gilded Age Americans by the leading painters from America and Europe.

The exhibition was organized by the New-York Historical Society from their collection of American art.

AT THE FOUR ARTS

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

Lecture: “Wagnerian Love Scenes: Eros or Compassion?” with Jeffrey Swann — 6-7:30 p.m. Jan. 25. Four Arts Hall, Dixon Education Building. \$10. Free for members. Reservations are required.

Lecture: “Confessions of a Serial Entertainer,” by Steven Stolman — 2:30-3:30 p.m. Jan. 28. Four Arts Hall, Dixon Education Building. \$10. Free for members. Reservations are required.

Concert: Trio con Brio Copenhagen — 3-5 p.m. Jan. 24.

AT THE KRAVIS

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

Dreaming of a Song: The Music of Hoagy Carmichael — Jan. 22-23.

PEAK: Lula Washington Dance Theatre — Jan. 22-23.

“Carmen” — Jan. 22-24. Palm Beach Opera performs.

The Slocan Ramblers — Jan. 24.

Orpheus Chamber Orchestra — Jan. 25.

Cleveland Orchestra — Jan. 26.

Comedian Jackie Mason — Jan. 26.

Experience — Jan. 26.

Adults at Leisure: Rhapsody & Rhythm — The Gershwin Concert, Jan. 26.

Michael Feinstein: New York, New York — Jan. 27.

Sir Arthur Conan Doyle’s The Adventures of Sherlock Holmes — Jan. 28 and 29. Presented by Aquila Theatre.

AT THE LIGHTHOUSE

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

Twilight Yoga at the Light — Jan. 25. Led by Mary Veal, Kula Yoga Shala. For all levels. Check the website for weather updates and exact start times.

Volunteer Information Session — 1-3 p.m. Jan. 23. The Lighthouse needs volunteers. Find out how you can help and see the benefits of volunteering at his popular landmark. Openings include tour guides, front desk, and on the Tindall Pioneer Homestead. Students age 15 or older may also volunteer for community service hours be eligible to apply for a paid summer internship position. RSVP to 747-8380, Ext. 101.

AT THE MALTZ

Maltz Jupiter Theatre, 1001 E. Indian-

#SEF TOP PICKS

01.22-24

■ **“Carmen”** — Mezzo-soprano Rinat Shaham stars as the title character in Palm Beach Opera’s production of Bizet’s “Carmen.” It’s Jan. 22-24 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up. 833-7888; pbopera.org, or 832-7469; kravis.org.

01.22-23

■ **Hubbard Street Dance Chicago** — 8 p.m. Jan. 22-23, Duncan Theatre. Under the artistic leadership of Glenn Edgerton, this company is known for its exuberant and innovative repertoire. Tickets: \$45. Duncan Theatre, Palm Beach State College, Lake Worth; 868-3309 or duncantheatre.org.

#HOWROMANTIC

■ **Two German Romantics** — Palm Beach Symphony performs Schumann and Brahms at 7:30 p.m. Jan. 27 at the Benjamin Upper School, Palm Beach Gardens; 602-6720 or palmbeachsymphony.org.

#HOWFAIR

■ **South Florida Fair** — Through Jan. 31, South Florida Fairgrounds, 9067 Southern Blvd., suburban West Palm Beach; 793-0333; southfloridafair.com.

town Road, Jupiter. 575-2223. Jupitertheatre.org

“The Will Rogers Follies” — Through Jan. 31. Gay Pride Night is 7 p.m. Jan. 30. Hors d’oeuvres will be served in the Conservatory at 7 p.m., followed by a performance on stage of “The Will Rogers Follies: A Life in Revue” at 8 p.m. Then join the cast for a meet-and-greet. Tickets: \$39; password is COWBOY.

AT THE JCC

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

In the Bente S. and Daniel M. Lyons Art

Gallery:

Dina Gustin Baker — On display through Feb. 18. Bold abstract oil paintings. Free. 712-5232 or jcconline.com.

AT THE PLAYHOUSE

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

“High Society” — Through Jan. 31.

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

CALENDAR

AT MOUNTS

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

Nature Connects - Art with LEGO Bricks — The largest show in the garden's history, features 15 super-sized structures in 13 different displays made out of nearly a half-million LEGOs. On display through Feb. 14.

The Art of Macrophotography: Butterflies — 9 a.m.-noon Jan. 24, Mounts Exhibit Hall A and the butterfly garden. Nature photographer Alan Chin Lee will speak about the art of macro photography and offers tips and tricks for better nature photography. \$20 members; \$25 nonmembers.

AT THE IMPROV

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

Iliza Shlesinger — Jan. 21-23.

Drew Lynch, America's Got Talent Runner Up — Jan. 27.

Ralphie May — Jan. 28-30.

New Faces of Comedy — Jan. 31.

AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 4801 Dreher Trail N., West Palm Beach. 832-1988; sfsciencecenter.org

Dinosaurs Around the World: The Exhibition — Through April 16. Admission: \$16.95 adults, \$14.95 seniors age 60 age older, \$12.95 for age 3-12, and free for members and younger than age 3.

Silver Science — 2-5 p.m. the second Wednesday of the month. A day of science exploration featuring Vince Borghese, a retired teacher and fossil hunter. For age 60 and older. \$10, includes refreshments and a planetarium show.

LIVE MUSIC

The Bamboo Room — 25 S. J St., Lake Worth. Info: 585-2583; bambooroommusic.com

- **Shane Duncan Band** — Jan. 23. \$5 in advance, \$10 at the door.

Respectable Street Café — 518 Clematis St., West Palm Beach. Info: 832-9999; Sub-culture.org/respectables.

After Dark - A New Dance Club — 8-11 p.m. Thursdays, next to the Plaza Ballroom, 109 U.S.1 at Northlake Boulevard, North Palm Beach. Club dance music, including disco, Top 40, Motown, oldies, salsa and Latin, and music videos on a 12-foot screen. \$5 cover. Arrive by 9 p.m. and get a free drink. Info: 842-0111.

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

Deep Blu Seafood Grille at Harbourside Place - 119 Dockside Circle, Jupiter. Philippe Harari performs from 6:30-9 p.m. Wednesday and Saturday. 273-6680.

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

O-Bo Restaurant Wine Bar — 7 p.m.

Thursdays through Saturdays, 422 Northwood Road, West Palm Beach. Live jazz and blues by Michael Boone. Info: 366-1185.

Paris in Town Le Bistro — 6-9 p.m. Fridays, 11701 Lake Victoria Gardens Ave, Suite 4101, Palm Beach Gardens. Frank Cerabino plays French favorites on his accordion. Info: 622-1616; parisintown.com

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

"Flowers" — Through March 6. An array of floral sculptures, paintings and photography. Art Historian and Curator Marie Scripture leads gallery talks at 11 a.m. Wednesday and noon on Sunday which will include a tour and background information on the artists and their works on display.

Gallery Talks — 11 a.m. Wednesdays and noon Sundays through March 6. Art historian and curator Marie Scripture speaks and leads a tour. Free for members. Nonmembers: \$10 adults, \$8 seniors age 65 and older, \$5 age 5 and older, free for younger than age 5. Info: 832-5328

En Plein Air Workshops — 10 a.m.-12:30 p.m. Feb. 15. With "Flowers" artist Mary Page Evans. \$25. Bring your own supplies, including a stool or mat to sit on. Info: 832-5328.

APBC Art on Park Gallery — 800 Park Ave., Lake Park. The Best of the Best Exhibit 2016: Through Feb. 13. Info: 689-2530.

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

- **Three Lakes/Joe Overstreet** — Jan. 23. Preregistration is required for this all day trip. Email to ase@rschofield.net. Rick Schofield leads.

- **Wakodahatchee Wetlands** — 8:30 a.m. Jan. 23. A bird walk for beginners. Delray Beach, 13206 Jog Road. Meet at top of boardwalk. (Chris Golia)

- **Community Build with Lego Blocks at Mounts Botanical Garden** — 10 a.m.-1 p.m. Jan. 23, 531 N. Military Trail, West Palm Beach.

- **ARM Loxahatchee NWR** — 8 a.m. Jan. 24, 10216 Lee Road, Boynton Beach. Loxahatchee Impounded Landscape Assessment (LILA). Getting the Water Right in the Everglades. \$5 entry per car. Meet at the Marsh Trail. Mark Cook leads.

- **"Behind the Scenes with Clive Pinnock** — Jan. 26 at Lion Country Safari, Loxahatchee. Registration required. Email asetripinfo@gmail.com. Usual park entry fee applies.

- **All Day Trip to Merritt Island** — Jan. 30. Preregistration required. Email valleribrauer@gmail.com

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

- **"Resurrection of Innocence by Jeff Whyman"** — On display through July in the new Project Space.

Habatat Galleries — 513 Clematis St., West Palm Beach. Binh Pho Exhibition — This glass artist's work is an exercise in positive and negative space. Gallery hours are 10 a.m.-5 p.m. Tuesday-Saturday. 469-8587; habatatgalleries.com.

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

- **Special exhibition: "By Land and Sea: Florida in the American Civil War"** — Through May 23.

- **Chasing Dreams: Baseball and Becoming American** — Through March 24.

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

- **"A Celebration of Old Jupiter! Paintings and Photographs of Suni Sands"** — Through March 4 at the Lighthouse ArtCenter School of Art, 395 Seabrook Road, Tequesta. Free. 748-8737 or LighthouseArts.org

- **"Exhibition: Selections from The Manoogian Collection: Two Centuries of American Art"** — Through March 5.

- **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.

The Mandel Public Library of West Palm Beach — 411 Clematis St., West Palm Beach. Check out their weekly job help services and programs that let you meet with a career counselor who will assist with resumes, cover letters, interview skills, and job applications. Help with computer skills is also available. All services are free. Wpblibrary.com

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.

- **French Book Club** — 11 a.m. Jan. 23. Book: "Nue" by Jean-Philippe Toussaint. Practice your French with native speakers and students. Free for members, \$20 nonmembers.

- **Italian Book Club** — 10:30 a.m. Jan. 30. Multilingual Society, 210 S. Olive Ave, West Palm Beach. Book: "Novelle per un anno," The Short Stories of Pirandello. Native speakers and students. Free for members, \$20 guests.

- **Movie in Italian** — 6 p.m. Jan. 25. Film: "Sophia, ieri, oggi e domain." Italy, 2007. English subtitles. Followed by wine and discussion at Le Rendez-vous.

North Palm Beach Library — 303 Anchorage Drive, North Palm Beach.

Info: 841-3383; npblibrary.org.

- **Class: Leonardo da Vinci and the Italian High Renaissance:** Attend 36 art history lectures over 12 weeks at 1 p.m. Tuesdays, through March 29. A filmed series from The Great Courses.

- **Coloring for Grown Ups:** Explore the latest craze and spend an hour coloring. Books abound for this popular feel-good activity. Bring your own supplies. Meets at 1 p.m. the first Thursday of the month.

- **Ongoing:** Knit & Crochet meets at 1 p.m. Mondays. Quilters meet at 10 a.m. Fridays. Chess meets at 9 a.m. on the first and third Saturday. 841-3383.

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.

- **"Tiny: Streetwise Revisited"** — Through March 20.

- **"Njideka Akunyili Crosby: I Refuse to be Invisible"** — Jan. 28-April 24.

- **Edgar Degas' Portrait of Mlle. Hortense Valpinçon, (circa 1871)** — Through May 15. Norton Museum.

- **Vincent Van Gogh's The Poplars at Saint-Rémy, (1889)** — Through April 17. Norton Museum.

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.

- **Guest Appearance by David FitzSimmons** — 10:30 a.m. Jan. 23. The wildlife photographer and author of Curious Critters Marine will use a puppet show to bring his book to life.

- **Teddy Bear Picnic Workshop for Ages 3-5** — 10-11:30 a.m. Jan. 23. Bring your teddy bear or stuffed animal to a picnic at the zoo. Animal encounters, snacks, crafts. Reservations required.

- **Teddy Bear Picnic Workshop for Ages 3-8** — 10-11:30 a.m. Jan. 23. Bring your teddy bear or stuffed animal to a picnic at the zoo. Animal encounters, snacks, crafts. Reservations required.

- **Story Time** — 10:30 a.m. Jan. 30: "If I Ran the Zoo" by Dr Seuss.

West Palm Beach Antique & Flea Market — In the 200 block of Banyan Boulevard (cross street is Narcissus Avenue) in West Palm Beach. From 8:30 a.m.-2:30 p.m. Saturdays. Parking is free in the city parking lot adjacent to the market during the hours of the show. Info: wpbantiqueandfleamarket.com.

Whitespace — At 2805 N. Australian Ave, West Palm Beach. Through April 3: David DeBuck of the DeBuck Gallery NYC and artist Joseph Cohen. See a special project by Cat Del Buono and the video installations "Voices" and "Swimming Upstream" will also be on display. Hours: 1 p.m.-4 p.m. Saturday and Sunday through April 3. Suggested donation: \$10 adults, \$5 students. Info: 842-4131; whitespacecollection.com. ■

FOTO

From page 1

award-winning artist best-known for shooting sexy swimsuit models in the publication's much-anticipated annual special edition will join nearly 60 other instructors sharing their stories and successes.

"He's definitely one of the biggest, most important sports photographers ever," said Fatima NeJame, president and CEO of the Palm Beach Photographic Centre, producer of the event. "He is just an incredible, incredible man."

Mr. Iooss received the festival's 2016 FOTOMentor Award in honor of his achievements in and influence on the profession. His work has appeared on the SI cover more than 300 times, and he has shot from the sidelines of every Super Bowl. This year's game Feb. 7 — No. 50 — will be no exception.

"The award goes to someone who has been a significant mentor in the field of photography," Ms. NeJame said, noting that, as the recipient of the award, he will select an emerging photographer for whom to give the festival's Rising Star Award.

"They are asked to identify an individual they feel is going to be as famous as they are someday," Ms. NeJame said.

Mr. Iooss picked Kohjiro Kinno, an SI colleague based in Huntington Beach, Calif.

"It's an amazing opportunity for a young person in the field," Ms. NeJame said.

The "poet laureate of sports," as Mr. Iooss is called, will appear in a community lecture from 1 p.m. to 2 p.m. Jan. 21 — one of 24 free festival functions featuring curators, editors and others who make their living behind the lens.

"I know Walter's lecture is going to be packed," Ms. NeJame said.

Mr. Iooss also will be highlighted in a museum exhibition that runs through March 26 displaying 90 of the legend's greatest images. His subjects have included boxer Muhammad Ali, NBAer Michael Jordan, surfer Kelly Slater and golfer Tiger Woods. The exhibition will kick off at 6 p.m. Jan. 21 with an opening reception.

On Jan. 22, FOTOvision will take place on the lawn at the West Palm Beach waterfront. FOTOvision, billed as "Palm Beach Photographic Centre's Night of Pictures," encompasses a 1½-hour movie about photographs from around the world and the photographers who created them. The event debuted last year and was so successful that it returned



"Summer Zoe," by Monica Stevenson

COURTESY PHOTO

She shoots horses, doesn't she?

The Palm Beach Photographic Centre is featuring an exhibit of photographs by equine photographer Monica Stevenson.

The photos in "A Horse of A Different Color" were taken all over the world of the best equine athletes the planet has to offer. These are Olympic level specimens of incredible beauty frozen in black and white and color.

Ms. Stevenson says if she can "create and share images as beautiful as the horses and their world, I feel I have done a good thing."

Ms. Stevenson, a commercial and fine art photographer/film maker, also highlights the relationship between humans and horses, and horses and the environment.

The exhibit at the Palm Beach Photographic Centre, 415 Clematis St., West Palm Beach, will be on display until March 26.

For more information, call 253-2600 or visit fotofusion.org. For more about the artist, visit monicastevenson.com. ■

— Janis Fontaine

for a second showing.

Those who will talk about their innovative imagery on the big screen include J. Tomas Lopez, an arts professor at the University of Miami whose work hangs in the permanent collection at Bibliothèque nationale de France in Paris, The Museum of Modern Art in New York City and the Smithsonian American Art Museum in Washington D.C. Brian Smith also is documented in the film. The Pulitzer Prize winner has captured globe-trotting athletes, celebrities and executives for ESPN The Magazine, British GQ, Forbes and hundreds more magazines. Rounding out the list are Craig Blacklock, John Isaac, Lewis Kemper, Scott McKiernan and Peter Turnley. The free and open-to-the-public affair gets underway at 8 p.m.

On Jan. 23, renowned portrait-taker Michelle Pedone will teach students how to photograph Fido. Dogs often

present difficulties in the studio, and Ms. Pedone will impart tips and tricks for fun accessories and props, proper composition and lighting and ways to get man's best friend mugging for the camera.

"I love her style," Ms. NeJame said. "It's very playful, very family-oriented, very friendly. Her photos are fabulous."

Portfolio reviews continue into the afternoon for working photographers interested having their style critiqued and evaluated by the best in the business.

"It's an opportunity for photographers to be able to show their work to all the different photo pros who are here at FOTOfusion," Ms. NeJame said.

A total of 30 FOTOShoots, each guided by a master photographer, aim to introduce students to such spots as Little Havana and South Beach in Miami, the Morikami Museum and Japanese

Gardens in Delray Beach and Mounts Botanical Garden and the South Florida Fairgrounds in West Palm Beach.

"I wish I had time to attend," said Ms. NeJame, who has been busy arranging FOTOfusion's enormous schedule and organizing its 100 volunteers. "I never have time to attend."

Everyone involved in the festival donates his or her time and talent to educate, encourage and inspire participants and help spread the joy of photography.

"One thing that we are very excited about is that this marks our 30th year of doing photography, but I think what's more exciting is that people are so thrilled about attending FOTOfusion," Ms. NeJame said.

She put the number of repeat attendees at 80 percent and repeat instructors at 40 percent.

"Because photography is an ever-changing world, even people who have been participating in FOTOfusion for many, many years are excited to come back," Ms. NeJame said. "There is always something new."

Festival sponsors the Downtown Development Authority and Arts & Entertainment District have erected a series of banners along Clematis Street that show off the photography of FOTOfusion instructors and tout the event.

"It helps bring awareness to FOTOfusion in general, as well as the Arts & Entertainment District," said Teneka James, associate director of the Downtown Development Authority. "As you're walking down the street, it's visually impactful."

The authority formed a partnership with the center last year and saw great results in driving visitors to the downtown area not only to attend FOTOfusion but also patronize bars, restaurants and shops.

"For us, it was taking that partnership that we have with the Palm Beach Photographic Centre to the next level," Ms. James said. "I'm so glad they're celebrating 21 years. That's just tremendous. It is an international event, and I don't know how many people are aware of that." ■

in the know

- >>What: FOTOfusion
- >>When: 8:30 a.m.-10:30 p.m. Jan. 21, 6 a.m.-9:30 p.m. Jan. 22 and 6:30 a.m.-8 p.m. Jan. 23.
- >>Where: Palm Beach Photographic Centre, 415 Clematis St., West Palm Beach
- >>Cost: Single event tickets, \$10 to \$300; Silver Passports, \$575 to \$645; Gold Passports \$825 to \$895.
- >>Info: 253-2600 or fotofusion.org.

HAPPENINGS

From page 1

career, like her parents and siblings. And she did end up at Yale. But she got an MFA instead of an MD in 2011. She won the 2014 Smithsonian American Art Museum's James Dicke Contemporary Artist Prize.

Cheryl Brutvan, the Norton's curator of contemporary art, organized the exhibit, which is on display until April 24. The 2016 RAW Exhibition opens with a reception during which the artist will discuss her work at 6:30 p.m. Jan. 28 during Art After Dark.

The Norton Museum of Art is at 1451 S. Olive Ave., West Palm Beach. Admission is free for members and age 12 and younger. For nonmembers: \$12 for adults, \$5 for students. Info: 832-5196; Norton.org.

Fans of classic rock

Tickets are on sale now for **Behind The Lens**, an evening with iconic rock photographers **Harry Diltz** and **Pattie Boyd** in person at 7:30 p.m. April 13 in **Persson Hall** at the **Kravis Center** in West Palm Beach.



BOYD

Mr. Diltz has more than 400 album covers to his credit, including those of **Crosby, Stills & Nash** and **The Doors**.

Ms. Boyd once was married to **George Harrison** and **Eric Clapton** and was the muse for many songs, including "Something," "Layla" and "Wonderful Tonight."

The photogs will share stories. Tickets are \$35 and \$45. Info/tickets: 832-7469; Kravis.org.

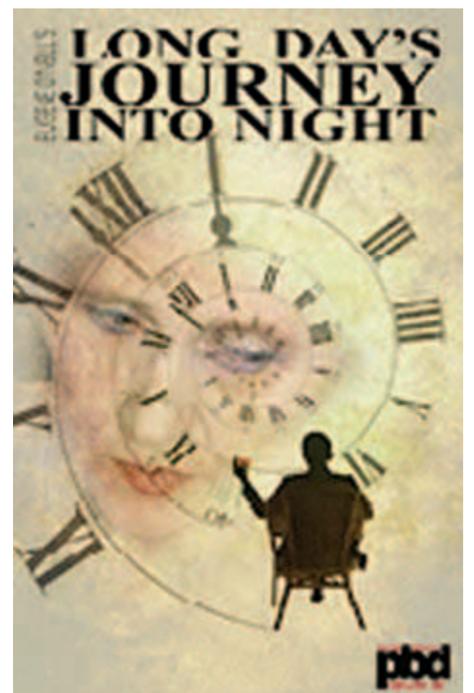
Knowledge & Nibbles at Dramaworks

Some people like to get right up close to art, as though they're trying to smell it and taste it as well as see and hear it (art speaks).

For each production in its lauded series, **Palm Beach Dramaworks** hosts **Knowledge & Nibbles**, an opportunity to get that up-close look over lunch at a local restaurant, followed by an intimate talk with the director, actors, and designers back at Dramaworks' **Don & Ann Brown Theatre**, at 201 Clematis St.

This K&N, on Jan. 28, features an examination of "**Long Day's Journey Into Night**." Lunch begins at 11:30 a.m. at **Hulabaloo**, a gastropub at 517 N. Clematis St., West Palm Beach. Can't make lunch? You can attend the program at the theater from 1 p.m. to 2 p.m.

Tickets for members: \$30 with lunch, \$15 program only. Nonmembers: \$40 with lunch, \$20 program only. 514-4042, Ext. 2; palmbeachdramaworks.org. ■



THEATER REVIEW

Maltz delivers entertaining, well-cast 'Will Rogers Follies'

BY BILL HIRSCHMAN

Special to Florida Weekly

While the sound and fury of the Republican debate signifying nothing was raging Thursday night in South Carolina, the spirit of an unassuming man who truly represented American values was delighting an opening night audience at the Maltz Jupiter Theatre's "The Will Rogers Follies."

But much of the social-political teasing that Rogers lazily unreeled for the audience resonates today with deafening roar that is as much rebuke for our lack of progress as it is a gentle ribbing about eternal foibles of human nature. That was part of the show's wry appeal when it bowed in 1991, but it's a bit discomfiting to be amused by that same paradigm a quarter-century later.

But the news is that Maltz favorite Matt Loehr has returned in title role. That means we get more than a charismatically folksy Will Rogers commenting from the sidelines, but one who can dance up a tornado alongside the most talented members of the chorus line — thereby rocketing up the energy and the pizzazz level.

Still, the virtues of director Mark Martino's joyous edition go far beyond being blessed with the irrepressible Mr. Loehr. He is matched in high wattage by the lovely Laura Hodos as Will's loving long-suffering wife, Betty. The endlessly inventive choreography is matchlessly designed and performed, Helen Gregory's razzamatazz band is dead perfect, and the production values are impressive starting with hundreds of lavish Follies-style costumes rented from around the country and built in-house under the supervision of Gail Boldoni.

The raw material was produced by a confluence of some of the most talented folks at the time: engaging music by the master Cy Coleman, deliciously witty lyrics by Betty Comden and Adolph Green, and a book by Peter Stone that seems to be straightforward entertainment but actually slips in implicit messages flowing underneath. All of it was originally overseen by Tommy Tune.

The premise is that Rogers' is retelling his life in a luxuriant Ziegfeld Follies of the '30s complete with massive production numbers of showgirls clad in little or in stunning costumes. The Oklahoma-born poet lariat performs his monologues while twirling a rope or riffing wry observations based on the current day's newspaper. ("Every time Congress makes a law, it's a joke, and every time they make a joke, it's a law.") The audience is awash in love songs, torchy ballads and tap dancing.

The musical is a fantasy in which Rogers is dead and tells us often that he will die in a plane crash. Ziegfeld, also dead, is a disembodied god-like voice, coming over the loudspeakers changing facts to be more theatrical and entertaining. He moves Will and Betty's first prosaic meeting at an Oolagah, Okla., railway office to the surface of the moon because it's more showbizzy spectacular. The whole show is unabashedly sparkle dust and hype.

Ziegfeld insists that Rogers' impossibly fancy wedding with its staged-wide train and showgirl bridesmaids be displayed out of chronological order, and performed at the end of the first act because that's when wedding numbers always occur in Ziegfeld's shows.

There's a huge amount of breaking the fourth wall and ignoring any pretense that they are not putting on a show in 2016.

Mr. Loehr and Mr. Martino have updated some jokes ("Obama and Biden go golfing. Biden's handicap is 20, Obama's is Biden.") and inserted what seem like ad libs but are likely well-practiced references to Chipolte, long lines at the women's restroom and latecomers to the Maltz entering with walkers.

It's delightfully daft that way. It rarely gets caught taking itself seriously. Yet it's inescapable that Rogers' observations still are painfully relevant. A thoughtful audience member might reflect that Rogers' affable approach ("I never met a man I didn't like"), his genuine desire to see people from three dimensions, his nonconfrontational way of criticizing human frailty, all of this is sadly lacking in the current atmosphere of division and discord. He is the exemplar of the American character that we were once upon a time, or we hoped we were, or at least we wanted to be.

None of this would work without Mr. Loehr, who won local hearts and Carbonells for "Crazy For You," "The Music Man" and "Hello, Dolly!" He sings better than you realize and his dancing is mesmerizing. With a huge grin, a cowlick and an incessantly chewing jaw, he even looks a bit like Rogers. But his real asset is the joy that emanates from his eyes, his mouth, his body, everything about him.

Ms. Hodos, just nominated for a Carbonell for her work in Actors' Playhouse's "The Toxic Avenger," proves for the umpteenth time that she is one of the best musical theater performers in the state. With that blazing personality and clarion voice, she conjures Ethel Merman's force of nature vivacity — although Ms. Hodos is much prettier and a better singer as she proves in the torch song, "No Man Left For Me."

A tip of the straw boater, too, to James Young as Rogers' crusty father and Elise Kinnon as Ziegfeld's chief leggy showgirl (and Mr. Martino's associate director).

But if there's another star of the show, it's the work by twice-Carbonell winning choreographer Shea Sullivan ("The Music Man" and "Crazy For You") and associate Dennis O'Bannon for expertly encompassing virtually every vaudevilian step and trope. From the pounding tap dancing in the opening number to the chorines seated minstrel-style with intricately kicking legs and tambourine hats, it's both original work and a faithful homage.

Visually, the set is dominated by a nine-step stage-wide stairway whose each step lights up in whatever colors and patterns are needed including an American flag, plus a kaleidoscope of lighting effects and projections.

This "Follies" as a whole is droll, charming, diverting, even thoughtful. That's entertainment. ■

— "The Will Rogers Follies" runs through Jan. 31 at the Maltz Jupiter Theatre, 1001 E. Indiantown Road in Jupiter. Performances at 7:30 p.m. Tuesday-Friday, 8 p.m. Saturday, 2 p.m. Wednesday, Saturday and Sunday. Tickets: \$55-\$80, \$25 student rush, available by calling 575-2223 or visit jupitertheatre.org.

— Bill Hirschman is editor of Florida Theater On Stage. Read him online at floridatheateronstage.com.



Lula Washington Dance Theatre
Friday and Saturday
January 22 and 23
 Friday at 7:30 pm
 Saturday at 1:30 pm and 7:30 pm
 Rinker Playhouse • Tickets \$29
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This PEAK performance is made possible by a grant from the MLDauray Arts Initiative in honor of Leonard and Sophie Davis
Beyond the Stage: Join us for a free pre-performance discussion by Steven Caras on January 22 at 6:15 pm.



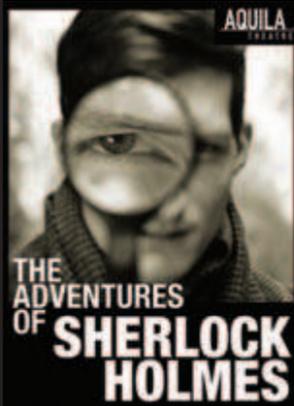
Billy Stritch and Klea Blackhurst in
Dreaming of a Song
The Music of Hoagy Carmichael
Friday and Saturday,
January 22-23
 Friday at 7:30 pm
 Saturday at 2 pm and 7:30 pm
 Persson Hall • Tickets \$39

Duo presents "the musical equivalent of a fine mojito."



The Slocan Ramblers
Sunday, January 24
at 7:30 pm
 Rinker Playhouse
 Tickets \$30

Tight-knit bluegrass quartet boosts "tantalizing rough edge."



Aquila Theatre
Sir Arthur Conan Doyle's
The Adventures of Sherlock Holmes
Thursday and Friday,
January 28-29 at 7:30 pm
 Rinker Playhouse • Tickets \$39
 Sleuth or dare: Mysterious clues, masterful actors, simmering suspense.



Aquila Theatre
William Shakespeare's
Romeo and Juliet
Saturday, January 30 at 7:30 pm
Sunday, January 31 at 2 pm
 Rinker Playhouse • Tickets \$39
 Bard's tale reborn with innovative style, dynamic physical approach.

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SANDER

From page 1

Born in Berlin, Ms. Sander moved to Chicago in 1995 and then to San Francisco in 2006, where she discovered the California Impressionist painters.

"The California Impressionists inspired me to dive into plein air painting with a passion for the outdoors, the beautiful flora and fauna and also the unusual architecture of Marin County," she said. "In 2010, I moved to Florida and am enjoying depicting the tropical settings, boats and wildlife here."

Ms. Sander also often picks random objects such as a rubber ducky and bubbles found by her bathtub or Oreo cookies and a glass of milk for a still life set-up. To her, it doesn't matter so much what she paints, since she is mostly

interested in the effect the light has on an object. Her mastery of the figure is evident in paintings of golfers on the green and little girls on the beach.

She records her impressions in thick juicy oil paint, applied with gusto and bold brush strokes.

"I love to show the sunlight that creates lavender shadows on the white clothing of people walking by the water's edge deep in conversation," Ms. Sander said. "I like to show surfers and paddle boarders catching an aquamarine wave; boats at rest and on a journey; and sea creatures and birds that call Florida their home."

Ms. Sander's work is exhibited in juried shows, where she has won numerous awards and is represented in private collections in the United States, Europe and Australia.

The Eissey Campus Theatre is at Palm Beach State College in Palm Beach Gardens; 207-5905 or ManonSander.com. ■

PUZZLE ANSWERS

A	T	T	R	A	C	T	E	D	T	O	T	I	D	A	L	P	O	O	L	
C	O	R	O	L	L	A	R	I	E	S	A	N	I	T	A	O	D	A	Y	
T	W	I	S	T	E	R	R	O	L	L	E	R	C	O	A	S	T	E	R	S
C	E	O	L	O	M	B	A	R	D	I	S	T								
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S	T	U	S	E	W	E	D	O	R	I	O	U	N	A	E	S	P			
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S	O	B	E	R	E	D	B	O	A	S	I	L	L	S	A	L	E			
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4	7	5	8	6	2	3	1	9
2	3	6	1	5	9	8	4	7
8	9	1	4	3	7	5	6	2
1	8	2	5	9	4	7	3	6
6	5	9	7	1	3	4	2	8
3	4	7	2	8	6	1	9	5
7	1	3	9	2	8	6	5	4
9	6	4	3	7	5	2	8	1
5	2	8	6	4	1	9	7	3

FEBRUARY 4 - MARCH 6, 2016

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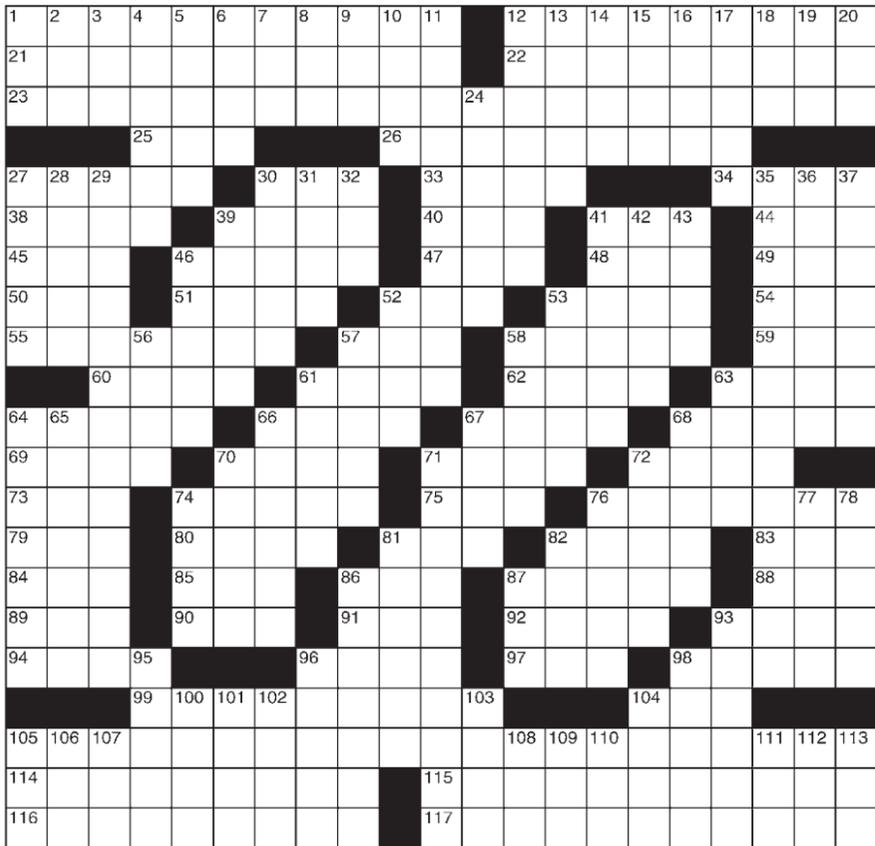
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PUZZLES

DANGEROUS CURVES AHEAD



- ACROSS**
- 1 Allured by
 - 12 Where water remains after an ebb
 - 21 Direct results
 - 22 Big-band singer called "The Jezebel of Jazz"
 - 23 Common types of thrill rides
 - 25 Co.'s top dog
 - 26 S.F. thoroughfare famous for its hairpin curves
 - 27 Fog or mist
 - 30 Bulge (out)
 - 33 Gas in signs
 - 34 State north of Neb.
 - 38 Oahu, e.g.
 - 39 Flower-holding jar
 - 40 Boston Bruin Bobby
 - 41 Status —
 - 44 Kimono secura
 - 45 Disco fan on "The Simpsons"
 - 46 Mended a hem, e.g.
 - 47 Port in Brazil, for short
 - 48 Indefinite article in Italy
 - 49 Psychic "gift"
 - 50 Triceps site
 - 51 Fired
 - 52 Hooting bird
 - 53 — Van Dyke
 - 54 Maple stuff
 - 55 Dried out, with "up"
 - 57 Constricting serpent
 - 58 Window components
 - 59 Pub draft
 - 60 "Zounds!"
 - 61 Thickly fibrous
 - 62 Sneaky guy?
 - 63 Lab helper with a hump
 - 64 "Hammerin' Hank"
 - 66 Sharp changes of direction
 - 67 Sharp changes of direction
 - 68 Seniors' dances
 - 69 Reduced
 - 70 Zestfulness
 - 71 Claudius I's successor
 - 72 Italian "Bye!"
 - 73 Audit org.
 - 74 Zestful
 - 75 Limonite, e.g.
 - 76 Dad's dad
 - 79 Jon — Jovi
 - 80 Sottish sort
 - 81 L-P middle
 - 82 Renoir of film
 - 83 Put a label on
 - 84 Quiet — mouse
 - 85 Bush spokesman
 - 86 Holiday tree
 - 87 Bizarre, slangily
 - 88 Capacious coffeepot
 - 89 — choy
 - 90 Viking's place
 - 91 Verb suffix in Sussex
 - 92 Amiss
 - 93 Tribe of Canada
 - 94 Baldwin of "To Rome With Love"
 - 96 Spiteful
 - 97 Suffix with infant
 - 98 Frog locales
 - 99 Really hitting the sauce
 - 104 Water, in Toulon
 - 105 #1 Beatles hit of 1970
 - 114 Actress who co-starred in "The Help"
 - 115 Very simple
 - 116 Unfinished business
 - 117 2011-13 secretary of defense
 - 29 Pipe-clearing tool
 - 30 Chatted
 - 31 "Get — to it!"
 - 32 A Kennedy
 - 35 Acts the Samaritan
 - 36 Favorite son of David
 - 37 Some cured herrings
 - 39 Tormented
 - 41 See 72-Down
 - 42 Quitter's cry
 - 43 Acorn bearers
 - 46 Food wrap
 - 52 "My bad"
 - 53 San — Zoo
 - 56 See 5-Down
 - 57 Swamplike
 - 58 Meager
 - 61 Rock Starr?
 - 63 Shah's land
 - 64 "Arabian Nights" figure
 - 65 Spray can suspension
 - 66 Bright, showy flower
 - 67 Not a one
 - 68 Spinet, say
 - 70 Old name of the Congo
 - 71 Bad news for magazine publishers
 - 72 With 41-Down, patchworks
 - 74 "— the night before ..."
 - 76 Music class
 - 77 Whittled
 - 78 De Mille of dance
 - 81 Total up incorrectly
 - 82 Dewlap
 - 86 Actor Ralph
 - 87 Moo goo — pan
 - 93 Route
 - 95 Tab and RC
 - 96 "— my big mouth!"
 - 98 Wiccan, e.g.
 - 100 Snout
 - 101 Opening bet
 - 102 Weed — (lawn care product)
 - 103 Go upward
 - 104 New Age superstar
 - 105 Rolodex no.
 - 106 Med. service
 - 107 Comic Philips
 - 108 Prefix with conservative
 - 109 Veep
 - 110 MSN, e.g.
 - 111 Go (for)
 - 112 Bit of land in a river
 - 113 Narc's agcy.

◀ SEE ANSWERS, B9

HOROSCOPES

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

ARIES (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time so that you know just where you are at any given point.

GEMINI (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could

be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you could find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

BORN THIS WEEK: Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

By Linda Thistle

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

Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging ★★★ Expert

◀ SEE ANSWERS, B9

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LATEST FILMS

'13 Hours: The Secret Soldiers of Benghazi'

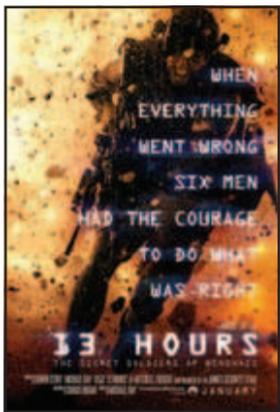
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punchdrunkmovies.com



★ ★ ★
Is it worth \$10? Yes

With director Michael Bay, we've come to expect the absurd. His movies — a quartet of "Transformers" headaches, "Armageddon," "Bad Boys," etc. — are often over-the-top blockbusters with excessive visual effects, inane stories and wooden acting that cash in on the appeal of spectacle rather than the integrity of good storytelling.

One senses he's trying to change that perception, at least slightly, with "13 Hours: The Secret Soldiers of Benghazi," about the six ex-military operatives who hunkered down to protect the U.S. Consulate and a secret CIA base in Benghazi, Libya, on Sept. 11, 2012. There's certainly action throughout, but it's done in a way that feels gritty and real rather than gaudy and lavish. It's still shot in Mr. Bay's sweeping camera, rapidly edited and hyper-stylized bravura, but the lack of excess visual effects allows the story and characters to remain grounded and realistic.



Go figure: Mr. Bay uses restraint, and his movie is better because of it.

Libya was a war zone in 2012, and the men hired to protect the U.S. Consulate and CIA base in Benghazi (which are about a mile apart) are essentially highly trained security guards: Three are Marines, two were Navy Seals and the other was an Army Ranger. They are: Jack (John Krasinski), squad leader Rone (James Badge Dale), Tanto (Pablo Schreiber, "Orange is the New Black"), Boon (David Denman), Tig (Dominic Fumusa) and Oz (Max Martini).

With U.S. Ambassador Chris Stevens (Matt Letscher) in town, militant radicals storm the consulate, which was unprepared for an attack. At great risk to them-

selves, the soldiers lead the fight against the insurgents before help arrives, which inexplicably takes a long time. Why there was so little action on the part of nearby forces is never fully explained, but should have been.

Another shortcoming in Chuck Hogan's script (based on a book by Mitchell Zuckoff): We're reminded too often that the men miss their families back home. We get it. The movie is 144 minutes, but easily could've been 139 min. if Bay cut out all the scenes of tough guys talking about their kids.

Mr. Krasinski ("The Office") does well in a dramatic action role, ceding the funny lines to Mr. Schreiber, who's amusing and an effective warrior. The rest of the cast is strong as well, but be warned of the violence: Toward the end there are some unexpected images that are grisly to the point of discomfort. The good news is the film earns these moments by escalating the danger as the 13-hour standoff wears on.

Mr. Bay is cautious to steer clear of political points, choosing instead to focus on the humanity involved. Indeed, it's not often that you see mothers and sisters and wives

of dead bad guys grieving over their lost loved ones, but you do here in what forms Mr. Bay's larger message: that war, killing, violence and hatred are awful and unfortunate and should not exist. Jack echoes similar sentiments, as do the other soldiers. Heck, how could any reasonable person not agree with that?

You'll leave "13 Hours" having been engaged by the story, entertained by the action and in thought about the brave men who showed a strong, resilient spirit while saving the lives of nearly 40 people. They're real American heroes, and the movie tells their story well. ■

in the know

>> **Images and updates** on the major figures involved in the story of "13 Hours: The Secret Soldiers of Benghazi" are provided prior to the end credits.

FILM CAPSULES

The Revenant ★★1/2

(Leonardo DiCaprio, Tom Hardy, Will Poulter) Fur trapper Hugh Glass (Mr. DiCaprio) is left for dead by his fellow hunters after he's mauled by a bear. The cinematography is fantastic and Mr. DiCaprio and Mr. Hardy give stand-out performances, but there's a harsh unpleasantness about it that makes you feel like you need a shower when it's over. Rated R.

The Hateful Eight ★★1/2

(Kurt Russell, Samuel L. Jackson, Jennifer Jason Leigh) Eight scoundrels are trapped inside a Wyoming log cabin during a blizzard, and not all make it out alive. Writer/director Quentin Tarantino ("Django Unchained") over writes and under edits, but darn if there isn't something deliciously cinematic about it. Rated R.

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Bill Cunningham, "Gothic Bridge in Central Park" (designed 1860), ca. 1968-1976, Gelatin silver photograph, New-York Historical Society, Gift of Bill Cunningham

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On display Saturday, January 23, 2016 to Sunday, April 17, 2016
Closed March 7 to 18, 2016

With the vitality of the 1920s and Marjorie Post's fascinating life as backdrop, this exhibition focuses on the fancy dress balls of the day and the costumes Marjorie wore to them. The exhibit is organized by Hillwood Estate, Museum & Gardens, Washington D.C.



"Marjorie dressed as Marie Antoinette for the Beaux Arts Ball," New York City, 1927, Photographed by Gabor Eder, Image courtesy of Hillwood Estate, Museum, and Gardens Archives



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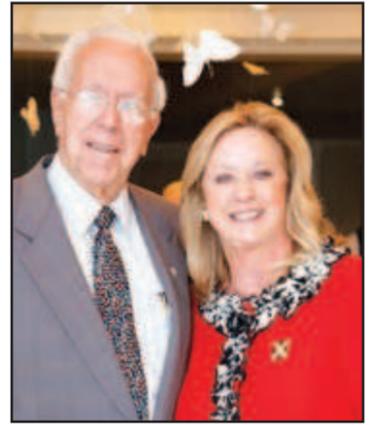
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Arlette Gordon and Bebe Pesenti



Gail Hughes Galli and Gil Cohen



George Elmore and Marti LaTour



Josephine Bayard and Darlene Dzuba



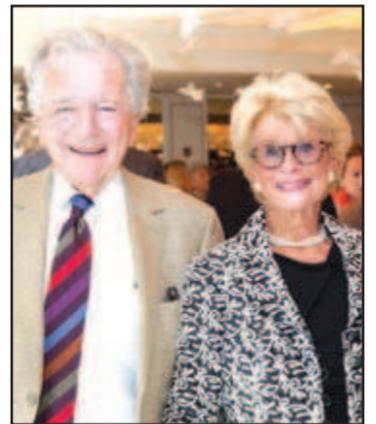
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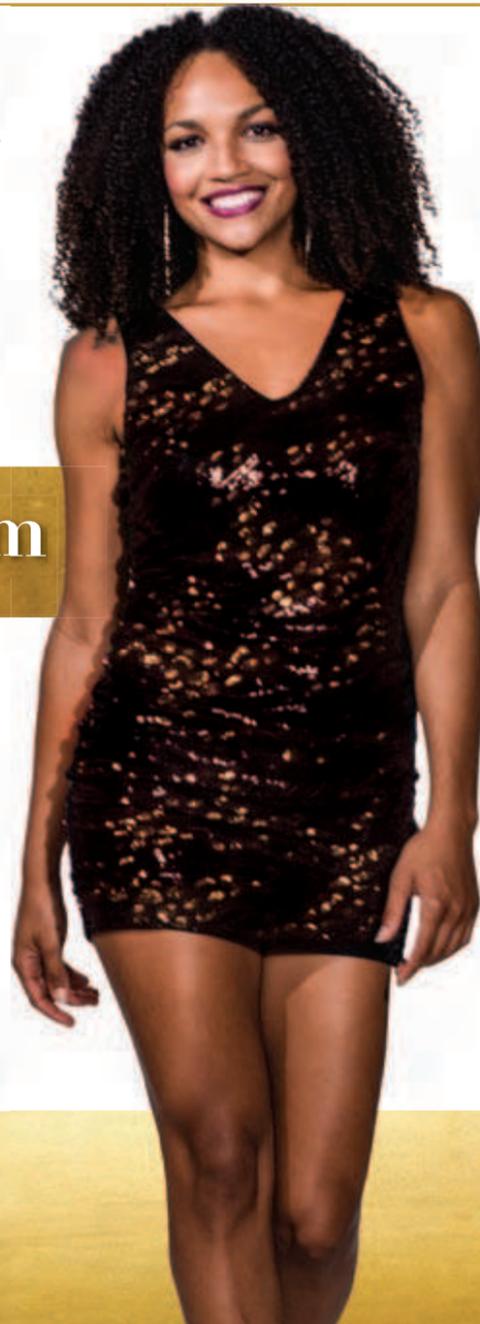
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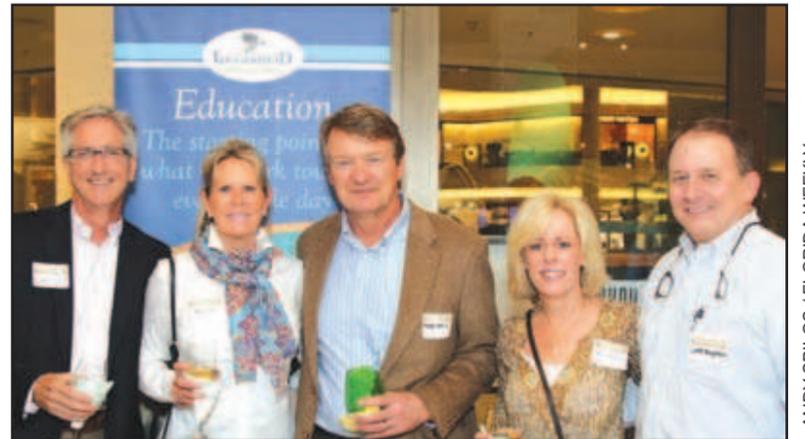
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ANDY SPILOS / FLORIDA WEEKLY

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Fine Art show coming to downtown Boca Raton

SPECIAL TO FLORIDA WEEKLY

Downtown Boca Raton is about to be a hub for art.

The 7th annual Boca Raton Fine Art Show, set for Jan. 23-24, will take place along Federal Highway and at Sanborn Square, north of Palmetto Park Road.

The juried show, produced by Hot Works, LLC Fine Art & Fine Craft Shows and by the Institute for the Arts & Education Inc., will bring together about 165 artists who work in a variety of media.

Organizers say the show will bring together artists not seen at other Florida art fairs.

A budding artist competition for grades 6-12 or ages 9-19 will offer \$250 in prizes.

Federal Highway between Northeast Second Street and Palmetto Park Road will be closed from 1 p.m. Jan. 22 to 10 p.m. Jan. 24 for the show; traffic will be diverted to Dixie Highway.

The fair is open 10 a.m.-5 p.m. both days. Info at hotworks.org. ■

Harbourside Place halts performances

Harbourside Place is canceling performances at its amphitheater after the town of Jupiter ordered it to suspend use of its sound system.

"Due to this unlawful order, we regret to inform our guests that the free, live musical performances, and many charity events held at the amphitheater, provided by Harbourside Place to the community free of charge, will have

to be canceled for the time being," the shopping venue said in a statement. "We truly appreciate the public's continued support of Harbourside Place as we work to resolve this issue."

Harbourside Place, at Indiantown Road and U.S. 1, has been at odds with neighbors and the town of Jupiter over noise from concerts and other events. ■

Clydesdales coming to West Palm

The eight-horse Budweiser Clydesdale hitch will make a special appearance at 6 p.m. Jan. 21 at Clematis by Night along the West Palm Beach Waterfront.

To qualify for a hitch, a Clydesdale must be a gelding at least 4 years old, stand 72 inches at the shoulder when

fully mature, weigh between 1,800 and 2,300 pounds, have a bay coat, a blaze of white on the face, four white legs, and a black mane and tail.

There also will be entertainment by singer Liddy Clark.

For more information on the performances, visit clematisbynight.net. ■

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COLLECTOR'S CORNER

Keep or sell? Sometimes, taking a picture helps us focus



There's always one question I hear when I set up at a show or lecture:

What do I do with my stuff? Nobody wants it.

It's a sad situation for many folks, and we can expect to hear more of it as Baby Boomers age out and downsize. None of us is getting any younger, and once we reach our 70s, it may be time to assess: Who gets what? And why?

One of the hardest lessons one can learn when disposing of a loved one's effects is this: You can't keep everything.

I recently lectured to a historical society. While I was there, a woman showed me a photo of a lovely table. She liked the piece and it was perfect in scale for any home or apartment. But she wondered whether it was valuable enough to sell and pocket the proceeds.

But this is the reality of a time in which there's a glut of furniture on the market: Most of it isn't worth as much as you might think, even in a retail setting.

And it's a time in which antiques have fallen out of favor as designers

and customers tend to favor a look that incorporates pale sofas, soft rugs and the stark lines that make the most fashionable of homes resemble hotel lobbies at times, according to an article in *The Economist*.

"Everyone lives a more casual life," noted designer Bunny Williams told the magazine. And many successful decorators sell their own furniture lines, and now have a financial incentive to suggest new items, *The Economist* said.

But you still have that furniture or other objects, right?

Here's what you can do: Take a photograph. Envision a new use for the piece. A dresser that once was useful in a bedroom may work beautifully in a living room or a den.

Downsizing? Use that photo to shop around for a dealer or consignment gallery that can get top dollar for your piece — even if it's not as much as you thought the piece was worth.

Then put the photo in an album so you remember the piece. After all, most of the value we place on objects has more to do with memories than anything else.

That's what I told the woman at the lecture.

If nothing else, at least you have the memories. ■

LOOK WHAT I FOUND



SCOTT SIMMONS / FLORIDA WEEKLY

Space Age lighted clock dates from the 1950s.

THE FIND: Vintage lighted clock by the United Clock Corp. of Brooklyn

Bought: West Palm Beach Antiques Festival. Next show is Feb. 5-7; wpbaf.com.

Cost: \$50

The Skinny: This retro clock takes me back to my childhood.

I can picture one of these sitting on top of the television in the Florida Rooms of any number of homes in the Rainbow Groves neighborhood of Fort Myers, where I grew up.

This clock, model 340, dates from the early '50s. We can date it to then because the name of the United Clock Corp. was changed to Sessions in 1956.

Its design is so typical of the post-World War II era — forward looking and streamlined. The lights are shaded with atomic starburst-printed parchment. Ball feet (yes, mine lost one foot in transit), and a single rear leg complete the look.

It's not frozen in time, either. This clock works, bringing it into the 21st century.

I'll take that anytime. Now, to find that missing foot! ■

— Scott Simmons

— Write to Scott at ssimmons@floridaweekly.com.

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CONTRACT BRIDGE

A step-by-step process

BY STEVE BECKER

The play of the hand is usually an orderly process based on the evidence declarer accumulates as the play progresses. As new evidence is introduced, declarer makes adjustments, if necessary, to his original plan.

Take this deal where West leads a heart, taken by dummy's king. South has three long suits to attack, but a little reflection should convince him that it is futile to try to establish the diamonds because the opponents are certain to score at least three hearts and the A-K of diamonds if that line of play is adopted.

The spades also can be ignored for the moment because if they are divided 3-3, the contract is guaranteed, while if they are divided 4-2, their establishment would lead to only eight tricks at best.

Therefore, by a process of elimination, the suit to attack is clubs, where a 3-2 division assures nine tricks. Accordingly, declarer cashes the ace of clubs at trick two. When East produces the jack, South carefully plays the eight in order not to block the suit if West started with four clubs.

Declarer then leads a low club to the nine. If West wins, South has nine tricks so let's assume he ducks.

The club suit having been milked dry, declarer abandons his original plan and shifts his attention to spades. The objection to playing spades at the start is no

South dealer.

Both sides vulnerable.

NORTH			
♠	7 4		
♥	K		
♦	Q J 7 3 2		
♣	A K 7 3 2		
WEST		EAST	
♠	8 3	♠	J 10 9 5
♥	Q 8 7 3 2	♥	J 10 6 4
♦	A 6	♦	K 9 8 4
♣	Q 10 6 5	♣	J
	SOUTH		
	♠	A K Q 6 2	
	♥	A 9 5	
	♦	10 5	
	♣	9 8 4	

The bidding:

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

Opening lead — three of hearts.

longer valid because of the extra club trick gained in the interim.

To guard against a 4-2 spade division and to maintain contact with both hands, South leads the spade deuce at trick four! This sequence of plays nets him nine tricks in the form of four spades, three clubs and two hearts, and the contract comes rolling home. ■



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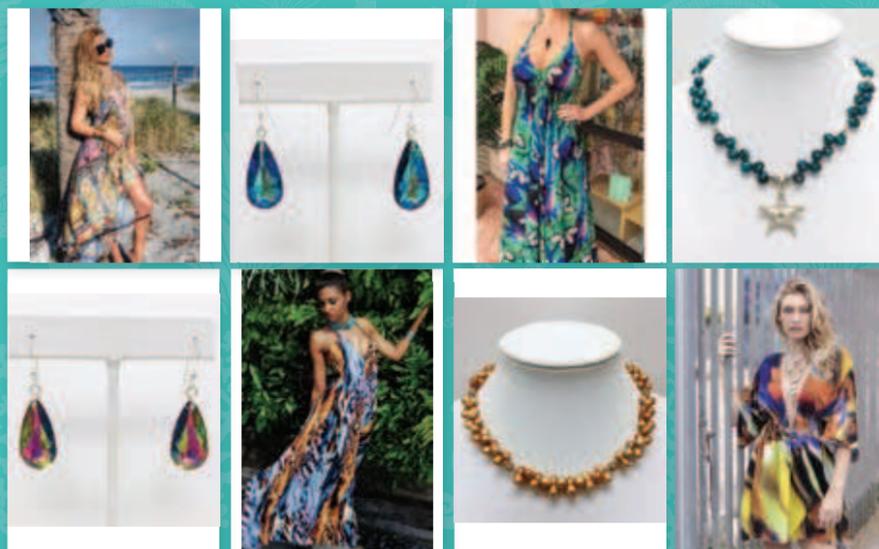
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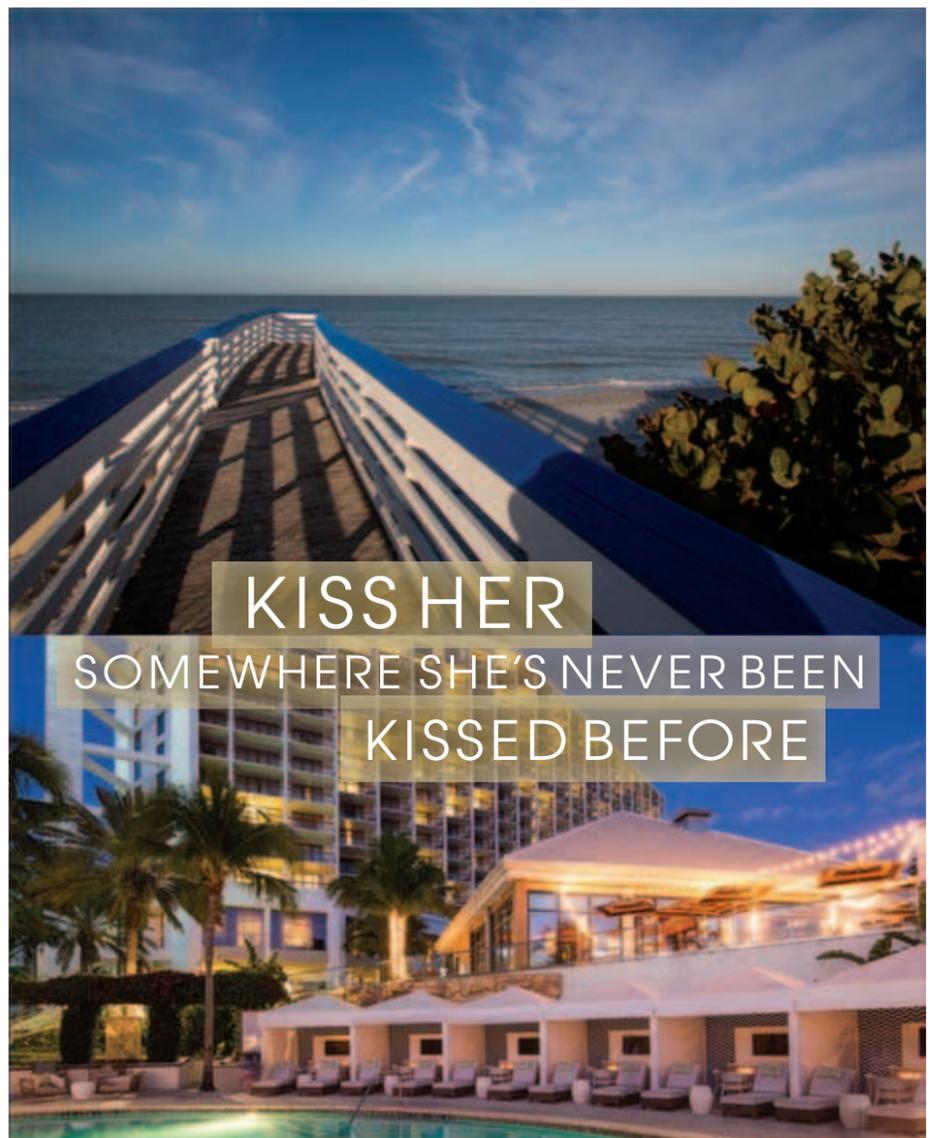
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AREA GREEN MARKETS

■ **Bean Scene Sunset Marketplace** — New market is held twice a month at 410 E. Boynton Beach Blvd., about two blocks west of U.S. 1, Boynton Beach. Every other Thursday, find live music, pop-up dinners, craft beer and wine and a selection of all-vegan, often gluten-free and paleo-friendly ingredients and artisanal foods. 4-8 p.m. alternate Thursdays through May 5. Dates: Jan. 21, Feb. 4 and 18, March 3, 17 and 31, April 7 and 21, May 5. Info: 877-1411.

■ **The Farmers Market Waterside** — 9 a.m.-1 p.m. Saturdays, Old Bridge Park, on the northwest corner of Lake Avenue and State Road A1A, Lake Worth. Formerly called the Lake Worth Farmers Market. Through April 30. Info: 547-3100; lakeworthfarmersmarket.com.

■ **The West Palm Beach GreenMarket** — 9 a.m. to 1 p.m. Saturdays on the West Palm Beach Waterfront, downtown West Palm Beach. Nearly 80 local vendors selling fresh produce, exotic plants and flowers, herbs and spices, baked goods, gourmet and specialty foods, coffee and teas. Pet-friendly. Parking is free in the Banyan and Evernia city garages during market hours. Through May 28. Info: wpb.org/greenmarket.

■ **The Gardens GreenMarket** — 8 a.m. to 1 p.m. Sundays at the City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. Held each Sunday through May 3, the market has more than 120 vendors of seasonal vegetables and fruits, herbs, honey, and homemade breads, pies, cheeses and sauces, plus live entertainment. Info: 630-1100; pbgfl.com/greenmarket.

■ **The Village of Royal Palm Beach Green Market and Bazaar** — 9 a.m.-1 p.m. Sundays through April 24, Veterans Park, 1036 Royal Palm Beach Blvd., Royal Palm Beach. Organic fruits and vegetables, herbs, spices, artisan foods, baked goods and honey, plus artists and crafters selling jewelry, handicrafts and other wares. Info: rpbgreenmarket.com

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

■ **Harbourside Place Farmers Market** — Harbourside Place is at 200 N. U.S. 1, Jupiter. More than 50 farmers and food producer vendors from South Florida. Visitors will find produce, meat, poultry and fish, flowers and organic eggs, smoothies and baked goods, jams and coffee. The market will be open from 10 a.m. to 3 p.m. Sundays until April 24. Info: harboursideplace.com.

■ **Jupiter Green & Artisan Market at Riverwalk Event Plaza** — 10 a.m. to 2 p.m. Sundays, 150 S. U.S. 1, under Indiantown Bridge, Jupiter. This year-round market is set along the Intracoastal Waterway. Find 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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FLORIDA WRITERS

Iconic monument in St. Louis raises brooding teenager's fragile hopes



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follower to nonconformist risk taker Jim, occasional assistant in his father's furniture store, driver of Dorothea from and to her home in the "colored" district, brother in the shadow of the "perfect son" and older brother Chip, comforter to his cancer-plagued mother and aspiring writer.

■ **"Ascent" by William Welsh.** Book Broker Publishers. 324 pages. Trade paperback, \$15.95.

This delightful and disturbing novel, set in St. Louis in the autumn of 1965, is essentially a coming of age tale focused on David Miles, a high school junior who defines himself as something of an outsider.



WELSCH

The year is significant, as the Civil Rights Act had gone into effect only one year earlier, marking a kind of coming of age though a tortured one — for the United States. It was also the time of a symbolic coming of age for the city of St. Louis, symbolized by the completion of the famous Gateway Arch, itself a symbol of a continent-wide nation.

The book, which takes its title (and cover art) from viewing the arch as a symbol of ascent and inspiration, celebrates the 50th anniversary of the arch. However, the crisis of race relations that is portrayed in the narrative has only amplified in this special anniversary year. One wonders: Perhaps David Miles has grown up a bit, but have St. Louis and the country really matured?

When Douglas Findley, a new English teacher at Glendale Prep, challenges his students to widen their horizons by exploring beyond their comfortable neighborhoods, David is awakened to the sorry state of race relations and the enormous wealth and opportunity disparities in St. Louis. When Dorothea, his family's Afro-American housekeeper and cook who David feels is a second mother, is not invited to the wedding of his older brother, the hardened barriers between White and Black St. Louis are potently underscored.

The portrait of David as a shy, sensitive, academically weak young man is amplified and rounded by his many other rolls: neighborhood babysitter, stumbling seeker of young female companionship, dreamer,

Readers come to understand that David's main challenge is his low self-esteem. His sense of fair play and social justice does not fit well into the prevailing communities of social and racial prejudice and the group-think that nurtures belonging.

Yes, the author develops an atmosphere of generational change, mainly glimpsed in Jim and in David's girlfriend Amy.

It is with Amy and some other young people that David joins a church-related group to perform good works.

One generation's normality is the next generation's prison. The conventions and routines of the adults are the boring confinements of youths eager to break out and define themselves. A teacher like Douglas Findley is at once liberating and dangerous.

When Jim decides to trespass and climb the almost completed Gateway Arch, his fate underscores the danger. The ascent is not a victory, and the lesson David learns from it will help him rebalance his values.

The titled, unnumbered chapters of "Ascent" make it read more like a series of independent vignettes than a traditional novel, even though the sections are bound by a tight chronology. It also reads like a reminiscence.

Mr. Welsh's style is generally smooth, never flashy. He gets the job done, especially with dialogue that allows vocabulary and speech patterns to bring his characters to life. Occasional flashbacks relieve the chronological march, providing a deeper understanding of the Miles family. The subordinate characters are nicely drawn and effectively varied.

All in all, this is a successful first novel. It would be even more so with additional references to what is going on in St. Louis and in the wider world — something beyond popular culture allusions. However, I'm sure that many of this Punta Gorda author's readers will like it just fine as it is. ■

— Phil Jason, Ph.D., United States Naval Academy professor emeritus of English, is a poet, critic and freelance writer with 20 books to his credit, including several studies of war literature and a creative writing text.



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Beverly Robbins, Socki Berg and Harriet Miller

COURTESY PHOTOS

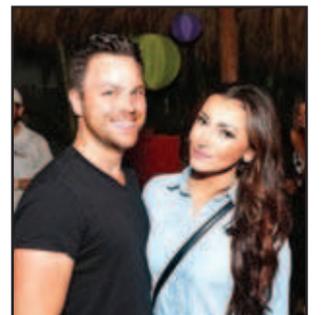
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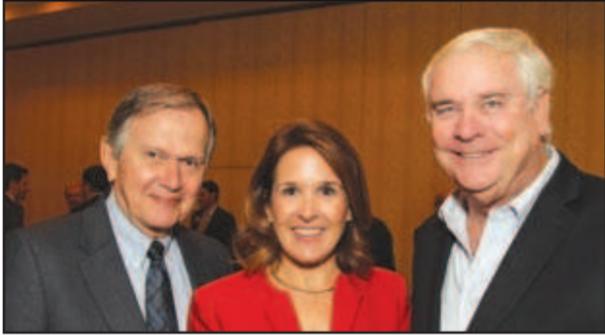
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NETWORKING

PGA Corridor Association annual economic forecast breakfast, Marriott Palm Beach Gardens



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Jill Lanigan, Beatriz Toledo, Keith Douglas and Bob Goldfarb



Joey Eichner, Jon Channing, Ann Booth and Lisa Bary



Kevin Caracciolo, Kerry Johnson, Alex Meas and David O'Brien



Maria Marino, Julie Idle and Brian Idle



Michael Simms, Ellen Regnery and Jay Eckhaus



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FLORIDA WEEKLY CUISINE

In the kitchen with...

NUNZIO BILLANTE, Burger Bar, Palm Beach Gardens

BY STEVEN J. SMITH
ssmith@floridaweekly.com

Nunzio Billante developed a passion for cooking when he was 5 or 6, growing up in an Italian family in Pittsburgh.

"My grandmother was one of my early role models," he said. "My family is Sicilian and going to her house when I was growing up always guaranteed me a full bowl of pasta. I'd be amazed, watching her make octopus from scratch. Food has always been a love of mine. And of my parents."

Chef Billante's parents moved the family to Miami when he was 10 to help his uncle run his restaurant, called Meatballs.

"They hired me as a busboy at first," he said. "After school, it was my job to roll the meatballs. I worked my way into the kitchen at 15 years of age. I prepped food and learned all about Italian cuisine until at age 17 I hit the cook line."

After working at Meatballs for several years, Chef Billante's parents made another move, to Orlando, to open their own restaurant on International Drive called The Big Dish. From there, he moved on to cook at Universal Studios, then it was on to Chicago, where he worked under renowned Mexican chef Roberto Santibanez. He next returned to Florida to work for Big Time Restaurant Group eateries Big City Tavern, City Cellar and finally Rocco's Tacos, where he was elevated to executive chef. He then returned to Orlando, where he was executive chef at the Mexican pavilion at Epcot in Disney World. He drifted back to the Palm Beach area when Kevin Taggart came knocking at his door.

"Kevin and I have been friends for about 12 years," he said. "He's the general manager of Burger Bar and he's been trying to get me over here. He finally did. I've been here since August."

At 4,500 square feet, Burger Bar is spacious and can accommodate 250-260 diners in a casual setting that highlights an industrial look, with red banquettes and stainless steel chairs.

Chef Billante said he gets inspiration for his menu by constantly combing the region for ideas.

"I'm a fat kid," he laughed. "I like to go out and eat. I look at new things and I get inspiration from different foods, differ-



COURTESY PHOTO

Nunzio Billante grew up in the restaurant business and now is chef at Burger Bar.

ent colors and interesting ideas."

Some of those ideas have translated into popular selections on Burger Bar's "Top Shelf Burgers" menu. One is called The Delicious, Hot Mess (\$15), which features a cheddar cheese skirt, jalapeños, applewood smoked bacon, Swiss cheese and a "blasting sauce" containing a mixture of Sriracha sauce, pineapple juice, lime juice and ketchup. A big seller on the sandwich menu is the Mediterranean Vegetable (\$13.50), containing a massive grilled Portobello mushroom cap, marinated grilled vegetables, tomato, provolone cheese, arugula and balsamic vinaigrette — all on a challah bun.

Although his résumé is diverse, Chef Billante said he has yet to delve into French cuisine.

"I'd like to get into the bistro-style French cooking," he said. "Things like fries done in duck fat and steak frites. These are very popular dishes in Europe and I'd like to try them here."

Nunzio Billante

Age: 40

Original Hometown: Pittsburgh

Restaurant: Burger Bar, Donald Ross Village, 4650 Donald Ross Road, Palm Beach Gardens; 630-4545; burgerbar.com.

Mission: "Our burgers are crafted from all prime beef and the secret to a great burger is an obsession with quality, execution and presentation. The foremost element of our burgers is simplicity itself."

Cuisine: American gastropub fare

Training: Johnson & Wales College of Culinary Arts; Universal Studios Culinary in Orlando

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

What advice would you give someone who wants to be a restaurateur or chef? "Be passionate. Treat every day like a new day. Don't get too wrapped up in the small things. At the end of the day, it's food and drink. You have to love what you do." ■



COURTESY PHOTO

Duke's Lazy Loggerhead Café, at Carlin Park in Jupiter, is a lively lunch spot.

SCOTT'S THREE FOR 3 Places for a quick lunch

A trio worth noting

1 DUKE'S LAZY LOGGERHEAD CAFÉ

6 Van Kessel Parkway (in Carlin Park), Jupiter; 747-1134 or lazyloggerheadcafe.com.

The earthy black bean soup is one of life's great pleasures, and Lazy Loggerhead cools it down with lime cream, mango coulis and fruit salsa.

But the Chunky Ginger Chicken, available as a sandwich or a salad, is as refreshing as it sounds, with cubes of chilled chicken tossed with cucumbers and carrots, and served with a ginger-soy dressing. The island-style shrimp served atop a Caesar salad also had perfectly grilled tender shellfish atop fresh, crisp greens. Also tasty: Captain Carlin's Grilled Half-Pound Burger. Order it with cheese. You know you're worth it.

2 HOBO'S GOURMET KITCHEN

421 Northlake Blvd., North Palm Beach; 841-8305.

We like this locally owned breakfast and lunch place that has one of the nicest salad bars we've seen since we don't know when, courtesy of chef-owner Fernando Valera. A dish that tempts us nearly every visit: The Jacked Buffalo Grilled Cheese, made with Texas toast topped with Monterey jack cheese, crumbled blue cheese, grilled chicken and tangy Buffalo sauce.



FLORIDA WEEKLY FILE PHOTO

The Jacked Buffalo Grilled Cheese, from Hobo's Gourmet Kitchen.

3 PARK AVENUE BBQ & GRILLE

Various locations, from Port St. Lucie to Boca Raton; pabbqgrille.com.

Oh, you might find on restaurant that does this item better or that item better, but you will not find a place that does things as consistently as Park Avenue. The marinated Casablanca chicken, available on Thursdays, is one of life's little pleasures. Try the piquant chicken with some of the restaurant's mustard-based Heater sauce.

— Scott Simmons

THE DISH: Highlights from local menus

The Dish: Bistro Burger

The Place: Tabica Grill, 901 W. Indiantown Road, Jupiter; 747-0108 or tabicagrill.net.

The Price: \$9.99

The Details: Tabica Grill is the place to go for comfort food done right. Crispy roast duck? Check. Grilled meatloaf? Check.

But that's at dinner.

Nice to know you can come in at lunch and get the basics done right.

This cheeseburger came medium, as ordered.

We love the Worcestershire sauce that infuses the meat. The Kaiser roll was perfectly toasted, and it was served with crisp lettuce, ripe tomato and kissed with the zest of a chipotle mayonnaise. Who could ask for anything more? ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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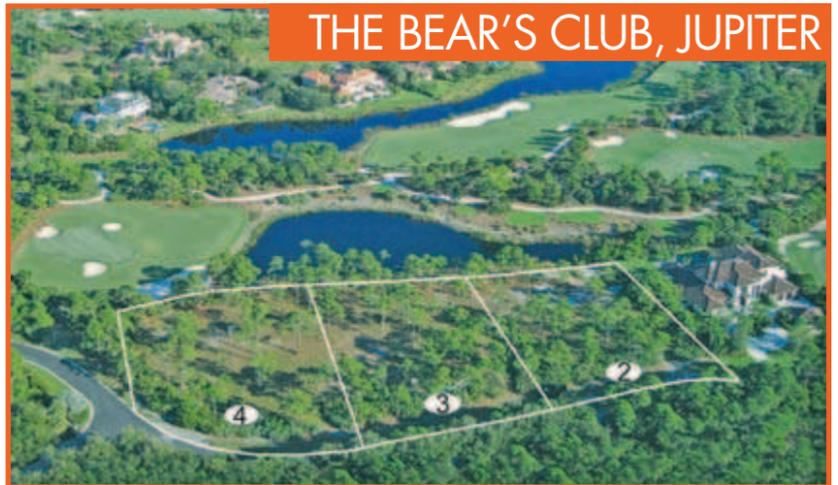
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healthy living

JANUARY 2016 *

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

Lasers shown to restore women's sex lives | **C2**
 Breast cancer risk factors can be identified | **C5**
 Change your life with Teeth Next Day | **C7**



A New Generation of Care

BY SAMUEL BARSKY, DO
 Chief of Pediatrics, Jupiter Medical Center

As a pediatrician, each day I take care of children with a wide variety of medical conditions — from those with a simple ear infection to patients requiring high-level medical intervention and ongoing care.

And now, with the new De George Pediatric Unit opening in February at Jupiter Medical Center, my patients who need to enter the hospital for testing, treatment and even surgery, can receive world-class comprehensive medical treatment in an environment designed with

them in mind, in their own neighborhood.

The new De George Pediatric Unit represents the continuation of a dynamic partnership between Jupiter Medical Center and Nicklaus Children's Hospital (formerly Miami Children's Hospital) and will bring a new level of comprehensive pediatric care and treatment to Palm Beach County.

Here, patients — from newborns to age 18 and every age in between — will receive specialized care.



SAMUEL BARSKY, DO

Outstanding local pediatricians have long been caring for our community's children, but have lacked the 24/7 resources of hospital-based inpatient care in our community. We are now working collaboratively with these local pediatricians and Nicklaus Children's Hospital to develop protocols that benefit the youngest patients we treat.

The unit has been made possible by an extraordinary partnership gift

SEE CARE, C6 ►

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

561-701-2841
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 pro-

cedure 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.

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Varicose veins easily eliminated

BY JL WATSON
Lee Memorial Health System

Veins carry blood throughout the body, providing an essential element in keeping us healthy and alive. However, red and blue varicose veins running through legs can be unsightly, and for some, they also cause a great deal of pain.

“Varicose veins are enlarged veins that are swollen and raised above the surface of the skin,” says Fort Myers Lee Memorial Health System vascular surgeon John Moss, D.O. “They develop when valves in the veins that allow blood to flow toward the heart

stop working properly. As a result, blood pools in the veins and causes them to get large.”

Varicose veins often stem from underlying medical problems. Laser vein surgery can be successful at eliminating problem veins for preventing blood from pooling in veins and causing vessels to swell. Following a minimally invasive laser procedure, which takes less than an hour, patients are able to walk without visibly bulging veins.

“Anyone can develop varicose veins but it is common in women after pregnancy,” Dr. Moss says. “We usually treat with conservative therapy, such as leg elevation and use of com-

pression stockings. Laser surgery is used to treat those not resolved with conservative therapy.”

Ways to reduce the risk of developing varicose veins include:

- Exercise regularly to improve circulation and vein strength
- Focus on exercises to work the legs, like walking or running
- Do not stand or sit for long periods of time. If standing, shift your weight from side to side every so often. If sitting, stand up and take short walks every 30 minutes.
- Eat a low-salt diet rich in high-fiber foods. Salt causes water retention. Fiber helps regular digestion.

“Elevating the legs and wearing compression stockings also aids in prevention of or recovery from varicose veins,” Dr. Moss says.

Varicose veins affect a large number of people and are easily treated. Dr. Moss recommends seeing a physician to address the pain and discomfort of this condition. “While most patients seek surgery for cosmetic concerns and leg pain, laser vein treatments may also help prevent complications such as ulcers or blood clots,” he says. “It is not an issue of vanity. This is a quality-of-life issue and one that, once treated, makes a pronounced difference in patients’ mobility, level of discomfort and overall health.” ■

Life is too important to skip a beat.

Heart Health Screenings are only \$69.

Heart disease is the leading cause of death in the United States. An essential key to preventing heart disease is knowing and managing personal risk factors. Jupiter Medical Center is offering heart health screenings to promote heart health.



Heart Health Screenings include:

- Risk assessment
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For your convenience, screenings are available at:

Jupiter Medical Center Urgent Care Center

5430 Military Trail, Suite 64, Jupiter

Next to McDonald's in the Abacoa Shopping Center

Appointments are required.

Call Gail Cooper-Parks at 561-263-4437.

Learn more at jupitermed.com/heart



Tips for when it's time for Mom or Dad to hang up the keys

Sometimes our parents reach a point where it is no longer reasonably safe for them to continue to drive. Diminished vision, slowed reflexes and impaired judgment can make driving hazardous — hazardous not only to the elderly driver but

also to passengers, pedestrians and other drivers.

In addition, when an elderly person develops cognitive difficulty and memory loss, there is a risk of getting lost in unfamiliar surroundings. We've all seen "Silver Alerts" on the highway and heard reports of older drivers found on the other side of the state or driving



Irv Seldin

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until they run out of gas.

Determining when your parent should no longer drive and, equally important, persuading Mom or Dad to take that step, can be challenging. Here are some tips to make the process easier.

The car is a powerful symbol.

First, recognize that for an older person the car is a powerful symbol of independence and freedom. The prospect of losing the ability to drive is often seen as a threat to self-esteem and the sense of being in control. For this reason, be very sensitive and respectful in talking with Mom or Dad about giving up driving.

Maintain trust.

Second, try to maintain a sense of trust in your relationship. Be honest and persistent and encourage Mom or Dad to



make the decision to reduce or stop driving, depending on the circumstances.

Offer an alternative.

Third, always offer an alternative solution to getting out and getting around. Your parent might fear becoming isolated and unable to visit friends, go shopping or get to appointments. Talk to other family members and friends about arranging to take turns driving your parent where they want to go. Using local transportation services can also be a substitute. Most senior home care companies in this area offer transportation services for elderly clients.

Involve a physician.

Fourth, if you can't reason with Dad or Mom, it is a good idea to get his or her physician involved. Your parent might accept the judgment of a medical professional over that of a son or daughter. This approach also has the advantage of taking a son or daughter out of the blame equation. Physicians have reporting requirements to the state if they consider a patient to be unsafe to drive.

Use technology.

Fifth, if you determine that Mom or Dad can drive safely as long as they stay on familiar routes and relatively close to

home, there are new technologies that can be installed on their car to alert you over the Internet when they drive outside a defined perimeter. You can also enroll in the state's Silver Alert system at floridasilveralert.com. The Palm Beach County Police Chiefs Association and Alzheimer's Community Care are two local agencies that participate in this program.

Don't take chances.

Finally, if you genuinely believe that it is dangerous for your parent to continue to drive, do not procrastinate or delay taking action. You have an obligation not only to them but to others whom they might put at risk. ■

Study shows chelation therapy improves a variety of symptoms

Chelation therapy is a series of intravenous treatments that have been used for over 50 years to safely remove toxic metals such as lead, mercury, cadmium and arsenic, which accumulate over time in our bodies.

When heavy metals build up in our bodies, they can cause symptoms like memory loss or fatigue and can lead to cardiovascular disease or cancer.

A meta-analysis of over 22,000 patients who were followed using objective instrument testing before and after

EDTA chelation showed that 87 percent demonstrated clinical improvement in their symptoms, mostly as a result of improved circulation.

These benefits included improved circulation, reduced leg pain to walking, less fatigue with improved energy, lowered blood pressure, better memory and concentration, improvement in glucose balance, normalization of irregular heartbeat, lowered cholesterol, improved senses, reduced aches and pains in joints, reduced allergy symptoms, and an improved sense of well-being.

A large seven-year study funded by the NIH proved chelation was clinically effective and safe when compared to placebo. It revealed a 50 percent improvement over placebo for diabetics and was published in *JAMA* and



Circulation journals.

For the past 20 years of administering chelation therapy to my patients, I have witnessed all of the above results.

Personally, I have done chelation on myself, friends and family as it is so safe and improves my energy, focus, and sense of well-being.

It has been a great pleasure in my medical practice to be able to help people with medical problems using chelation therapy. They are often able to avoid surgery and to get off of medications after doing a series of chelation therapies. Please call my office at 744-2724 for more information. ■

— Dr. Bruce Dooley received his M.D. from Jefferson Medical (Phila.) and his M.S. from Villanova. He gives training lectures to physicians and the public on Functional or Integrative Medicine. His clinical experience in this field and EDTA chelation therapy spans 25 years and over 4,000 patients.

Do you have a higher risk of breast cancer?

TENET HOSPITALS

A risk factor is something that increases or decreases your chances of developing a disease such as cancer. But just because you have one risk factor, or several, does not mean you will be diagnosed with the disease. A woman may have breast cancer for no apparent reason, while another may not even though her mother and other family members have been diagnosed with the disease.

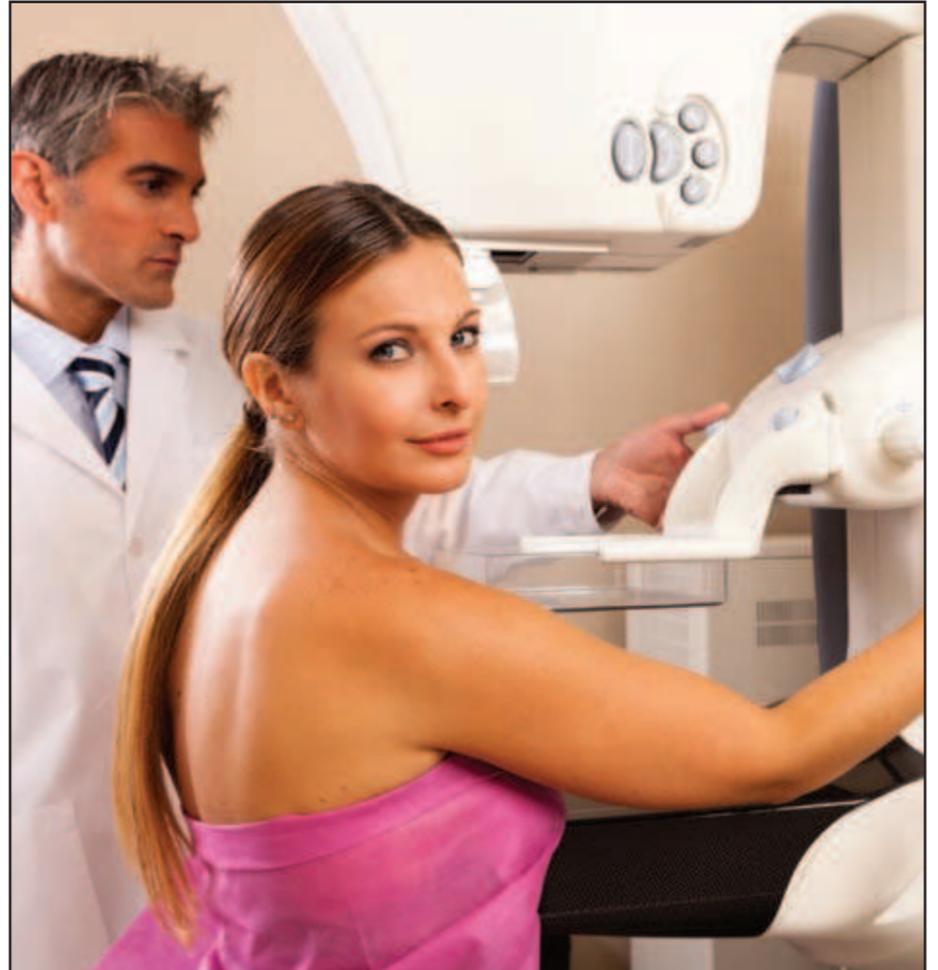
So, do you have a higher risk of breast cancer?

Palm Beach Gardens Medical Center, accredited by the American College of Radiology in mammography and breast ultrasound, wants to help you estimate your cancer risk by looking at a number of risk factors.

- Being a woman. Women are about 100 times more likely than men to develop breast cancer.
- Being older. Approximately two-thirds of invasive breast cancers are diagnosed in women age 55 or older.
- Inheriting certain gene defects. Between five and 10 percent of breast cancer cases are thought to be hereditary. The inherited gene mutation called BRCA1 and BRCA2 is the most common cause of hereditary breast cancer.
- Having a family history of the disease. A woman's risk of breast cancer doubles if she has one first-degree relative with the disease and approximately triples with two first-degree relatives.

- Having a personal history of breast cancer. A woman who has had cancer in one breast has a higher chance of developing a new cancer in either the other breast or another part of the same breast.
- Being Caucasian. Caucasian women are more likely to develop breast cancer than African American women, but African American women are more likely to die of breast cancer.
- Having dense breast tissue. These women who have more glandular tissue than fatty tissue have a higher risk of breast cancer.
- Having certain benign breast conditions. Depending on the type of benign breast condition, a woman's risk for breast cancer can increase one and a half to two times, up to four to five times higher than average.
- Having more menstrual cycles. Women who started menstruating before age 12 or stopped after age 55 have an elevated breast cancer risk.
- Giving birth. Women who have had children have a lower risk of breast cancer.
- Being overweight. Overweight women have a higher chance of developing breast cancer.

Women who are concerned about their risks for developing breast cancer should talk with their doctor to learn more about the disease. They should also make sure to schedule their yearly mammograms. The digital mammography program at Palm Beach Gardens



Medical Center uses low-dose technology to provide comprehensive breast services for screenings and diagnostic mammograms.

In addition, the hospital's ultrasound guided breast services are designed for precise localization during a biopsy or

aspiration procedure. ■

— For a free referral to an obstetrician/gynecologist in your area, call 561-625-5070, or see pbgmc.com/our-services/women's-health/breast-care for more information.



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CARE

From page C1

from the Lawrence J. and Florence A. De George Charitable Trust and the Nicklaus Children's Health Care Foundation.

The De George Pediatric Unit, located on the same floor as the newly opened Florence A. De George Children's & Women's Services obstetrics unit, will have 12 inpatient pediatric rooms that have been designed and decorated to provide comfort and warmth to children and their families during what can be a stressful time.

Patients and their siblings can also enjoy a children's playroom as well as the Bear's Den, a resting area named for Jack "Golden Bear" Nicklaus. One of our top priorities is making our patients and their families feel as comfortable as possible during their stay, so we strive to provide them opportunities for a bit of fun and respite during their time with us.

For patients requiring surgery, the De George Pediatric Unit is uniquely equipped with two state-of-the-art pediatric surgical suites, allowing my colleagues to perform surgical procedures using equipment and instruments designed for the smallest of patients. The De George Pediatric Unit will also offer a host of pediatric therapeutic services like physical and occupational therapy, employing the latest equipment and technology. Because we know this can be a stressful time, our Child Life Specialist will be available on-site to help



children cope with their hospital stay.

The De George Pediatric Unit also represents the growth and expansion of the existing pediatric services Jupiter Medical Center and Nicklaus Children's Hospital currently provide together. In addition to our two designated pediatric ER physicians who are in place in Jupiter Medical Center's ER during peak times, we currently offer Telehealth technology in our Emergency Department,

which allows our physicians to interact with Nicklaus Children's Hospital physicians remotely on complex cases.

This gives them the ability to consult on patient care, colleague to colleague, in real time. Physicians in Miami can review images, lab results and vital assessment information, while discussing the patient's diagnosis and treatment plan. In addition, also as part of the collaboration, we currently offer pediatric MRI

services.

Thanks to the new De George Pediatric Unit at Jupiter Medical, we now offer pediatric patients and their families another choice for world-class care, right in their community.

What could be more important? ■

— To learn more about the De George Pediatric Unit and services at Jupiter Medical Center, please visit jupitermed.com/pediatrics or call 561-263-3480.

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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.

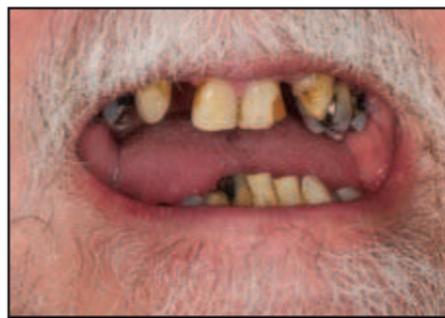
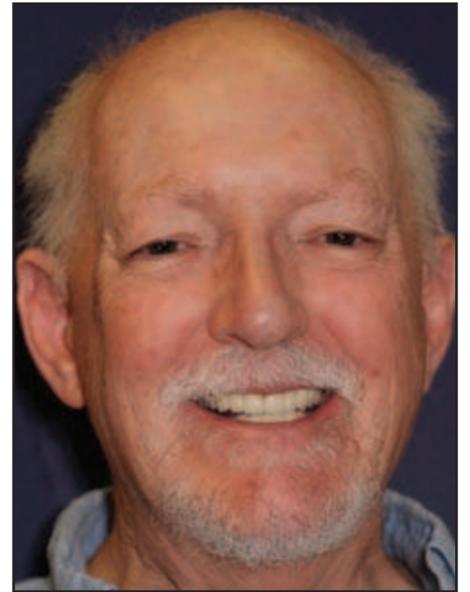
The latest technology

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.

Patients who have undergone Teeth Next Day have transformed their appearance and their quality of life. No longer do they hide their toothless smile or struggle

to chew a meal.

Now, they have regained confidence to smile and eat the foods they love.

Are you ready for a comfortable, healthy smile? Change your smile and change your life! Call 561-627-8666 to schedule your complimentary consultation. ■

Teen drug use trends stable or declining

The 2015 Monitoring the Future survey shows decreasing use of a number of substances, including cigarettes, alcohol, prescription opioid pain relievers and synthetic cannabinoids ("synthetic marijuana"). Other drug use remains stable, including marijuana, with continued high rates of daily use reported among 12th graders, and ongoing declines in perception of its harms.

The MTF survey measures drug use and attitudes among eighth, 10th and 12th graders, and is funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. The survey has been conducted by researchers at the University of Michigan at Ann Arbor since 1975.

For the first time, daily marijuana use exceeds daily tobacco cigarette use among 12th graders.

Daily marijuana use for this group remained relatively stable at 6 percent, compared to 5.5 percent reporting daily cigarette smoking (down from 6.7 percent in 2014).

Other highlights from the 2015 survey:

- Use of many illicit drugs has trended down. Among high school seniors, 23.6 percent report using an illicit drug in the past month, with 7.6 percent reporting they used an illicit drug other than marijuana.

- Perception of marijuana use as risky continues to decline, with 31.9 percent of seniors saying regular use could be harmful, compared to 36.1 percent last year.

- Past year use of synthetic cannabinoids ("synthetic marijuana") is at 5.2 percent for 12th graders, down significantly from 11.4 in 2011, the first year it was measured in the survey.

- Past year use of heroin, typically very low among teens, is at an all-time low at 0.3 percent for eighth graders, and 0.5 for 10th and 12th graders.

- Use of MDMA (also known as

Ecstasy or Molly), inhalants and LSD are generally stable or down. In 2015, 3.6 percent of seniors reported past year use of MDMA, compared to 5 percent in 2014.

- Non-medical use of the prescription amphetamine Adderall, typically given for ADHD, remains high at 7.5 percent among 12th graders.

- Use of prescription opioids continues its downward trend, with 4.4 percent of high school seniors reporting non-medical use of Vicodin (hydrocodone and acetaminophen), down from a peak of 10.5 percent in 2003.

- Most teens abusing prescription opioids report getting them from friends or family members.

- Cigarette smoking rates have greatly declined among teens in recent years. For example, among 10th graders, there has been a 54.9 percent drop in daily smoking in just five years, reported at just 3 percent this year compared to 6.6 percent five years ago.

- However, rates of use of other tobacco products, while not significantly changed from 2014, remain high with 12th graders, reporting rates of past year use of hookah and small cigars of 19.8 percent and 15.9 percent, respectively.

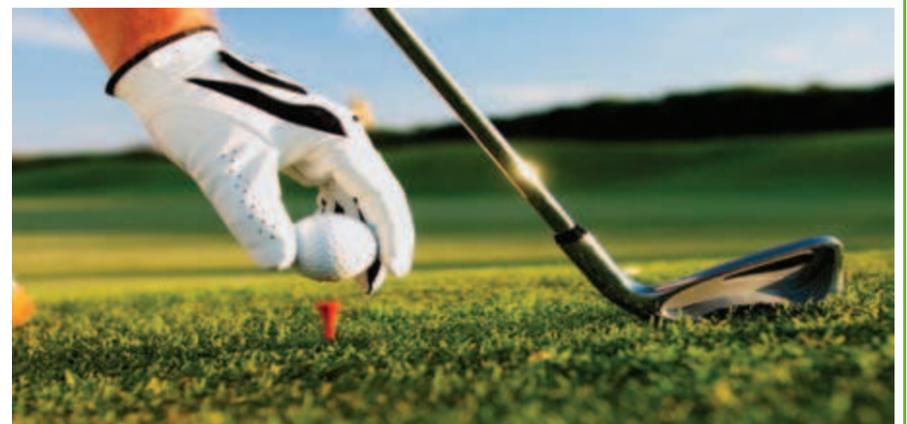
- More than 75 percent of high school seniors view smoking a pack or more a day as harmful, compared to 51.3 percent in 1975, the first year of the survey.

- Roughly twice as many boys as girls report using e-cigarettes (21.5 percent to 10.9 percent).

- Alcohol use continues its gradual downward trend among teens, with significant changes seen in the past five years in nearly all measures.

- Binge drinking (described as having five or more drinks in a row within the past two weeks) is 17.2 percent among seniors, down from 19.4 percent last year and down from peak rates in 1998 at 31.5 percent. ■

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