

PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**<sup>®</sup>  
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WEEK OF APRIL 21-27, 2016

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INSIDE



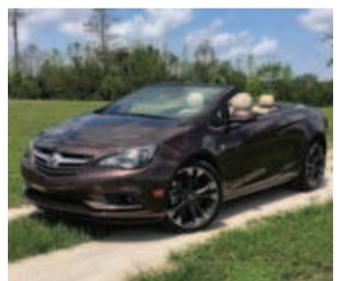
**Glass magic**

Marlene Rose will demonstrate her art at Benzaiten Center. **B1** ▶



**Society**

Polo, a Seder and other events. **10 pages inside** ▶



**Behind the Wheel**

The new Buick Cascada is good but not great. **A20** ▶



**In the kitchen**

Meet Laurent Godbout, chef at Chez l'Épicier. **B18** ▶

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**SunFest 2016**  
*shakes it up*

New music from Alabama Shakes. Classic rock from Duran Duran. And new food from star chef Lindsay Autry.

**BY SALLIE JAMES**  
 Florida Weekly Correspondent

Time, and lots of it. That's what you're going to need to really enjoy everything SunFest 2016 has to offer, so make sure to plan.

At least that's the message Executive Director Paul Jamieson has for festivalgoers who attend Florida's annual largest music, art and waterfront extravaganza. The festival runs April 27 to May 1 along Flagler Drive in the heart of downtown.

"We have really gone out of our way this year to spend more time,

SEE SUNFEST, A8 ▶

INTERVIEW WITH SUNFEST HEADLINER DURAN DURAN, B1

COURTESY PHOTOS

**Northern chamber to rebrand itself**

**BY SCOTT SIMMONS**

ssimmons@floridaweekly.com

Northern Palm Beach County has come of age.

That's the message the Northern Palm Beach County Chamber of Commerce wants to give April 26, when it unveils its rebranding campaign.

The new name, Palm Beach North, will give the region north of West Palm Beach an identity its leaders can market to potential businesses and residents.

"It will differentiate us and give us an opportunity to showcase all the key enti-

ties in North County," said Michele Jacobs, who chaired the chamber's steering committee through the process.

Ms. Jacobs knows a thing or two about the key entities of northern Palm Beach County, courtesy of her 8½ years as corporate director of marketing for The Forbes Company, which owns The Gardens Mall. She oversees the 1.4 million-square-foot mall, along with Waterside Shops in Naples and The Mall at Millennia in Orlando.

But she has a perspective about the area that goes beyond her years in high-end retail.

Ms. Jacobs grew up in North Palm Beach — dad was a CPA, mom had a teaching

degree — and Ms. Jacobs graduated from Palm Beach Gardens High School.

"When I was growing up, the mall wasn't here and I-95 ended at PGA Boulevard, so to see the tremendous amount of growth that has happened over the past 25 years has really been remarkable," she said.

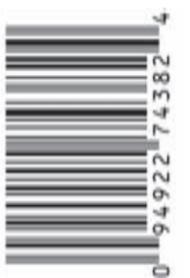
Creating the brand offered an opportunity for reflection.

"Going through the process of creating a business brand has been great and there has been a lot about northern Palm Beach County that I took for granted. It has been fun to

SEE CHAMBER, A7 ▶

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# COMMENTARY

## Caught on camera



leslieLILLY

llilly@floridaweekly.com

A couple years ago, the Norton Museum of Art in West Palm Beach hosted a photography exhibit, "The Radical Camera: New York's Photo League, 1936-1951." It was organized by The Jewish Museum, New York, and the Columbus Museum of Art, Ohio. A multicity tour of the exhibition followed after its opening in the Big Apple, made possible by the National Endowment for the Arts, and many major donors and foundations. West Palm Beach was the last stop on the tour.

The show told the story of the organization and its interests, tracing how photography as practiced by its members changed and broadly influenced photography as an art medium over the group's 15-year lifespan. It featured more than 175 works by the league's members and other photographers of the same era.

As a novice photographer, I was interested in seeing images from the era when documentary photography was still in its infancy. But I was unprepared for the revelations embodied in the focus of the exhibition. It was a visual experience inclusive of a narrative describing how a small group of trailblazers — idealistic, first generation, mostly Jewish Americans — forever changed the concept and practice of documentary photography. It was an improbable outcome given the

group's departure from political and artistic orthodoxy of the day.

The group held to the principle that a photograph could inspire social change. Their black and white images depicted with stark realism the everyday life among those citizens of New York that conventional wisdom suggested were unworthy of artistic notice — immigrants, minorities, the poor and the blue-collar workers of the city. With their cameras, they enthusiastically chronicled life within these diverse communities, beginning in 1936, when the group was founded, and up to the time of the Cold War. Some of the group's members were among the country's most notable photographers. Their images broke new ground. They were informed by the group's leftist leanings and validated documentary-style photography with a political purpose as fine art. Their approach attracted controversy.

David Gonzales of *The New York Times* wrote, "... the Photo League fell victim to Cold War witch hunts and blacklists, closing its doors after 15 intense years of trailblazing — and sometimes hell-raising — documentary photography. From unabashedly leftist roots, the group influenced a generation of photographers who transformed the documentary tradition, elevating it to heady aesthetic heights."

There are photojournalists who continue the tradition, documenting the diversity of the human experience with powerful images. We may not know their names but we know their works, the iconic images

we instantly associate with World War II, the Vietnam War era, the Civil Rights era and, more recently, the humanitarian crisis created by refugees fleeing the chaos in the Middle East — the drowned body of a 3-year-old child washed up on a beach. We are branded by the memory of these images.

With the advent of the digital world, smart phones and new technologies, we have entered the era of "caught on camera." Video is king. Everyone is a video photographer. Reality is the focus of the content, wherever you can find it and you can find it everywhere, on YouTube, Facebook and hundreds of other photo- and video-friendly applications. The person behind the lens puts it out there and the content finds its audience, for good or ill.

You're probably one of the 2 million people who viewed a recent video taken in a Starbucks of an irate woman giving Florida Gov. Rick Scott a big piece of her mind. She berated him for his having signed legislation that halts the state's reimbursement of Planned Parenthood for reproductive health services for poor women and that also makes abortions more difficult for women to obtain.

It was an inspired if impromptu performance of political theater with a powerful theme. It ended with the governor fleeing the verbal onslaught without his coffee.

Not to be outdone, he retaliated with his own Super PAC video, calling her a latte liberal, a public assistance suspect high on caffeine, frittering away her jobless hours, surfing the Internet while he was busy creating a million jobs.

If the woman, former Lake Worth City Commissioner Cara Jennings, was overtly rude, the governor's response was totally embarrassing. This might be the modern version of the "radical camera," but sadly, it did not rise to the level of social change.

Catherine Evans, curator of photography at Ohio's Columbus Museum of Art, said of the relevance today of New York's Photo League, "It was photography for and by the 99 percent. ... Save the hats and coats they wore, the images could have been ripped from current headlines in terms of banks failing and the Great Depression."

She's right. The league focused on progressive social change. Documentary-style photography was its means to achieve it, offering classes, sponsoring exhibitions, and building communities among aspiring photographers who were purposeful in their art. The millions of Americans who make up the 99 percent have a story to tell. Where are the radical cameras that tell it? ■

— Leslie Lilly is a native Floridian. Her professional career spans more than 25 years leading major philanthropic institutions in the South and Appalachia. She writes frequently on issues of politics, public policy and philanthropy, earning national recognition for her leadership in the charitable sector. She resides with her family and pugs in Jupiter. Email her at llilly@floridaweekly.com and read past blog posts on Tumblr at llilly15.Tumblr.com.

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# Palm Beach Gardens Medical Center



## MAY

# COMMUNITY EVENTS & LECTURES

### Stroke – Panel of Experts Presentation

*May is National Stroke Awareness Month*



Arun Talkad, MD  
PBGMC

Ali Malek, MD  
SMMC

Scott McFarland, MD  
PBGMC

Chief Keith Bryer  
PBG Fire Rescue

**Tuesday, May 10 @ 6-8pm**

Palm Beach State College // SC127 // BioScience Building  
3160 PGA Blvd. // Palm Beach Gardens, FL 33410

In honor of Stroke Awareness Month, Palm Beach Gardens Medical Center and St. Mary's Medical Center, both part of The Advanced Neuroscience Network, are teaming up with Palm Beach Gardens Fire Rescue to offer a round table presentation with a panel of experts and a local stroke survivor. The event will be held at Palm Beach State College, and there will be a question-and-answer session following the presentation.

*Light dinner and refreshments will be served.  
Reservations are required.*



### Hands-Only Adult CPR Class

**Tuesday, May 17 @ 6:30-7pm**

Palm Beach Gardens Fire Rescue // Station 1  
4425 Burns Road, Palm Beach Gardens

Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival. Palm Beach Gardens

Medical Center sponsors a monthly CPR class for the community, held at the Palm Beach Gardens Fire Rescue. 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.*



### The Mystery of Migraines

Jennifer Buczyner, MD  
Neurologist

**Thursday, May 19 @ 6-7pm**

Palm Beach Gardens Medical Center // Classroom 4

Thirty-six million Americans, about 12% of the population, suffer from migraine headaches. Join Jennifer Buczyner, MD, a neurologist on the medical staff at Palm Beach Gardens Medical Center to learn more about headaches, migraines and available treatment options.

*Light dinner and refreshments will be served.*



### FREE COMMUNITY SCREENINGS

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Publisher

Barbara Shafer  
bshafer@floridaweekly.com

Editor

Scott Simmons  
ssimmons@floridaweekly.com

Reporters & Contributors

Leslie Lilly  
Roger Williams  
Evan Williams  
Janis Fontaine  
Sallie James  
Mary Thurwachter  
Katie Deits  
Amy Woods  
Steven J. Smith  
Linda Lipshutz  
Ron Hayes

Presentation Editor

Eric Raddatz  
eraddatz@floridaweekly.com

Graphic Designers

Chris Andruskiewicz  
Hannah Arnone  
Alisa Bowman  
Amy Grau  
Paul Heinrich  
Linda Iskra  
Kathy Pierotti  
Meg Roloff  
Scott Sleeper

Sales and Marketing Executives

Lisette Arias  
larias@floridaweekly.com  
Alyssa Liples  
alipless@floridaweekly.com

Sales and Marketing Assistant

Betsy Jimenez

Circulation Manager

Willie Adams

Circulation

Evelyn Talbot  
Headley Darlington  
Clarissa Jimenez  
Giovanny Marcelin  
Brent Charles

Published by

Florida Media Group LLC

Pason Gaddis

pgaddis@floridaweekly.com

Jeffrey Cull

jcull@floridaweekly.com

Jim Dickerson

jdickerson@floridaweekly.com

Street Address:

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



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# OPINION

## Getting the wheel rolling



roger WILLIAMS

rwilliams@floridaweekly.com

From the Mosquito River near Cape Canaveral south through the Indian River, the Banana River, the Sebastian Inlet, the Fort Pierce Inlet, the St. Lucie Inlet and the Jupiter Inlet in Palm Beach County, the Indian River Lagoon stretches more than 150 miles, part of the longest barrier island system in the United States, a place that uniquely straddles two climate zones — temperate and subtropical.

The long stretch of seemingly languid liquid — sunrises and sunsets stretching for thousands of years across time and brackish tides, as if nothing ever changed — is really anything but languid, or eternal.

Instead, it's an explosion of fragile but enduring life-force, a coastal garland festooned with phyla, including almost 1,800 species of mammals, birds, reptiles, amphibians, fish and mollusks, various invertebrates such as ribbon worms, crustaceans such as crayfish, crabs, lobsters, and shrimp, moss animals and seemingly countless others, all of them relying on each other and the plants that in turn depend on water clean enough to spend thousands of years inhabiting — some 200 plant species awash in algae or amoebas or protozoans such as ciliates, the one-celled heterotrophs, sometimes carnivorous, that feed on bacteria or algae.

There's another system, more recent, that thrives in this unique American environment, as well: The economy.

They say (by "they" I mean the people at the Smithsonian Marine Station in Fort Pierce) that the Indian River Lagoon supports 19,000 jobs, \$250 million in annual income, \$2 billion per year in the famous Indian river citrus crop, \$465 million in income from boating, fishing, water sports, hunting and ecotourism, \$140 million in revenue from commercial fishing, and almost 15 percent of the total harvest

of fish and shellfish in the country.

And let's not forget real estate — some \$825 million in revenue, each year, rolls in to somebody's happy hands because people want to live and work along the garland.

I was chatting about this the other day with one of the most famous apologists for land and water in the state or the country, Nathaniel Reed. Mr. Reed, whose family founded the community on Jupiter Island, grew up in Florida and continued to raise cows until recently, while serving two presidents, six governors and founding a do-gooder outfit of very serious people obviously flawed by their lack of greed, known as 1,000 Friends of Florida.

He lives on the southern end of the Indian River Lagoon, near Jupiter, where he can see five miles of wet green and sky blue, the colors of his life and perhaps of his dreams.

"This is one of the most beautiful lagoons in the world, a world treasure," he told me. And it's going away.

Almost a half-century ago, Mr. Reed became a resistor in the struggle to prevent such a tragedy by signing on as a pipe-smoking assistant secretary of the interior under President Richard Nixon. He carried on when President Gerald Ford took office and never looked back, jamming the pipe in his mouth, he said, to help himself sometimes shut up.

Nowadays, Mr. Reed seems fit to be tied, but not shut up, by two facts: One, the Indian River Lagoon is dying right in front of him, and on his watch, no less.

And two, the tool to fix it is lying within reach, but nobody in state government seems to be willing to use it properly. It's called Amendment 1. Voters, about 4 million of them comprising 75 percent of every human who stepped into a voting booth, dropped that little honey right in front of the governor and the state Legislature about 18 months ago like a wheel in front of a cave of dim-witted Neolithic humans.

There it lies, ready to rock 'n' roll — to provide, on average, more than \$700 million per year for 20 years to buy land and

clean water. (All you have to do is buy the damn land along rivers or south of Lake Okeechobee, for example, and let the water wash over it, instead of putting homes or cows or sugar cane or miles of runway or something else on it — the problem is just not that complicated, suggests Mr. Reed).

But they haven't done that. In fact, he told me, they've actively avoided doing that, instead finding ways to siphon off more than half the money, so far, to special interests.

But that's part of a larger neglect that started in 2011 when the governor fired hundreds of state employees who helped regulate polluters, and put officials who have no interest in Mr. Reed's vision of Florida on water management boards, in Department of Environmental Protection and Division of Fish and Wildlife management positions, and probably in the 160 or so bathrooms in the state capitol building in Tallahassee, where they can flush anything they want down the toilets.

Mr. Reed, in the meantime, probably wishes they had sewer systems along the Indian River Lagoon. Or more realistically, he wishes the state would just inspect the septic systems that homes and businesses already have instead, and bring them up to code.

But no, and with catastrophic results.

"Scott removed plans to inspect septic, and in hindsight I don't know if it makes a difference, since 80 percent of septic along the Indian River Lagoon are leaking.

"All of them are sending daily a load of nitrogen into the sands at the end of the pipe, which percolates down and ends up in the Indian River.

"It can't stand it, and it's saying so in a loud, clear message. We're getting these algal blooms. And God, a million fish (dead last winter)."

A million fish. And those fish helped support a million other creatures that help support us.

Maybe somebody will pick up the tool and start it rolling. ■

## Cruz or bust



richLOWRY

Special to Florida Weekly

If the Republican Party is to be saved from Donald Trump, Ted Cruz's runaway victory in Wisconsin will have been the inflection point.

If you thought this service to the GOP would be met with plaudits from the party's insiders, you obviously don't know anything about their relationship to the Texas senator.

St. Augustine famously prayed, Dear Lord, make me chaste — but not yet. The GOP establishment's prayer is, Dear Lord, deliver us from Donald Trump — but not with Ted Cruz.

The increasing likelihood of a contested convention in Cleveland has led to chatter about turning to a white knight who has the advantage of being neither Trump nor Cruz. This talk has all the hallmarks of a psychological mechanism for GOP insiders to avoid acknowledging their dependence on Cruz, who is all that is standing between the party and what might be an epic Trump-led meltdown.

A convention could — and should

— deny Trump the nomination, but it won't be easy. There will be a perceived legitimacy problem in denying the top prize to the top vote-getter. This would obviously be magnified if a convention disregards both the first- and second-place finishers.

And for what? Electability? The only meaningful road test for a presidential candidate is running for president. Cruz has proved adept at it. He correctly read the mood of the Republican electorate and adjusted to Trump more skillfully than anyone else (not without some cringe-inducing moments).

If Paul Ryan had run this year, in all likelihood he would have gotten chewed up and spat out like anyone else associated with the establishment. Who else? Mitt Romney? He had his chance. A governor? The plausible ones already ran. A senator? Ditto.

While it is true that people in Washington tend to loathe Cruz, a convention wouldn't be a Senate Republican policy lunch. It would be stocked with Republican activists from around the country who have no firsthand knowledge of what Cruz did to so irk his colleagues, and probably don't care.

All that said, it is possible to imagine a white-knight scenario, but only in a convention deadlock that might

descend to South Korean-parliament levels of ugliness. The best, cleanest non-Trump scenario is that Cruz has the strength to win on an early ballot, and his anti-establishment credentials make a revolt by the Trump forces less potent.

In short, the only reasonable alternative to Trump is Cruz. This is the conclusion that Scott Walker and other conservative leaders in Wisconsin came to, and they backed Cruz to the hilt. Republicans around the country who care about the integrity of their party and its electoral chances should do the same.

Of course, Cruz would be an underdog against Hillary Clinton, but the man with the biggest media megaphone on the planet has been calling him a liar and a Canadian for months, and he trails Clinton by only 3 points in the RealClearPolitics average.

Trump and Cruz have both won states around the country and millions of votes, and engendered intense followings. There is no getting around that they are the choice confronting the party. It's time to put away childish things, and pick sides. ■

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

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# PET TALES

## Dogs and cats perfect partners in the fictional pursuit of crime

BY KIM CAMPBELL THORNTON

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Cozy or noir? Thriller or mystery? Talking cat or working dog?

Whatever your poison in literary murder and mayhem, there's a book for you. And chances are good that a dog or cat is a character in his own right, either as a four-footed detective or as a sidekick to a human protagonist. Think Lilian Jackson Braun's Siamese sleuths Koko and Yum Yum, who first made an appearance some 50 years ago; or feline Mrs. Murphy, her Persian nemesis Pewter and their corgi buddy Tee Tucker in the Mrs. Murphy series by Rita Mae Brown and Sneaky Pie Brown.

Editors and agents used to tell authors that a "pet viewpoint" worked only for children's books, but from Braun on, writers have proven them wrong.

"It takes having a well-known and successful 'name' author to take the plunge and show it's something readers like before it becomes a trend," says Amy Shojai, author of three thrillers featuring German shepherd service dog Shadow. "James Rollins (a veterinarian-turned-writer) was one of the first best-selling thriller authors to include an animal viewpoint in his work, with a war dog partnered with an ex-military man. Robert Crais followed with a similar war dog-type character partnered with a damaged-cop character."

In her own series, Ms. Shojai, drawing on her background as a behavior consultant, wanted a viewpoint dog character with some chapters told from his perspective.



"Not as a human-in-a-fur-suit, but as I perceived a dog might truly think and behave and with motivations suitable to a canine," she says.

Ms. Shojai's fellow author Clea Simon has written 20 mysteries, all featuring cats. Ms. Simon began her career as a journalist, and along the way she realized she could combine her love of writing with her interest in and appreciation for cats. Her third nonfiction book, "The Feline Mystique," explored the relationship between women and cats.

"That was sort of the kickoff for my cat-related mysteries," she says.

At first, Ms. Simon went the traditional route. In her first series, featuring music journalist Theda Krakow and her cat Musetta, cats didn't talk — at least, not in English.

"But after that, I realized that we all talk to our pets, and we all imagine how our animals respond," she says.

That led her to explore different ways of including a cat's viewpoint. One is her

Dulcie Schwartz mystery series, which lead with the information that the character's cat, Mr. Gray, has died. He returns to her as a friendly ghost who is a comforting and wise presence.

Ms. Simon's newest mystery, "The Ninth Life," is narrated by a feral black cat that is saved from drowning by a homeless girl. It's a dark tale with a mean-streets vibe, a transition from the cozy, amateur-sleuth territory of her first books. In both instances, Ms. Simon explores her interest in the relationship between people and cats.

If you read Ms. Shojai or Ms. Simon — or other authors who include animals in their plots — it's not unusual to find arcana about dog shows, training or animal behavior. Many writers find their work to be a way of delving into some of the issues or controversies surrounding animals. Ms. Shojai covered dog fighting in her latest, "Show and Tell," and Ms. Simon addressed animal hoarding in "Mew Is for Murder" and puppy and kitten mills in "Cattery Row."

"One of the rules I live by, though, is that I could never seriously hurt or kill an animal in a book," Ms. Simon says.

Ms. Shojai is on the same page. "I don't write dog abuse scenes," she says. Instead, she highlights the setting, fight paraphernalia and laws and issues surrounding the crime.

What's the pleasure in reading a mystery with purr-sonality or canine charisma?

"I think mysteries that feature or involve animals mirror real life," Ms. Shojai says. "Readers identify with the hero of the book who cares deeply about a pet." ■

### Pets of the Week



>> **Ophelia** is an athletic 5-year-old, 52-pound female mixed breed dog that loves to run and enjoys going for walks. She also loves playing with other dogs.



>> **Ana** is a 1.5-year-old female domestic shorthair cat that would welcome a quiet home because she's a little nervous around people.

### To adopt or foster a pet

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



>> **Goldie** is a spayed female tabby, about 5 years old. She is very friendly, loves to be around people, and gets along well with other cats.



>> **Chester** is a neutered male orange and white tabby, about 1 to 2 years old. He is very smart, and loves other cats and is good with dogs.

### To adopt or foster a pet

**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. Call 848-4911, Option 5. For additional information, and photos of other adoptable cats, [adoptacat-foundation.org](http://adoptacat-foundation.org).

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## BREAKERS WEST

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\*Summer memberships include membership privileges for you, your spouse, and children under the age of 25. A fully refundable deposit is due with your application. Some restrictions apply.



# CHAMBER

From page 1

reconnect with what's happening up here," she said.

Community leaders came together in what she describes as a labor of love for the chamber, which serves businesses in Palm Beach Gardens, Riviera Beach, Juno Beach, Jupiter, Jupiter Inlet Colony, Lake Park, Mangonia Park, Palm Beach Shores, North Palm Beach and Tequesta.

"We have so many different partners come together between all 10 municipalities and private industry to participate in this process. That's a really unique thing and it also speaks to the quality of the people who live here and who are engaged in our community," Ms. Jacobs said, citing facts she learned about the area's proximity to the Gulf Stream and work that has begun to transform the Riviera Beach waterfront.

"Naturally, I knew about golf and that there is a high-level marine industry. But we also have so many other incredible industries. We have the biosciences and the aerospace industries," she said, citing Scripps Florida, Max Planck and Pratt & Whitney.

Healthcare has come a long way, too, with full-service hospitals that include Palm Beach Gardens and Jupiter medical centers, plus JFK North, the Nicklaus Children's Hospital at Jupiter Medical Center and outposts of the Cleveland Clinic and Bascom Palmer Eye Institute.

"You don't have to go to Miami for health-care anymore," she said.

The Loggerhead Marinelife Center, Light-house ArtCenter, Eissey Campus Theatre and the Maltz Jupiter Theatre round out cultural offerings.

There's something else.

"What I think that's unique is that everyone pulls together for the community," Ms.

Jacobs said.

And they keep coming back.

"You think about all these people who have left, spread their wings and come back, it points to the quality of life here," she said.

It's all about sustainability.

"I think there's a feeling on the committee that they're the stewards of North County. For example, I don't want my son living in Atlanta because he can't get a job in the area," said public relations executive Enid Atwater, whose family came to North Palm Beach in the early '60s.

Four of the six children in her family, which includes State CFO Jeff Atwater, still call the area home.

"You attract the right businesses and there are jobs because you've attracted new business sectors to the area with more career opportunities for the next generation," she said.

Ms. Jacobs remembered when she first returned to the area to manage Saks Fifth Avenue at The Gardens. It was March 2005.

"At that point in time, the housing market was so strong, we were in this bubble and it was growth overload up here," she said. "I think Palm Beach Gardens did a really good job of managing the growth. It was very thoughtful."

It's proven to be a draw for community leaders. Verdenia Baker, Palm Beach County administrator, lives in northern Palm Beach County. So does Rena Blades, who heads the Cultural Council of Palm Beach County.

"This is a community now that has something to offer everyone, and I think it's because everybody cares about it and that's why we're now at this point," Ms. Jacobs said. ■

— *The Northern Palm Beach County Chamber of Commerce will unveil its new branding plan from 9 a.m. to 10 a.m. April 26 at Florida Atlantic University's Lifelong Learning Center, 5353 Parkside Drive, Jupiter.*



Fifth Third Bank has teamed up with The Salvation Army and its partner food banks to not only help feed 5,300 local families during the month of April, but to also give them hope. **Help us fill this critical need in our community.**

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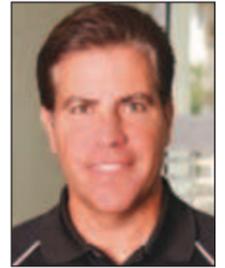
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COURTESY PHOTO

About 175,000 people attended SunFest last year; about the same number is expected at the music festival, which takes place along the downtown West Palm Beach waterfront.

# SUNFEST

From page 1

attention and money on national-level opening acts that are new and great," Jamieson said. "Take time to listen to stuff you normally wouldn't listen to. And give our food a try. We revamped everything in the main food court and the way we are presenting our menu. You will see how different it really is."

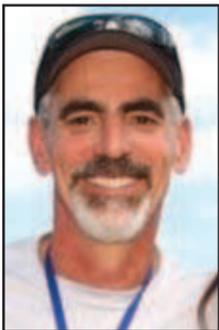
In truth, there's always too much great music to enjoy, too much cool art to view and too many tasty dishes to sample to experience SunFest on the quick. So plan your days, take your time, and have a blast.

"We are very excited about this year's lineup," Mr. Jamieson said. "We have a great mix, featuring today's hottest acts alongside legendary performers. The music festival marketplace has been growing over the past few years, but we know, as do our fans know — there is no better place to enjoy music than along the waterfront in West Palm Beach."

National headliners include musical acts like Duran Duran, Alabama Shakes, Meghan Trainor, Jason Derulo and Rick Springfield, to name a few.

And iconic bands like Duran Duran, like them or not, stir up strong feelings of nostalgia.

"A band like Duran Duran was huge during a certain era and reminds people of their college days. We all have songs that take us back to a time in our lives," Jamieson said. "I think Duran Duran does that for a lot of people."



JAMIESON

He figures the crowd seeking out Duran Duran will skew a bit older and the crowd seeking out Meghan Trainor will skew a bit younger, but he is certain there will also be a lot of overlap.

"Young people's taste in music today is very broad and they like to listen to all types of music," he noted. "I know people in their 50s who would much rather see Meghan Trainor than Duran Duran."

Now get hungry.

Traditional festival eats have been overhauled to include specialties like Nashville Hot Chicken and Chicken-Fried Waffles in addition to long-time favorites like Pineapple Chicken and Island Noodles.

Mr. Jamieson's advice: Pace yourself. There's a lot to see, taste and do.

Approximately 175,000 people attended the five-day festival last year and about the same are expected this year. Attendance has continuously spiraled upwards for the past four or five years, Mr. Jamieson added.

SunFest 2016 has upped its food game this year by partnering with Lindsay Autry, executive chef of the upcoming downtown restaurant The Regional.

And her experience with the Palm Beach Food & Wine Festival has added a polish that is bound to give the festival a new shine.

The result? A completely redesigned food court called "The Eatery" with a new look and feel, and lots of trendy dishes.

"We changed the area where all the concessions are ... to be a little more modern and a little more colorful," Ms. Autry said. "As far as the food goes, we wanted to bring in some trendier ele-



AUTRY



ments and we also have some healthier options such as gluten-free pizza. It is a reality that a good percentage of our society is gluten intolerant or have celiac's (disease)."

Foodies looking for something different can sample Nashville Hot Chicken — a spicy fried dish served with pickles, or munch on chicken-fried waffles (fried chicken inside a waffle).

Sunday festival-goers can silence growling stomachs with the "Sunday Funday," a hashbrown waffle loaded with bacon, sour cream and chives, or smothered in sweet maple syrup with bacon.

Both are yummy, Ms. Autry said. "It's fun. You want to just try something and have a bite here or there," Ms. Autry said.

And don't forget the art, always a staple of SunFest and always a big crowd pleaser, even though SunFest offers up a very different sort of art experience than most traditional juried shows.

"Virtually every other art show begins in late morning and ends in the evening," Mr. Jamieson said. "But Sun-

Fest is primarily a music festival that goes late into the night and the artists have to stay at their booths longer than they do at other art shows. Some artists don't like it and some artists love it because they get an audience that never comes to other art shows."

Jupiter artist April Davis said the nontraditional atmosphere is why she's been exhibiting at SunFest for about a dozen years.

"You get whole different groups of people who aren't exposed to your art through shows," said Ms. Davis, who has become known for her brilliant tropical landscapes, seascapes and cityscapes. "You have to grab their attention while they are walking from one place to another in terms of what product you have and what your display looks like." ■



DAVIS



Duran Duran



Meghan Trainor



Train



ZZ Top



The Roots



Salt N Pepa

in the know



>>Where: Flagler Drive between Banyan Boulevard and Lakeview Drive

>>When: April 27-May 1

>>Hours: April 27: 5-10 p.m.  
April 28: 5-10 p.m.  
April 29: 5-11 p.m.  
April 30: Noon to 11 p.m.  
May 1: Noon to 9 p.m.

>>Admission:

1-Day Pass: \$40  
2-Day Pass: \$60 until 4/23; \$70 on 4/24 at gate  
5-Day Pass: \$80 until 4/23; \$90 on 4/24 at gate

>>Fireworks:

9 p.m., May 1

BAND SCHEDULE

>>Wednesday, April 27:

5:45-6:30 p.m.: Cade  
6:30-7:30 p.m.: Lukas Graham  
7-8 p.m.: Secret Weapons  
8-9:30 p.m.: Meghan Trainor  
8:30-10 p.m.: Duran Duran

>>Thursday, April 28:

5:45-6:30 p.m.: Mike Mineo  
5:45-6:15 p.m.: Tori Lynn  
6:45-7:30 p.m.: LunchMoney Lewis  
7-8 p.m.: Drew Holcomb and The Neighbors  
8-9:30 p.m.: Jason Derulo  
8:30-10 p.m.: Train

>>Friday, April 29:

6:15-7 p.m.: WD Han  
6:15-7 p.m.: Casaveda  
6:45-7:30 p.m.: Professor & The Jet Sets  
7:30-8:30 p.m.: The Bright Light Social Hour  
7:30-8:30 p.m.: The Joy Formidable  
8-9 p.m.: Watch the Duck  
9-10:15 p.m.: Bastille  
9-10:30 p.m.: Death Cab For Cutie  
9:30 to 11 p.m.: Steve Aoki

>>Saturday, April 30:

12:45-1:30 p.m.: Matt Calderin Trio  
1:30-2:15 p.m.: Trey Libra fka Jacob Izrael  
1:30-2:15 p.m.: Fireside Prophets  
2-3 p.m.: The Babys  
2:45-3:45 p.m.: Salt N Pepa (featuring Spinderella)  
2:45-4 p.m.: Goldfinger  
3:30-5 p.m.: Rick Springfield  
4:15-5:45 p.m.: The Roots  
4:30-5:45 p.m.: Flogging Molly  
6 to 7 p.m.: Bobby Lee Rodgers  
6:45-7:30 p.m.: Ethan Parker Band  
6:45-7:3 p.m.: Half Deezy  
7:30-8:45 p.m.: Butch Trucks & The Freight Train Band  
8-8:30 p.m.: Devon Baldwin  
8-9:15 p.m.: Capital Cities  
9-10:30 p.m.: G-Eazy  
9:15-10:45 p.m.: ZZ Top  
9:45-11 p.m.: Fitz and The Tantrums

>>Sunday, May 1:

1-2 p.m.: Jesse Royal  
1:15-2:15 p.m.: Judah & The Lion  
1:30-2:30 p.m.: Sons of Mystro  
2:30-4 p.m.: Slightly Stoopid  
2:45-4 p.m.: Andy Grammer  
3-4:30 p.m.: Scott Bradlee's Post Modern Jukebox  
4:45-5:25 p.m.: Dylan LeBlanc  
5-5:40 p.m.: No Traffic  
5-5:45 p.m.: Ria Mae  
5:55-6:55 p.m.: Shovels & Rope  
6:10-7 p.m.: Saint Asonia  
6:15-7 p.m.: Coleman Hell  
7:25-8:55 p.m.: Alabama Shakes  
7:30-8:45 p.m.: Evanescence  
7:30-8:50 p.m.: Walk The Moon

## Where does SunFest's chief hang during the show?

"Nothing is more exciting than live music, and when a performer is on and the crowd is into it, it's the kind of vibe you can't experience anywhere else."

— Paul Jamieson, executive director of SunFest

Mr. Jamieson, who has been organizing the huge, waterfront music festival for 20 years, is a firm believer that the multifaceted event has something for everyone. But to really experience the five-day extravaganza, he believes festivalgoers need to stop and smell the roses, so to speak.

"We all take it for granted because it's here. But it's a pretty special thing. I could argue that you need to spend a few days," Mr. Jamieson said. "Part of not rushing is not trying to experience it all in one day. The kind of people who enjoy SunFest most are people who are open to enjoying music they would not normally listen to."

Mr. Jamieson admits he has an advantage because he isn't limited to the same confines as regular ticket holders. But he does have some favorite hangouts, which he shared with *Florida Weekly*.

Among them? The berm on the east side of the Meyer Amphitheatre, an especially good choice when the heat of the day gets wicked.

"During the day on Saturday and Sunday, seek out the shade and don't be afraid to rest," Jamieson said. "The berm ... is a great place to sit and rest and watch the world go by. Take a little rest, listen to some music. We all know SunFest is a great place for people-watching."

Looking to sip a cool drink on the water and beat the crowds? Mr. Jamieson

suggests visiting the Captain Morgan Floating Oasis and stopping by at the south barge, known for its floating tiki lounge, tropical drinks and fun music.

"The north barge is with our radio partner ESPN, a sports bar where people go to watch the games. The middle barge is really a club, where they are dancing and carrying on into the night. The south barge is generally a little more mellow. That is where I would go," Mr. Jamieson said.

But music is what SunFest is really about and Mr. Jamieson can't wait for performers to take the stage. He is especially interested in seeing Jason Derulo perform on Thursday, The Roots on Saturday afternoon and Scott Bradlee's Post Modern Jukebox on Sunday.

Of Jason Derulo: "I heard he puts on a great show."

Of The Roots: "I think they are super-talented and to see them live, you are just going to get a great show. We put Salt N Pepa with them which I think is just fun."

Of Scott Bradlee's Post Modern Jukebox: "I kind of have a rule when I book bands to never book a band you have to explain but (this band) is so cool — they take music and rearrange it in the style of 1940s swing bands. Some of it is jazzy and some of it is bluesy. It's something you never see."

As far as festival food, Mr. Jamieson didn't name a favorite dish but said he is thrilled with the revamped menu and dining area.

"There are a lot of people who haven't tried the food inside the festival for a long time and I think they will be pleasantly surprised," he said. ■

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# Florida wage gap costs women nearly \$17 billion annually, study finds

SPECIAL TO FLORIDA WEEKLY

On average, Florida women employed full time, year round are paid just 85 cents for every dollar paid to men — a yearly pay gap of \$6,203. That means, in total, women in Florida lose nearly \$17 billion every year, which is money that could strengthen the state economy and the financial security of Florida's women and families, including the nearly 960,000 Florida households headed by women. These are some of the findings of a new analysis conducted by the National Partnership for Women & Families and released for Equal Pay Day, which was April 12.

The analysis spans all 50 states, all 435 congressional districts in the country, and the District of Columbia. It can be found at [NationalPartnership.org/Gap](http://NationalPartnership.org/Gap). The full set of findings for Florida is included. These findings include that, for every dollar paid to white, non-Hispanic men in Florida, African American women, Latinas and Asian women who work full time, year round are paid 61 cents, 59 cents and 74 cents, respectively.

"This analysis is a sobering reminder



of the serious harm the wage gap causes women and families all across the country," said Debra L. Ness, president of the National Partnership. "At a time when women's wages are so critical to the economic well-being of families, the country is counting on lawmakers to work together to advance the fair and family friendly workplace policies that would promote equal pay. There is no time to waste."

According to the new analysis, if the gap between women's and men's wages in Florida were eliminated, each woman who holds a full-time, year-round job in the state could afford to buy food for one more year, pay for mortgage and utilities for five more months, or pay rent for more than six additional months. Basic necessities such as these would be particularly important for the 29 percent of Florida's woman-headed households currently living below the

poverty level.

Florida is not the only state with a wage gap. In fact, every state and 98 percent of the country's congressional districts have one. The National Partnership's national analysis finds that the 10 states with the largest cents-on-the-dollar wage gaps in the country — from largest to smallest — are Louisiana, Utah, Wyoming, West Virginia, North Dakota, Alabama, Idaho, Oklahoma, Montana and Michigan. A ranking of all 50 states and the District of Columbia can be found here.

Nationally, women who are employed full time, year round are paid, on average, 79 cents for every dollar paid to men.

The gap is larger for African-American women and Latinas, who are paid 60 cents and 55 cents, respectively, for every dollar paid to white, non-Hispanic men. For Asian women in the United States, the gap is smaller but persists. On average, Asian women are paid 84 cents for every dollar paid to white, non-Hispanic men, although some ethnic subgroups fare much worse.

"It is unacceptable that the wage gap has persisted, punishing the country's women and families for decades," Ness

continued. "Some state lawmakers have taken steps to address the issue by passing legislation to combat discriminatory pay practices and provide other workplace supports. It is past time for federal lawmakers to do the same. We need Congress to pass the Paycheck Fairness Act, which is a common sense proposal that has languished for much too long."

Currently before Congress, the Paycheck Fairness Act would close loopholes in the Equal Pay Act, help to break patterns of pay discrimination, and establish stronger workplace protections for women. The National Partnership argues that the bill, along with other supportive policies — such as paid sick days, paid family and medical leave, minimum wage increases, fair scheduling and protections for pregnant workers — are what is needed to close the gap and should be top priorities for lawmakers.

Equal Pay Day marks how far into the new year women must work in order to catch up with what men were paid the year before. The analysis uses data from the U.S. Census Bureau. The findings for each state, along with state rankings, are available at [NationalPartnership.org/Gap](http://NationalPartnership.org/Gap). ■

## Modified ketogenic diet slows growth of cancer tumors in research mice

THE UNIVERSITY OF FLORIDA

University of Florida researchers have slowed a notoriously aggressive type of brain tumor in mouse models by using a low-carbohydrate diet.

A high-fat, low-carbohydrate diet that included a coconut oil derivative helped reduce the growth of glioblastoma tumor cells and extended lifespan in mouse models by 50 percent, researchers found. The results were published recently in the journal *Clinical Cancer Research*.

Glioblastoma, the most common brain tumor in adults, has no effective long-term treatment; on average, patients live for 12-15 months after diagnosis, according to the National Cancer Institute.

The findings are a new twist on an old idea: The so-called ketogenic diet has been used for nearly 90 years to help reduce epileptic seizures. Now, a high-fat, low-carbohydrate version of the ketogenic diet has

been shown to slow glioblastoma tumors by cutting back on the energy supply they need to thrive, said Brent Reynolds, Ph.D., a professor in the Lillian S. Wells Department of Neurosurgery at UF.

A glioblastoma tumor requires large amounts of energy as it grows, and the dietary intervention works by drastically limiting the tumor's supply of glucose, Mr. Reynolds said.

"While this is an effective treatment in our preclinical animal models, it is not a cure. However, our results are promising enough that the next step is to test this in humans," he added.

The modified diet used in the test included a coconut oil derivative known as a medium-chain triglyceride, which plays a crucial role because it replaces some carbohydrates as an energy source.

Mr. Reynolds said the modified high-fat, low-carbohydrate diet also has another distinct advantage: Cancer patients could potentially find it more palatable because they can eat more carbohydrates and protein than they could on a classic ketogenic diet. "When you're sick, you need as many comforts in your life as you can get, and food is a huge comfort. That's the idea: Could we develop a beneficial diet but make

it much easier for patients?" Using human-derived glioblastoma cells in a mouse model, researchers found that the modified high-fat, low-carbohydrate diet increased life expectancy by 50 percent while also reducing tumor progression by a similar amount. In addition to diminishing the tumor's energy supply, the diet slowed the growth of glioblastoma cells by altering a cellular-signaling pathway that commonly occurs in cancers, according to the researchers. The modified diet provided just 10 percent of its calories from carbohydrates, compared with 55 percent of calories from carbohydrates in a control group.

While both the ketogenic and modified high-fat, low-carbohydrate diets showed similar effectiveness against tumors in the mouse models, Mr. Reynolds said, the latter is more nutritionally complete and potentially more appealing to cancer patients because it offers more food choices.

Although researchers don't yet know exactly why it was effective, Mr. Reynolds said preliminary data show that the modified diet also appears to make glioblastoma tumors more sensitive to treatment with radiation and chemotherapy.

He sees the diet as a supplemental therapy that could complement chemotherapy

and radiation.

While more research is needed, the diet could also be a potentially effective secondary treatment for other cancers, such as those affecting the breast, lung and pancreas, he said. "This simple dietary approach may be able to reduce tumor progression and enhance standard of care treatments in cancers that are highly metabolically active," he said.

Next, he wants to start testing the modified high-fat, low-carbohydrate diet in a clinical trial.

It typically takes many years to initiate such trials because of the stringent safety testing that must be done before testing in humans begins, but he said it might be possible to move faster because the therapy only involves modifying a patient's dietary intake and supplementing with a medium-chain triglyceride oil, both of which have no known side effects.

Funding for the research was provided by the Evelyn F. and William L. McKnight Brain Institute of the University of Florida, UF's Lillian S. Wells Department of Neurosurgery, the Florida Center for Brain Tumor Research, the National Brain Tumor Society, the National Institutes of Health and the American Cancer Society. ■



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# Aw, shucks! It's time for Sweet Corn Fiesta

**SPECIAL TO FLORIDA WEEKLY**

Expect more than a kernel of fun over the weekend, as the 16th annual South Florida Sweet Corn Fiesta gets underway at the South Florida Fairgrounds' Yesteryear Village.

More than 4,000 visitors are expected to attend this annual outdoor affair April 24 to enjoy locally grown sweet corn. They also can watch amateurs and professionals chow down during a competitive corn-eating contest and participate in a number of other festivities.

Festivities are 11 a.m.-5 p.m. April 24. The contests will begin at 1 p.m. Competitions will include old-fashioned bathing suits, kids and adult corn shucking, amateur eating contest, and the International Corn Eating Contest featuring Major League Eating around 3 p.m. To enter, participants must sign up before 12:45 p.m. at the registration table in front of the schoolhouse. No entry fee is required. Live music, including the Krystal River Band, will perform throughout the day.

The South Florida Sweet Corn Fiesta celebrates Palm Beach Coun-

ty's heritage as the "Sweet Corn Capital of the World."

Local farmers cultivate more than 27,000 acres yearly.

Proceeds from the fiesta go to agriculture education and advocacy and to Glades area food banks.

Yesteryear Village is at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Admission: \$8 for adults, \$5 for children ages 6-11, and free to kids 5 years old and younger. A \$5 unlimited rides wristband is available for kids. Parking is free. No outside food or beverages are permitted.

Background: Call 996-0343 or visit [sweetcornfiesta.com](http://sweetcornfiesta.com). ■



# Our Kids World brings indoor fest to fairgrounds

**SPECIAL TO FLORIDA WEEKLY**

Our Kids World, a two-day indoor family festival, will return for the 14th year to the South Florida Fairgrounds Expo Center, off Southern Boulevard just east of U.S. 441.

Our Kids World, set for 10 a.m.-5 p.m. April 23-24, will feature literacy and educational elements, interactive exhibits, and meet and greets with characters from Nickelodeon's "Sponge-Bob SquarePants," "Star Wars," "Teenage Mutant Ninja Turtles," "Yo Gabba Gabba," Marvel's "Spiderman" and "Iron Man."

This year, Our Kids World has partnered with the Palm Beach County School District on bringing S.T.E.M. (science, technology, engineering, and math), a new educational element to this year's festival.

The Storybook Station, at which local TV and radio personalities will read books to kids, will include meet and greets with Clifford the Big Red Dog, Curious George, Paddington Bear, Wild Thing and the Berenstain Bears.

"This year we're bringing the newest and coolest characters for the kids

to meet," Jennifer Cartwright, Our Kids World event manager, said in a statement. "Our mission at Our Kids World is to offer a family-friendly, safe, and affordable indoor show that offers a range of educational activities and the coolest character meet and greets in South Florida. Our Kids World should be a fun escape for the whole family."

In addition, there will be new interactive bounce houses, a rock-climbing wall, a mini-go-cart racetrack, a mini-ferris wheel, a petting zoo, pony rides and two stages filled with music and dance shows.

"For 14 years we've brought once in a lifetime experiences to our community," Ms. Cartwright said in the statement. "South Florida is booming with families who need fun, safe, indoor activities for their kids and 'Our Kids World' provides just that."

Admission is \$8 for adults and free for kids 12 and under with ticket printed in advance at [adayforkids.com](http://adayforkids.com). The day of the event, kids tickets will be on sale at the South Florida Fairgrounds Expo Center for \$5; adult tickets will be \$8. For more information, visit [adayforkids.com](http://adayforkids.com). ■

Advertorial

# 7 costly mistakes to avoid before selling your Jupiter home in 2016

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

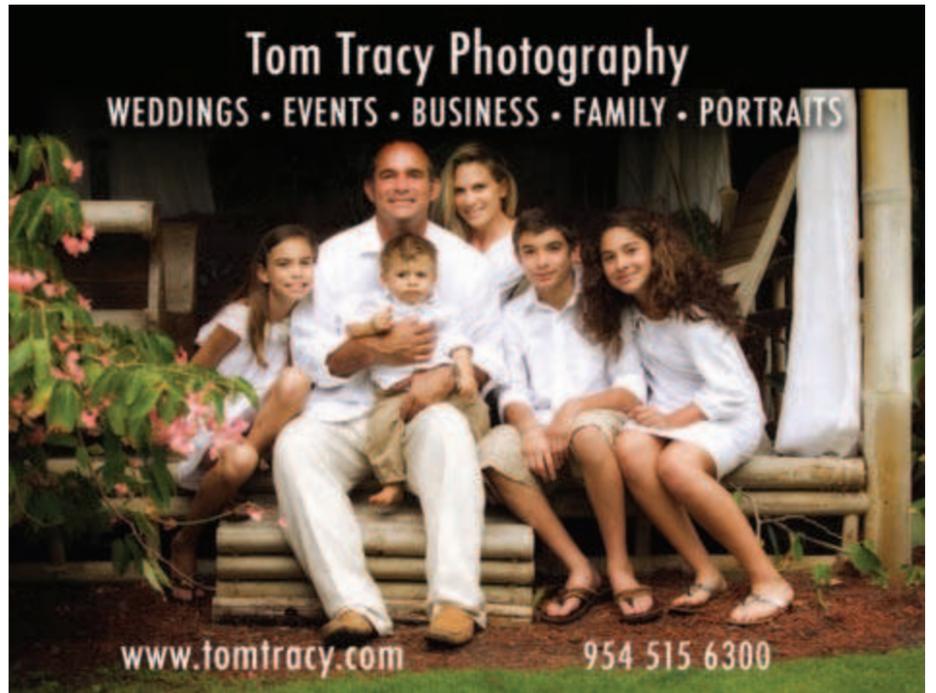
This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that nearly three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially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

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

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

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

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Polo Club Palm Beach, Wellington



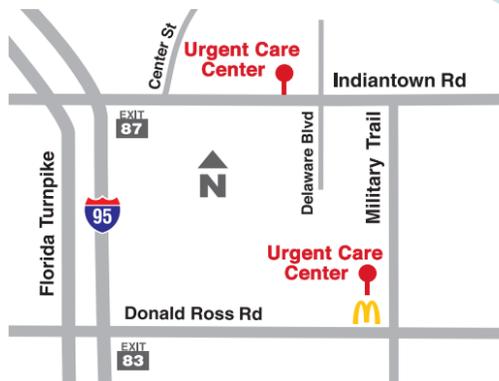
LILA PHOTOS

1. Gabriela Pigna, Lindsey Swing and Lilly Robbins
2. Jamie Boknecht, Alyssa Hernandez, Lisa Allen, Daniela Otto, Pamela Knowles and Laurie Herrick
3. Winning Team Orchard Hill
4. Casey Hamm and Collin Visina
5. Brittany Scott and Jay Scott
6. Joe Cioff, David Dodson, Kyle Zimmerman and Rob Warfield
7. Tamra Fleming and Tara Evans
8. Sydney Carvo, Walter Bond and John Wash with Chukker
9. Bettina Gannon and Christie Gannon
10. Isla Salazar

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# BUSINESS

WEEK OF APRIL 21-27, 2016

PALM BEACH COUNTY COMMERCE

“January and February were both positive in terms of room nights sold, and we’re cautiously optimistic about the tourism outlook for 2016 and 2017.”

— **Ashley Svarney**, director of public relations and communication for Discover the Palm Beaches

## Sun in fun goes on

Tourism officials optimistic as season draws to close in Florida; Palm Beach still drawing visitors.

BY ROGER WILLIAMS

rwilliams@floridaweekly.com

Like everything else these days, “season,” as Floridians have long called the manna from (not heaven) the North or Europe that rolls in to create robust local economies each year, came and went swiftly.

Or in the case of Palm Beach County, is still coming and going, also swiftly.

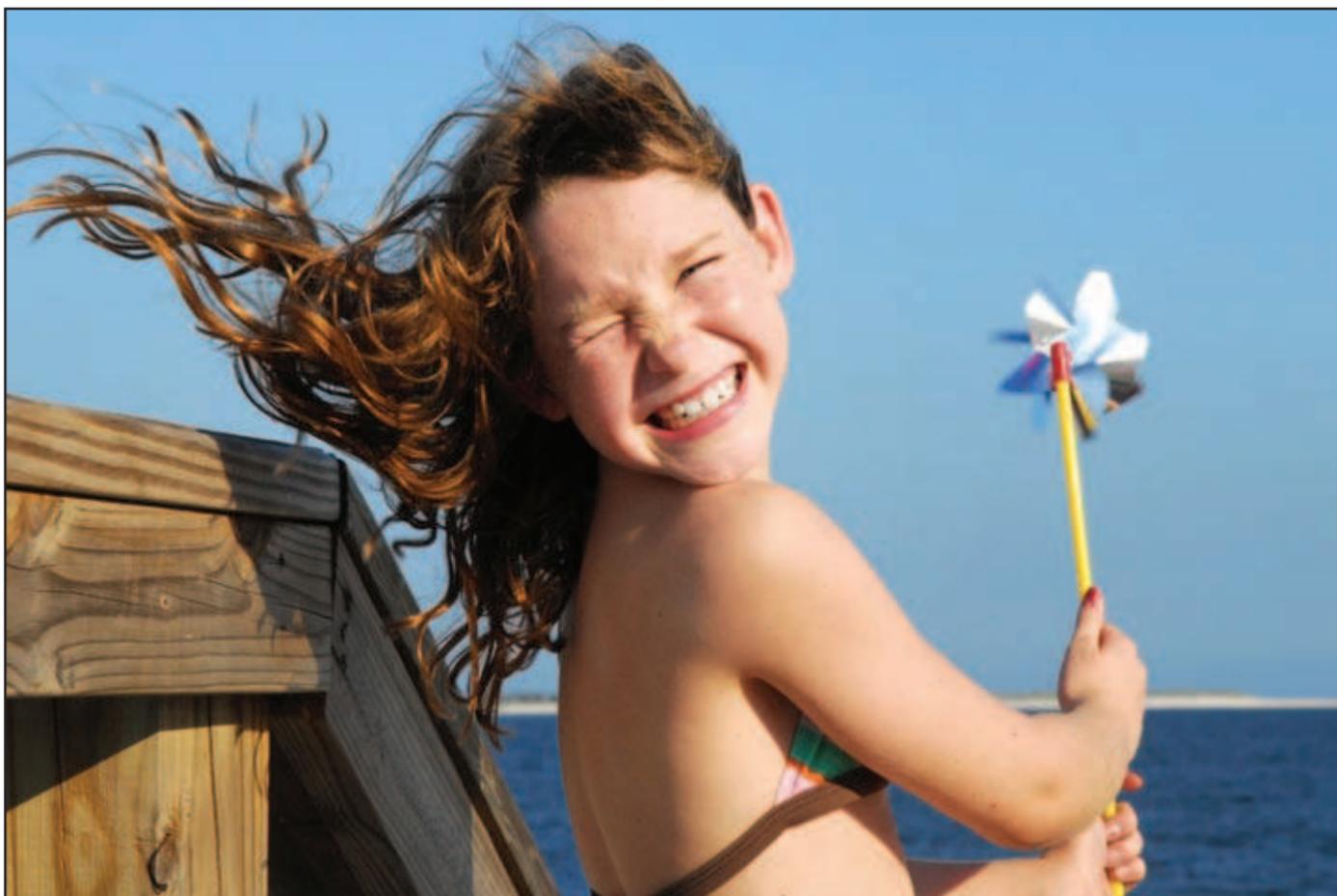
“We are aiming for an ‘endless season,’ by implementing strategic marketing campaigns in our target markets to build and maintain strong destination awareness — especially during the summer months,” says Ashley Svarney, director of public relations and communication for Discover the Palm Beaches, the official tourism marketing corporation for Palm Beach County.

“Since December, the Palm Beaches have already added 600 hotel rooms to its diverse hotel inventory, including the new Hilton West Palm Beach convention center hotel, and we’re expecting a total of 1,000 new hotel rooms to be added by the end of 2016. January and February were both positive in terms of room nights sold, and we’re cautiously optimistic about the tourism outlook for 2016 and 2017.”

Such reports are pleasing, but so are good numbers: Bed taxes, for example. Hotel occupancy rates, head counts. Those indicators on both the east and west coasts of the Sunshine State faced several unpredictable factors during season this year, and in January and February appeared flattened when compared to the previous year’s figures for the same month, on the west coast.

“We were down slightly in January and February in terms of occupancy and visitation — January was very rainy for us and a mild winter in the north, which may have influenced this,” says JoNell Modys, spokeswoman for the Naples, Marco Island, Everglades Convention & Visitor’s Bureau.

“But our 2015 was so strong that a



COURTESY PHOTO

The season for fun in Florida’s sun is far from over, tourism officials say, though a variety of factors have lowered some numbers.

slight drop is no cause for concern. There wasn’t much room for growth over what happened in 2015. In February of 2015, our occupancy rate was 94 percent, and this year it was 89.1 percent. Our research consultant attributed that to a slight economic softening. You also have to take into account that our average daily room rate was higher in 2016 — \$353 was the average daily rate in February this year.”

A milder winter in the north — a polar vortex, as one called it — may have influenced a slight drop in hotel occupancy rates in Lee County in January and February, too, but bed taxes in Lee were up from last year’s, says Tamara Pigott, executive director of The Beaches at Fort Myers & Sanibel, part of the Lee Visitor & Convention Bureau.

There was also the falling Canadian dollar, dirty water flooding downstream from Lake Okeechobee to affect beaches

and tourists on both the Gulf and Atlantic coasts, and “the challenge of the Euro to the dollar, although the Germans don’t seem to be backing off,” Ms. Pigott notes.

She just returned in March from a week-long conference in Berlin where tourism marketers from all over the world competed, “making you realize you’re just a small spec on the planet.”

Cultivating the German market is particularly important in Lee County for two reasons, she says: one, about half of all German visitors to the state come to Lee County — about 270,000 per year, or 9 percent of total visitors, nowadays.

And two, those European visitors have changed the picture of season, since many of them come in August and September, boosting the out-of-season residency rates to within about 20 percent of the in-season rates. That’s a far cry from the days when county populations on the coasts could drop by half, out of

season, and many businesses closed for the duration.

Collier and Charlotte counties benefit from those visits, too, says Lorah Steiner, Charlotte’s tourism director, who acknowledges that counties compete against each other at home, but they compliment each other in overseas recruitments of tourists and visitors, some of whom end up buying homes or even kicking off businesses here.

“We’re putting a lot more emphasis on (German and international) travelers,” she says. “They may stay in one county, but they’ll visit others.”

The figures she watches to determine visitor health are called RevPAR, she says.

Like in other Florida counties, when the numbers go flat, officials in Charlotte begin to look at revenue-per-room rates

SEE SUN, A15 ►

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# MONEY & INVESTING

## Price of gold up 16 percent this year, but invest cautiously



**ericBRETAN**

estaterick@gmail.com

If there is one commodity that I should know the most about, it is gold. After all, I now own an estate jewelry company, so I deal with the precious metal every single hour of every day.

Yet if you ask me what price movement in the financial markets has surprised me the most in 2016, it is gold. At the end of last year, I was certain that gold prices would continue to fall as they did throughout most of 2015 and we would be definitely under \$1,000 per ounce right now. But instead, gold prices are up 16 percent this year, with many betting that they may head even higher. So what has caused this change in gold sentiment and what does the future look like for this metal?

The end of 2015 looked bleak for gold

prices.

First, the Fed raised interest rates for the first time in almost 10 years and most analysts believed that the Fed would continue to raise rates in 2016. Higher rates are negative for gold prices because the opportunity costs of holding gold increase. Second, both the U.S. and most other global economies looked to be on solid financial footings at the end of last year. Many people buy gold as a safe haven when other investments turn south, and sell the metal when the financial markets are bullish. And finally, central banks across the globe were talking of pulling back the massive stimulus programs that were put in place during the financial crisis. This again lessened the potential for significant inflation and monetary growth, two scenarios that people buy gold to hedge against.

Unfortunately for gold bugs, 2016 saw a total reversal of many of these phenomena. Many emerging markets, notably China, saw their growth rates

plummet. This resulted in significant volatility in financial markets and significant new stimulus programs from many central banks. Some banks even pushed interest rates into negative territory. This had the dual effect of both increasing global inflation fears and making gold a safe place for investors to park their money.

Here in the U.S., global economic uncertainty, a falling stock market and plummeting oil prices all contributed to the Fed pausing further rate increases. All of these events contributed to gold's rise this year.

So what can we expect gold to do in the second half of 2016?

Investors are clearly betting on continued strength in the gold market as the number of bullish option and future price contracts are at four-year highs right now.

And it is not just gold that is seeing a huge investor demand. Silver and platinum ETFs, options and futures are all seeing record interest levels.

But I would caution people from rushing into precious metal investments. It is somewhat ironic, but the ease at which investors can now buy and sell gold (mainly through the GLD ETF) has made it potentially more hazardous to invest in the metal. GLD is highly liquid, making it a great momentum trade for hedge funds who trade in and out very quickly. This has made massive price swings in gold very common. And investing in gold mining stocks presents its own challenges as investors worry about labor issues, mine safety, political events and specific mine problems.

Despite all of these issues, gold can be a beneficial part of a diversified portfolio.

It is an insurance policy against inflation or geopolitical events or wild swings in financial markets. ■

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

## SUN

From page 1

or RevPAR.

"So if you have 100 rooms, it's how much per room you're averaging," she explains. "If you start to see RevPAR increasing, it's a no brainer. It means people are willing to pay more or stay

longer.

"But when you see numbers decline it's an indicator people are tightening purse strings. It can also mean that people might not be willing to spend as freely as before.

"So, we're watching, and ours has been a little flat for a couple of months, but it's nothing to worry about. If we see a decline over three or four months, we get concerned about it."

While many factors may have con-

tributed to the early winter flattening of markets, none appear to be deeply worrisome, officials say, especially after four or five years of growth and a stellar 2015.

And politics in this very unpredictable election year, which can also lead to caution and reduced spending? Fuhgetaboutit.

"I don't think anybody has been hit with primary-itis," suggests Laurel Baker, executive director at the Palm Beach Chamber of Commerce.

On the other hand, she adds, "It has not been as over the top as last year, here, either."

It may be hard to beat increases in visitors to Palm Beach County from 6.3 million in 2014 to 6.9 million last year, but there should be some growth, especially since the numbers of Canadian visitors are holding steady.

"We prepared ourselves mentally for a downturn (after Canadian dollar fell on hard times), but it never came," she says. ■

### A REME-TEA TO REMEMBER

Lavish mom from head to toe with innovative tea-based treatments throughout the month of May.

**Green Tea Facial**  
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50 minutes

**Lavender and Citrus  
Tea Body Treatment**  
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50 minutes

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# NETWORKING

## Vinny Cuomo networking event, PGA National



ANDY SPIOLOS / FLORIDA WEEKLY

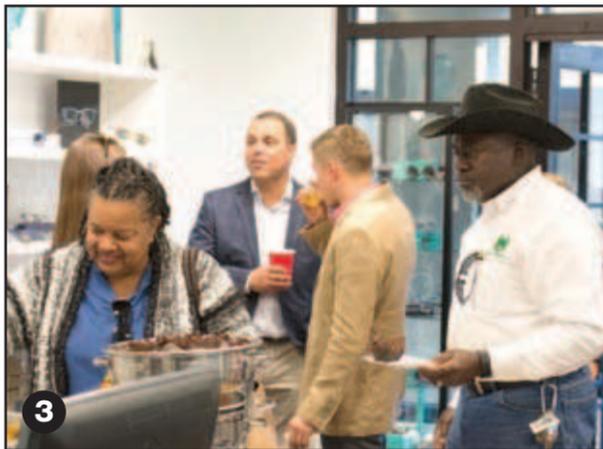
Brandy Guthrie, Vinny Cuomo and Kayla Angst

- 1. Melissa Kostelia, Chelsea Koester, Seth Mansfield, Nicole Plunkett and Vinny Cuomo
- 2. Heather Stohlman and Elisha Roy
- 3. Alan Shankman, Jill Sisson, Karyn Duffy and Marina Muralto
- 4. Ari Kornhaber and Brett Steinberg
- 5. Gary Lesser, Sydnee Newman and Ari Kornhaber
- 6. Bob Goldfarb and Ivan Domingez
- 7. Mark Martin, Colleen DeBosky and Zachary Bresky
- 8. Tammy Futris, Frank Cumbie and Beth Fish
- 9. Niko Bitzer, Charlie Weiss and Nina Golenkova

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# NETWORKING

## Iconic Eye Care grand opening, Palm Beach Gardens



- 1. Gregory Newborn, Helen Cepeda, Chrissilee Williams, Adam Ramsey, Arlene Hagley, Darlene Kuhr, TL Wingate, Jackie Ortiz and Ruth Carroll
- 2. Adam Ramsey and Alyssa Renney
- 3. Veronica Wingate and TL Wingate
- 4. Janet Olivier and Mareeka Mattis
- 5. Sydney May and Jessica Cope
- 6. Wayne Perry and Adam Ramsey
- 7. Seth Crapp, Cordel Cook, Adam Ramsey, Karl Michael, Anthony Atkins and Alan Bortoff
- 8. Bella Mulligan

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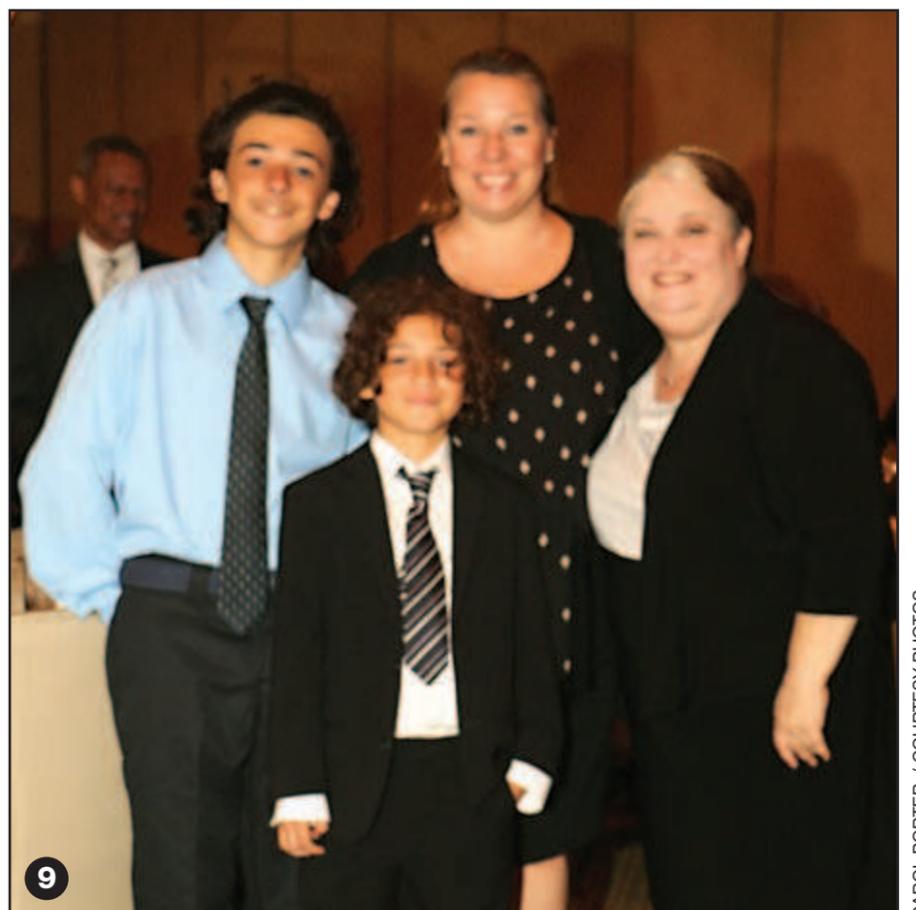


# SOCIETY

## Community Celebration of Unity, Human Rights and Freedom, West Palm Beach



1. Alan Shullman, Sarah Shullman, Tequisha Myles and Savannah Myles
2. Bradley Harper, Sarah Shullman, Samantha Shullman and Anna Shullman
3. Cantor Alicia Stillman, Sheila Guillaume and Rabbi Cookie Lea Olshein
4. Eric Ross, Carole Taylor and Lawonda Warren
5. Salesia Smith-Gordon and Lawrence Gordon
6. W. Craig Lawson and Eric Ross
7. Rabbi Cookie Lea Olshein, Alyson Seligman, Nicole Morris and Steve Schauder
8. Katie Deviney and W. Craig Lawson
9. Isaiah Torres-Nussbaum, Elias Torres-Nussbaum, Diana Nussbaum and Rabbi Cookie Lea Olshein



# SOCIETY

## Boys & Girls Club butterfly release, The Mall at Wellington Green



1. From left, Melanie Quartaroli, Juliana Quartaroli, Dana Sawtell and Abryella Butler
2. Amiya Bethea
3. Jenny Swearingen
4. Elija Oriffin, Kenda Peterson and Keymauri Orr
5. Emma Shapira and Melanie Ona
6. Jennifer Fye, Justin Hotz and Matthew Ho
7. Taylor Pare and Jamie Pare
8. Ironkeria Buxton
9. Ana Shapiro
10. Mariana Rivera and Juliana Rivera

TOM TRACY / FLORIDA WEEKLY

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COURTESY PHOTOS

# A lot to love in Mirasol

## SPECIAL TO FLORIDA WEEKLY

With more than 100 feet of expansive water and golf views, this home, at 148 Remo Place, has the lot everyone is looking for in Mirasol.

Picture waking each morning and seeing the sunrise over a wide lake with spectacular golf vistas in the distance. Now picture yourself in a large, five-bedroom Palm Beach Gardens home in impeccable condition that has numerous upgrades inside and out.

Features include Impact glass throughout the home (front doors have hurricane panels), 8-foot-high wood and glass front doors, 24-inch by 24-inch Saturnia marble floors and light wood Luxor self-closing cabinetry with stunning marble in the kitchen, wet bar and master bath. There are crown molding and wall moldings throughout the home, plus a beamed ceiling in the family room, as well as a stone gas fireplace and an office with wood built-ins designed by John Fasig.

All three air-conditioning units have been upgraded with U/V lights.

There are large stone pavers in front and back with paver walkways on each side of the home (recently sealed) and an extra-wide driveway with a two-plus golf cart side load garage. The large heated free-formed pool and spa has a salt filtration system, auto fill and overflow upgrades and a newer high-energy pool pump, plus an Aqua link panel inside the home and upgraded controls for pool settings.

There is lush landscaping in front, back and sides of the home with landscape lighting in rear, plus pest-control tubes inside walls for easy access and pet protection.



COURTESY PHOTOS

Inside, the home has a central vacuum, surround-sound speakers and epoxy garage floors. Full golf equity is available.

Offered \$2,299,000 by Carol Falciano of Lang Realty; 561-758-5869 or Carol@Carol-RealEstate.com. ■



# KOVEL: ANTIQUES

## Transforming old furniture, tools, creates trendy industrial look

BY TERRY KOVEL AND KIM KOVEL

Antiques and design shows today often have attractive pieces of furniture that have been transformed by painting, decorating or removing the original finish. In the 1980s, the transformed look often was created with a layer of white paint encouraged to peel to look old. Today the industrial look is “in,” and shows have old workbenches, industrial tools attached to wooden tables, lamps made of old gears and gym lockers stripped of their original paint. All have been given a modern look by exposing the original silvery finish of the metal parts. InCollect, the upscale website that sells expensive antiques, offered a long rectangular desk with a polished aluminum finish. The desk had been used during World War II. It is made of the aluminum used in airplanes in the 1930s and '40s. It was originally painted green (some of the paint is left in a drawer as a part of its history). The desk was hand stripped and polished for about 80 hours. It is more than a desk — it can fold into a box to be moved, which was a wartime necessity. Look at some of the used metal furniture selling for offices or workshops, or scrap metal that can be changed in a do-it-yourself project into unique “modern” furniture.

**Q:** I got a Casige toy sewing machine for Christmas in the late 1940s or early '50s. It's in excellent condition with the original box. It was made in West Germany. Is this of any value other than sentimental?

**A:** Casige made toy sewing machines from 1902 until 1975. The company was founded in 1852 by Carl Sieper of Gevelsberg, Germany. It originally made locks for

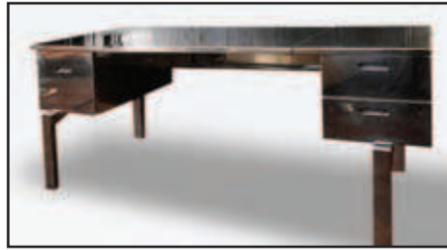
pianos and other furniture. The name of the company came from the combination of the first two letters of his first and last names and the town. His grandson, Carl Sieper II, began making small sewing machines for schools in 1902. Eighty-three models were made between 1902 and 1975. Sewing machines marked “West Germany” were made between 1949 and 1975. The value of your toy sewing machine is about \$50.

**Q:** Are old books of any value? I have a copy of “Aesop’s Fables” translated from the Greek by the Rev. Geo. Fyler Townsend and published by George Routledge and Sons. The cover looks like leather and has two color pictures of children and drawings of leaves.

**A:** Some old books are valuable, but it takes an expert to appraise them. The fables were first told about 600 BC and didn't appear in print until 1557. Several editions of the version translated by Reverend George Fyler Townsend (1814-1900) were published in the late 1800s. They sell online for about only \$12 and up. If you want to sell your copy, you can take it to a store that sells used books.

**Q:** My grandchild is named Sarah, a nice old-fashioned name. I wanted to buy an antique child's cup with her name on it, but after looking at antiques shows for months, I have found lots of other names. Was a “Sarah” cup made in the 1800s?

**A:** Mugs and small plates for children were popular in England but not in America during the 19th century. Many ceramic factories made them. Some were decorated with names like Hannah, Louisa, Sophie — and



COURTESY PHOTO

**This World War II desk was offered for sale through InCollect, an online website. It has been changed to a modern-looking aluminum desk. The original green paint was removed to give it a current look.**

yes, Sarah. But children's tablewares also had sayings like “A Birth Day Gift,” “For my dear boy,” “For a good girl” or other phrases so the mugs could be given as rewards or gifts. Pictures from children's books, educational decorations like the alphabet or pictures and names of animals also were popular. Some had messages like “Make hay while the sun shines.” The cups helped children learn manners and moral character. You might be lucky enough to find Sarah through an Internet search, but the odds are against you.

**Q:** I have an old typewriter made by a company called Blickensderfer of Stamford, Conn. On the side of the frame is a shield with patent numbers from July 15, 1890 to April 12, 1892. The typewriter's letters and numbers are on a cylinder that rotates to the desired key when pressed. Is this of value? Is there a market for something like this?

**A:** In 1891 George Blickensderfer invented a small portable writing machine that used a cylinder instead of striker keys to print

letters. It had a keyboard, but the order of letters was different from the “QWERTY” keyboard used today. The machine was lighter, less expensive and designed to avoid the key “hang up” of other typewriters. The user could change type styles by changing the cylinder without using a tool. The idea was similar to the IBM Selectric, which came along almost 75 years later. The first models were probably made in very limited numbers since none have been found. The Model 5, nicknamed the “Blick,” was introduced at the Columbian Exposition in 1893 and was made for many years. Later models were deluxe versions of that design, though QWERTY keyboards became available. Blickensderfer's company was successful, but he was hit by a car and died in New York City in 1917. Attempts to run his company failed and the company went bankrupt. In 1927, Remington bought the inventory and the intellectual rights and introduced the Rem-Blick, which was similar to the Blick 5. Blickensderfer typewriters sell between \$300 and \$400.

**Tip:** If there are raised applied decorations on your art glass, be careful when cleaning it. Gold or silver accents, painted enamel decoration and beads must be kept in fine condition to maintain the value. ■

— Terry Kovel and Kim Kovel answer questions sent to the column. 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 Kovel, Florida Weekly, King Features Syndicate, 300 W. 57th St., New York, N.Y. 10019.

# LANDMARK AT THE GARDENS

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## BEHIND THE WHEEL

### The Buick Cascada: A laid-back turbo droptop that's good but not great

mylesKORNBLATT  
mk@autominded.com



Incorrect perceptions of Florida and Buick go hand-in-hand: Those in colder climates often think of the Sunshine State as home to retirees in LeSabre sedans with the turn signal welded in the "on" position. We know better, and so does Buick.

It only takes a frozen winter to change our state's stodgy image, but a car company needs to be a bit more proactive.

That's why the new Cascada is a car we want to love. A convertible is a great way to be both mature and exciting at the same time — something that's good for Florida and needed at Buick.

The exterior hit its mark quite well. This is not much more than a European Opel with a Buick badge. In fact, most of Buick's best vehicles come from the German arm of General Motors. What the Opel connection does is give the Cascada a distinctive front end with crisp lines, something not shared with any other brand in the U.S.

Inside there are more benefits from the relationship with Opel. Materials on the center console feel like nice quality pieces, and the backup camera provides some of the best detail on the market. The layout is Germanic, allowing for very precise control over everyday features such as climate control.

Overall the presentation is a bit aged, however, as Opel has been offering this design for nearly a decade. So when it came time to insert for updates like a touchscreen infotainment system, it seems a little awkwardly placed, and there are leftover buttons when the space on the dash was just a display screen.

The operation of the droptop is simple and quite nice: It takes one switch and less than 20 seconds to go from completely enclosed to "Hello, world!" It's so quick and easy, the decision to let the sunshine in can be made and executed at a stoplight and without ever leaving the driver's seat.

On the road, the Cascada can't help but feel very mature. The only motor available across the lineup is a 1.6-liter turbocharged four-cylinder that makes 200 hp. A low displacement, large turbo powerplant is usually the key ingredient for hijinks, but not here. Creating a convertible means adding some serious metal to the body to ensure the strength that's usually provided by a fixed roof. The extra weight is actually a bit of good news on the road, because it gives the convertible a feeling of a substantial car that doesn't get blown around in the wind.

Where this mass doesn't help is with power and economy. The motor feels good for all occasions, including the highway, but it will never have that rush of acceleration often associated with a turbo. In fact, the engine is boosting power for so many situations that fuel economy is 20/27 mpg city/highway — average for the segment, but we'd



expect more from this kind of motor.

None of this is of fatal concern. It just means shoppers might start looking around at the competition. And the Cascada's price doesn't help in that department. The base version starts at \$33,990, including freight charges (every option box checked will get the Cascada slightly above \$37K.) This places Buick's convertible in between a new Ford Mustang convertible and a used BMW 328i droptop. But both of these are sports cars, and the Cascada is aiming more for a comfortable cruising clientele.

In fact, this is more of a direct competitor to the Volkswagen Eos. The Cascada feels more updated than VW's

10-year-old convertible, but the Eos offers a folding hardtop for slightly less money. Volkswagen dealers are even willing to make deals on their car because the line will be killed off in a few months.

See where the problem is starting here? Convertibles are about buying something interesting and fun. The Cascada is good — but not great. Buick needs a car with the kind of distinction that makes people say "Yes!" instantly.

No doubt plenty of Floridians will buy and enjoy the Cascada. We just know on our beautifully sunny days, it's easy to walk across the street to the other dealers, too. ■

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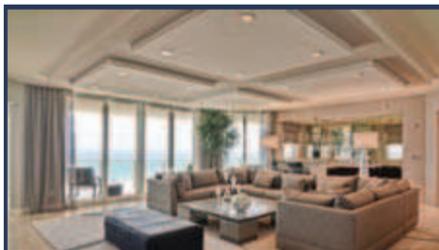
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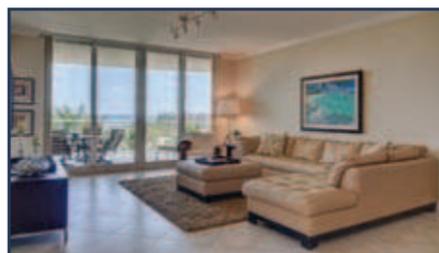
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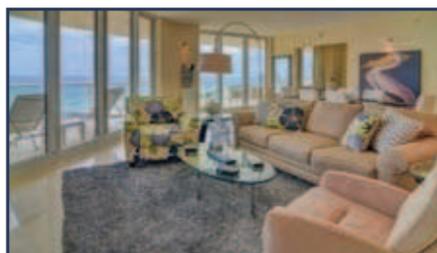
**Ritz Carlton Residence 1804A**  
3BR+DEN/3.5BA - \$3,650,000



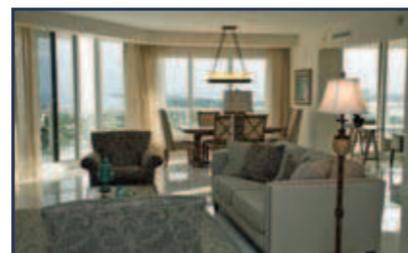
**Ocean's Edge 1401**  
4BR/4.5BA - \$2,800,000



**Ritz Carlton Residence 402B**  
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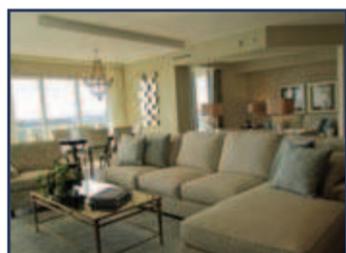


**Ritz Carlton Residence 2104B**  
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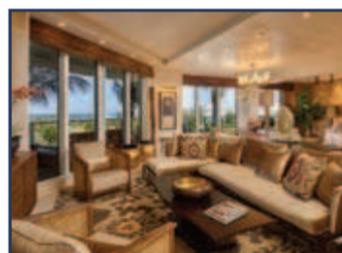
**Ritz Carlton Residence 705B**  
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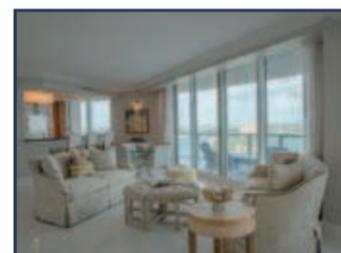
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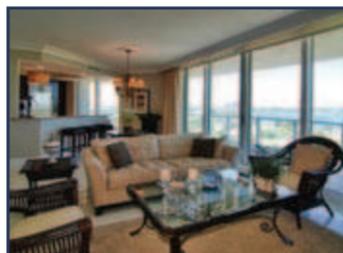
**Ritz Carlton Residence 204B**  
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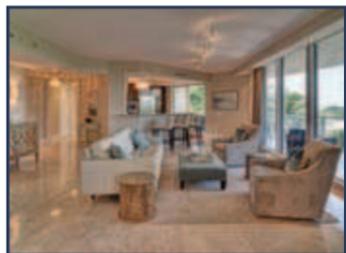
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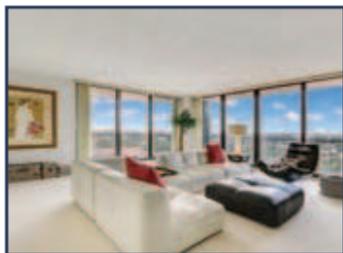
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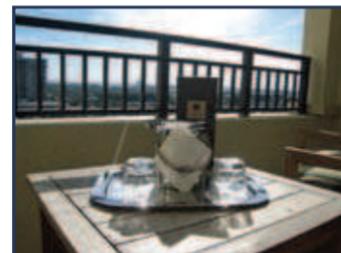
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# ARTS & ENTERTAINMENT

WEEK OF APRIL 21-27, 2016

A GUIDE TO THE ARTS &amp; ENTERTAINMENT SCENE

“My goal as an artist is to inject life into whatever I can make.”

— **Marlene Rose**, artist



COURTESY PHOTOS

Glass artist Marlene Rose gathers molten glass at a furnace to create a sculpture. She will appear at Benzaiten Center in Lake Worth.

## Rose blooms

Glass sculptor to demonstrate her art at Lake Worth's Benzaiten Center

BY MARY THURWACHTER

Florida Weekly Correspondent

ALTHOUGH HER STUNNING GLASS SCULPTURE can be found in galleries all over the country, few have a chance to actually watch artist Marlene Rose work her magic. But Palm Beach County residents will have that rare opportunity April 28-30 when the Clearwater artist visits the Benzaiten Center for Creative Arts in Lake Worth.

Ms. Rose uses a process based on the

ancient tradition of bronze casting. The process only recently was adapted for glass. She pours liquid molten glass into a sand mold, then cools it for six days in a specially controlled oven before cracking open the mold to reveal her creation.

“When people first view my work, I’m often told they feel a certain aliveness inherent in the work,” Ms. Rose says. “My goal as an artist is to inject

SEE BLOOMS, B7 ▶



COURTESY PHOTO

A cast-glass sculpture by Marlene Rose.

## HAPPENINGS



COURTESY PHOTO

There will be a photo contest in conjunction with ‘The Bridges of Madison County,’ which opens April 26 at the Kravis Center.

### Photo Centre, Kravis team up for ‘Bridges’

BY JANIS FONTAINE

pbnews@floridaweekly.com

The Palm Beach Photographic Centre has joined up with the Kravis Center for its run of the romantic story, “The Bridges of Madison County.” The award-winning musical, based on the 1992 best-selling book by Robert James Waller, opens at the Kravis on April 26.

This love story revolves around a four-day love affair between a worldly photographer and a lonely Iowa housewife, home alone on a long weekend.

Your mission? Take your best shot of any bridge in the county and upload it to Twitter, Instagram or Facebook with the hashtag #bridgesofpbcounty.

The winner gets a special Bridges of Madison County gift basket with a pair of tickets to the Tony Award-winning show, the Broadway soundtrack on CD, a copy of the novel on which the musical is based, and a DVD of the film version starring Meryl Streep and Clint Eastwood. The winner also gets a \$200 gift certificate good for any class offered at the Palm Beach Photographic Centre, and will have the winning photo on display in the gallery. Winners will be announced April 24.

The show will play at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach, from April 26 through May 1. Show times are April 26-30 at 8 p.m. with matinees on April 27, April 30 and May 1 at 2 p.m. Tickets start at \$27.

For information or tickets, call 832-7469 or visit Kravis.org.

### Two one-person shows at Hababat

It’s a battle of dueling glass artists at the Hababat Gallery on Clematis Street. Two one-person exhibitions are going on now. One with Rick Beck and the other with Ross Richmond.

Rick Beck has an M.F.A. in Glass from Southern Illinois University, but he lives in Spruce Pine, N.C., now where he has

SEE HAPPENINGS, B14▶



COURTESY PHOTO

Duran Druan plays SunFest’s opening night.

### Band brings new sounds to SunFest

BY ALAN SCULLEY

Florida Weekly Correspondent

Duran Duran, having spent the better part of 35 years making music and touring, certainly know more about album making, about themselves and about life than when the group exploded onto the scene in the early 1980s.

After playing gigs on a tour that included a stop in Miami, the band plays opening night at SunFest (8:30 p.m. April 27).

But bassist John Taylor says one of the biggest lessons he and bandmates Simon Le Bon (vocals), Nick Rhodes (keyboards) and Roger Taylor (drums) have learned is that they don’t know it all.

And that’s after more than three decades of performing together.

“We’re as good as our collaborators,” Mr. Taylor said in a late-February phone interview. “We’re as good as our producers. And I think as you get older, there’s a tendency to think ‘We’ve got this. I

SEE DURAN DURAN, B9 ▶

# COLLECTOR'S CORNER

## Good design is something that never goes out of style



I am fascinated by design. I love being able to recognize something iconic, like an Eames chair, or to recognize the fabrics designed by Dorothy Draper or the dishes designed by Susie Cooper or Clarice Cliff. On the surface, the clean lines of a Charles or Ray Eames piece seemingly have little in common with Draper's pink and green motif at the Greenbrier Hotel in West Virginia. But good design is something that endures. Each of those masters of 20th-century design created the best of their genres. That is why a laminated 1940s chair does not necessarily look out of place in a colonial house. And it's why collectors want the floral fabrics and restaurant china Draper created for the Greenbrier, Drake and other hotels. It also is why collectors will pay top dollar for representative pieces by great designers. Not sure how to shop for those prize pieces? Trust your eye. Clean lines and quality win every time. I recently purchased what I thought

was a Baccarat lamp in the shape of an urn at a Fort Myers thrift shop. The price? \$15.

Turns out my crystal table lamp was made by Paul Hanson in the '50s and was based on a Baccarat design, according to Jeffrey Burgess, owner of James & Jeffrey Antiques in West Palm Beach.

So it's almost a Baccarat, but not quite. Still, it's a high-quality, classic piece that would fetch several hundred dollars in the right shop.

I recognized it as something wonderful because I had walked through shops and read magazines and seen similar pieces. Educate yourself. Magazines and online resources like Pinterest are great for learning about the classics.

Look at design magazines and notice how your eye is drawn to objects with pleasing proportions.

Most classic designs also are of good quality. There's nothing more satisfying than seeing a vintage piece of Baker, Widdicomb or Kittinger furniture — the drawers and doors always open and close smoothly — even a ragged piece will be recognizable as something that started out with a great pedigree.

Quality and good design go together, and they are part of what makes coming home special.

Now, start hunting! ■

# LOOK WHAT I FOUND



SCOTT SIMMONS / FLORIDA WEEKLY

Towle Old Colonial chocolate muddling spoon would have been part of a set of chocolate spoons. This one would have been used to stir hot chocolate in a pot.

## THE FIND: Towle Old Colonial sterling chocolate muddling spoon.

**Bought:** Gannon's Antiques & Art, 16521 S. Tamiami Trail, No. 1, Fort Myers; (239) 489-2127 or gannonsantiques.com.

**Cost:** \$69.

**The Skinny:** Just when you think you have seen everything in a pattern you collect, you learn something new.

At the turn of the last century, porcelain chocolate sets, with a pot and small cups, were all the rage.

I had seen the individual chocolate spoons — they resemble a baby spoon — but I had never seen one of the long-handled muddling spoons, designed to stir the hot chocolate that had settled at the bottom of the pot.

The shop had this spoon identified as a bon-bon server, but that didn't seem right. For starters, the bowl of the spoon is too small to hold just about any kind of snack. Towle first made its Old Colonial pattern in 1895, toward the end of the Victorian Age. It's a pattern I collect, and I love seeing the serving implements that would have graced a Victorian table — almond scoops, macaroni servers, anchovy forks, lettuce forks, marrow spoons and, yes, chocolate muddlers. ■

— Scott Simmons

— Write to Scott at [ssimmons@floridaweekly.com](mailto:ssimmons@floridaweekly.com).

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or call 561-832-7469 or 800-572-8471  
Groups: 561-651-4438 or 561-651-4304

APRIL 27TH-MAY 1ST WEST PALM BEACH

# SunFest 2016

5 DAYS 3 STAGES 50 BANDS

DURAN DURAN • ALABAMA SHAKES • MEGHAN TRAINOR • TRAIN  
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THE ROOTS • FITZ AND THE TANTRUMS • CAPITAL CITIES  
EVANESCENCE • FLOGGING MOLLY • ANDY GRAMMER  
RICK SPRINGFIELD • SCOTT BRADLEE'S POSTMODERN JUKEBOX  
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COLEMAN HELL • JUDAH & THE LION • THE BABYS  
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DREW HOLCOMB AND THE NEIGHBORS • THE BRIGHT LIGHT SOCIAL HOUR  
DEVON BALDWIN • JESSE ROYAL • DYLAN LEBLANC  
BOBBY LEE RODGERS • SECRET WEAPONS • RIA MAE • CADE  
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Publix and advance online pricing end on Saturday, April 23.

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# Discovery



## Upcoming Events

### Celebrate Earth Day

**APRIL 24**  
Mandel Public Library  
of West Palm Beach  
411 Clematis Street

### Dead Poetry Jam

**APRIL 25**  
The Blind Monk  
410 Evernia Street #107

### Sunfest

**APRIL 27 – MAY 1**  
Downtown Waterfront  
100 N. Clematis Street

### The Bridges of Madison County The Musical

**MAY 1**  
The Kravis Center  
of the Performing Arts  
701 Okeechobee Boulevard

### FREE Bike Valet

Downtown West Palm Beach is not only walkable, it is also bike-friendly!

Alleviate concerns over finding a location to chain your bicycle during SunFest. Valet your bike at the closest parking to all the action — just steps from the event gates!

#### LOCATION:

**SunFest Clematis  
Street Entrance**  
(Centennial Square  
Fountain)

#### HOURS OF OPERATION:

**Wednesday & Thursday 5–10pm  
Friday 5–11pm  
Saturday 12–11pm  
Sunday 12–10pm**



THURSDAY, MAY 26, 2016 - 5:30 PM - 9 PM  
**PAIRINGS**  
FOOD • WINE EVENT  
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## CALENDAR

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

## THURSDAY 4.21

**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. Info: Clematisby-night.net.

■ **April 21:** New Horizon Band plays R&B and Top 40. Info: myspace.com/newhorizonband1.

■ **April 28:** No Clematis by Night. Enjoy SunFest!

**"I Love A Piano, The Music of Irving Berlin"** — Through May 22, The Wick Theatre, 7901 N. Federal Highway, Boca Raton. Info: thewick.org.

## FRIDAY 4.22

**Earthly Delights — Earth Evening Art Exhibit** — Opening reception 6-9 p.m. April 22, Artists on the Ave, 620 Lake Ave., Lake Worth. Featuring artists Tracy Rosof-Petersen, who works in clay, and mother and daughter artists Mary Catello, and Teri Solomoni, who use local palm trees to create both functional and artistic vessels. Free. Refreshments. Info: 762-8162; 582-3300.

**"Fifty Shades of Hillary — An Intimate Musical"** — April 22-24, The Palm Beaches Theatre, 262 S. Ocean Blvd., Manalapan. 855-728-8497.

## SATURDAY 4.23

**Super Chevy Show** — 8 a.m. April 23-24, Palm Beach International Raceway, 17047 Beeline Highway, Jupiter. A full swap meet, car show and drag racing. Tickets: \$20 adults, \$5 for age 6-12 and free for age 5 and younger. Info: superchevshow.raceit.com.

**The Grand Opening of the Riviera Beach Heights Community Garden** — 10 a.m.-12:30 p.m. April 23, Riviera Beach Heights Community Garden, 1010 W. 10th St., Riviera Beach. Food and refreshments. Info: 844-3408.

**The South Florida Rock Show-down Grand Finale** — 8 p.m.-1 a.m. April 23, Revolutions at CityPlace, 477 S. Rosemary Ave., West Palm Beach. The winners of the semi-final rounds perform for the final time. Info: 203-6188; westpalmbeach.revolutionsbowl.com.

## SUNDAY 4.24

**Palm Beach International Polo** — 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; internationalpolo-club.com.

## MONDAY 4.25

**The Treasure Coast Youth Symphony** — 7 p.m. April 25, Episcopal Church of the Good Shepherd, 400 Seabrook Road, Tequesta. The program, "Magic and Make Believe," includes Mussorsky's "Night on Bald Mountain," Dvorak's "Noonday Witch," the "Two Towers" theme from "Lord of the Rings" and Lalo's "Symphonie Espagnole," which will feature violinist Brooke Gunter, the orchestra's 2016 Concerto

Composition winner. Tickets are \$10 for adults, \$5 for students. Call 746-4674.

## WEDNESDAY 4.27

**Genealogy Presentation** — 1 p.m. April 27, South County Civic Center, 16700 Jog Road, Delray Beach. Daniel Horowitz from myheritage.com will speak about planting a family tree online. Free for members, \$5 guests. Info: sylvia@jgspalmbeachcounty.org or 483-1060.

## LOOKING AHEAD

**"Baby Boom Baby"** — April 28-May 15, the Palm Beaches Theatre, 262 S. Ocean Ave., Manalapan. Tommy Koenig brings his one-man "musicomedy" — a flashback through our times and the music that defined them" to the Palm Beaches. Tickets: \$40. 855-728-8497; palmbeachestheatre.org.

## AT THE COLONY

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

## ROYAL ROOM CABARET:

**Karen Oberlin** — April 22-23 and April 29-30. Ms. Oberlin has been called one of the saviors of the Great American Songbook. \$115 per person for prix fixe dinner and show; \$50 for show only.

**Nicolas King** — May 6-7 and May 13-14.

**Jeff Harnar** — May 20-21 and May 27-28.

## 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.

**"Outside Mullingar"** — Through April 24. John Patrick Shanley taps into his Irish roots in a romantic comedy. A family feud, a secret crush, a mask of invincibility, and stubborn pride prevent love from blooming between neighbors. Tickets: \$44.

## AT DREYFOOS

Alexander Dreyfoos School of the Arts, 501 S. Sapodilla Ave., West Palm Beach. Info: 802-6000; soafi.org

**Piano Recital (Klavier 4)** — April 21, Brandt.

**Jazz Concert** — April 26, Meyer.

**Spring Choral Concert** — April 29, Meyer.

## AT THE DUNCAN

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

**Mix Tape Music Series: One Night of Queen** — 8 p.m. April 27. Performed by Gary Mullen & The Works.

**Weekend Family Fun Series: Junie B.'s Essential Survival Guide to School** — April 30.

## AT THE EISSEY

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

**Palm Beach Gardens Concert Band presents Piano Magic** — 7:30 April 27. Copeland Davis plays familiar favorites and originals with the band. Tickets: \$15. Free for students 18 and younger. pbgconcertband.org

**Dance Theater of Florida** — 7 p.m. April 30. The magic of "Aurora's Wedding," "The Third Act of Sleeping Beauty" and "Mission to Mercury." Tickets: \$22 adults, \$18 seniors and students. Info: dancetheaterofflorida.com.

## AT FAU JUPITER

Lifelong Learning Society complex at FAU's MacArthur Campus, 5353 Parkside Drive, Jupiter. Tickets for lectures and concerts are \$25 members, \$35 nonmembers. Info: fau.edu/lfsjupiter or 799-8547.

## SPRING LECTURES:

**Bob Dylan since the 1960s** — 7 p.m. April 28. Rod MacDonald, a singer and songwriter, takes a tour of the life and genius of Bob Dylan and his songs.

## AT FOUR ARTS

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

**Friday Film Series: "Haute Cuisine"** — 2:30, 5:15 and 8 p.m. April 22. "On My Way" — 2:30, 5:15 and 8 p.m. April 29. Gubelmann Auditorium. \$5. Free for members.

**Minkus' "Don Quixote"** — 2-5:30 p.m. April 23. A new production.

**Florida Voices: "Legendary Locals of West Palm Beach"** — 1:30-2:30 p.m. April 27. by Janet DeVries and Ginger Pedersen.

**"Metropolitan Opera: Live in HD"** — Strauss' "Elektra" (New Production) — 1-3:15 p.m. April 30. Society of the Four Arts.

## AT THE KRAVIS

Kravis Center for the Performing Arts, 701 Okeechobee Blvd., West Palm Beach. Info: 832-7469; kravis.org.

**A Night with Janis Joplin** — April 23. Kravis Center.

**"The Bridges of Madison County"** — 8 p.m. April 26, 2 and 8 p.m. April 27, 8 p.m. April 28-30, and 2 p.m. April 30 and May 1. Tickets: \$27 and up.

## AT THE LIGHTHOUSE

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

**Lighthouse Sunset Tour** — Wednesday, April 27, May 4, 11, 18, 25 and June 1, 8, 15, 22, 29. Time varies by sunset. \$15 members, \$20 nonmembers.

**Lighthouse Moonrise Tour** — April 22, 7:15 p.m.

**Twilight Yoga at the Light** — 7-8 p.m. April 25, May 2, 9, 16, 23, 30 and June 6, 13, 20, 27.

## AT THE MALTZ

Maltz Jupiter Theatre, 1001 E. Indian-town Road, Jupiter. 575-2223. Jupitertheatre.org

**Kids Korner Series: "Henry and Mudge"** — April 28. \$5.

**Conservatory production: "Ever Happily After"** — April 30 and May 1. \$25 adults, \$20 students.

## AT THE JCC

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

**April 21:** Skin cancer screenings, canasta 101, duplicate bridge, bereavement support group

**April 22:** Beginner's supervised play, 9:30-11:30 a.m.

**April 25:** Bridge advanced beginner's supervised play, mah jongg and canasta play session, duplicate bridge, Timely Topics Discussion Group

**April 26:** Hebrew conversational, Hebrew for beginners, mah jongg 101 class, duplicate bridge

**April 27:** Advanced beginner's supervised play; play of the hand; mah jongg & canasta play session; duplicate bridge; Men Let's Talk

**April 28:** Canasta 101, duplicate bridge

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

**Joe Horton Exhibition of Oil Paintings Encompassing a Wide Variety of Styles** — Through April 28.

## AT MOUNTS

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

**Spring Plant Sale** — 9 a.m. to 4 p.m. April 23 and 9 a.m.-3 p.m. April 24. More than 80 vendors of quality plants and goods. Free for members; \$10 nonmembers.

**Urban Farming:** Sustainable Backyard Vegetable Growing — 9-11 a.m. April 30. Speakers: Raina & Paul O'Connor, master gardeners, will offer tips and techniques on site preparation, seedling establishment, planting, maintenance, pest and disease control, watering efficiently, and harvesting. \$20 members; \$25 nonmembers.

## AT PBAU

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

**"The Taming of the Shrew"** — 7:30 p.m. April 21-23 and 2 p.m. April 23, Fern Street Theatre. For age 10 and older due to content.

**Spring Dance Concert** — 7:30 p.m. April 21-22, Kravis Center for the Performing Arts, 701 Okeechobee Blvd., West Palm Beach. Features the PBA Dance Ensemble under the direction of

## CALENDAR

Kathleen Klein. Info: 832-7469 or [kravis.org](http://kravis.org).

**Senior Art Exhibit Opening Reception** — 6-7:30 p.m. April 22, Warren Library, 300 Pembroke Place, West Palm Beach. Meet student artists and view award-winning artwork. Free.

**Early Music Ensembles Concert** — 7:30 p.m. April 22, DeSantis Family Chapel, 300 Okeechobee Blvd., West Palm Beach. Student instrumental and vocal ensembles perform music composed before 1750 from Spain, Portugal and the New World. Under the direction of associate professor of music Michael O'Connor. Tickets: \$10, \$5 for students with ID.

**An Evening of Diverse Chamber Music** — 7:30 p.m. April 23, Vera Lea Rinker Hall, 326 Acacia Rd., West Palm Beach. Tickets: \$10, \$5 for students with ID.

**Oratorio Concert** — 7:30 p.m. April 25, DeSantis Family Chapel, 300 Okeechobee Blvd., West Palm Beach. Program: Sunrise Mass by Ola Gjeilo and Mass of the Children by John Rutter, directed by Geoffrey Holland, associate professor of music. Tickets: \$10, \$5 for students with ID.

**Pop/Rock Lab Ensembles Concert** — 7:30 p.m. April 29. Rinker Hall. \$10, \$5 students.

## AT THE PLAYHOUSE

The Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Info: 586-6410; [lakeworthplayhouse.org](http://lakeworthplayhouse.org).

**"The Pajama Game"** — Through April 24.

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

## AT THE IMPROV

Palm Beach Improv at CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach. Info: 833-1812; [palmbeachimprov.com](http://palmbeachimprov.com).

**Gary Owen** — April 21-24.

**Brandon Jackson** — April 28-May 1.

## AT THE FAIRGROUNDS

South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Info: 793-0333; [southfloridafair.com](http://southfloridafair.com).

**Our Kids World Family Fun Fest** — April 23-24. For age 12 and younger, two days of hands-on educational activities, two stages of entertainment, meet sports mascots and television characters, and a fun zone filled with inflatables. Admission: \$10 adults, \$5 for age 12 and younger or free with a ticket available at [adayforkids.com](http://adayforkids.com). A play all day wristband is \$10. Info: 868-1085.

**Yesteryear Village** — Now open year-round, travel back in time to Old Florida when schools were located in one small building and houses did not have running water. At this living history park where interpreters share their stories about life prior to 1940 when many people raised their own livestock and gardens. Open 10 a.m. - 4 p.m. Thursday - Saturday. \$10 adults, \$7 seniors 60+, \$7 age 5-11 and free for age 5 and younger. Info: 795-3110 or 793-0333.

## LIVE MUSIC

**The Bamboo Room** — 25 S. J St., Lake Worth. Info: 585-2583; [bambooroommusic.com](http://bambooroommusic.com)

**Respectable Street Café** — 518 Clematis St., West Palm Beach. Info: 832-9999; [sub-culture.org/respectables](http://sub-culture.org/respectables)

**Palm Beach Hibiscus Bed & Breakfast's Backyard Bar** — 213 S. Rosemary Ave., West Palm Beach. Tuesday, 6:30-9:30 p.m. Jazz on the Front Porch with N.Y. Jazz singer BarbaraAnn. Info: 833-8171; [visitpalmbeachhibiscus.com](http://visitpalmbeachhibiscus.com)

**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; [cafe-boulud.com/palmbeach](http://cafe-boulud.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](http://erbradleys.com).

**Music on the Plaza** — 6-8 p.m. Thursdays through April 28, Mainstreet at Midtown; 4801 PGA Blvd., Palm Beach Gardens. Food trucks. Info: [Midtownpga.com](http://Midtownpga.com)

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

**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](http://parisintown.com)

**The Tin Fish** — 118 S. Clematis St., West Palm Beach. Info: 223-2497; [tinfishclematis.com](http://tinfishclematis.com)

**A Unique Art Gallery** — 226 Center St. A-8, Jupiter. Info: 529-2748; [artistsassociationofjupiter.com](http://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](http://ansg.org).

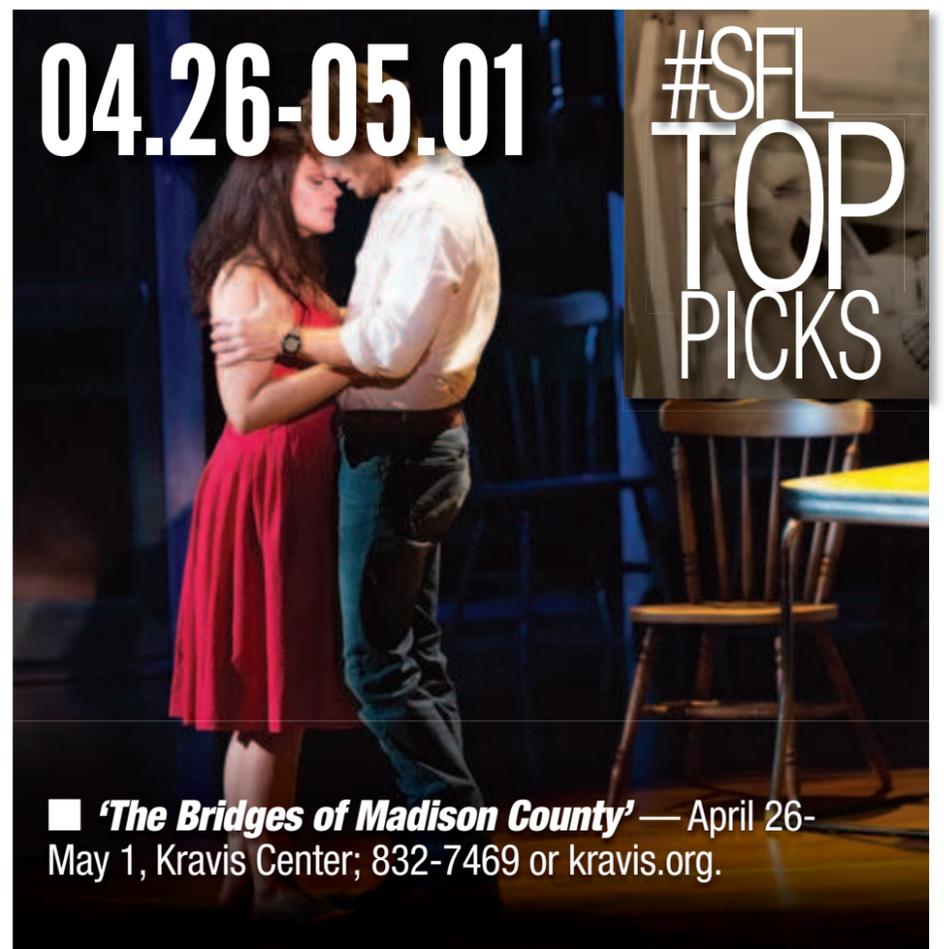
**Lunch in the Garden** — Each Wednesday through Saturday from 11:30 a.m.-3 p.m. EmKo will be offering an artistic al fresco lunch in the garden. Through Tuesday, May 3.

**"Art in the Family Tree"** — Through May 15. Diverse pieces from the lineage of artists in the Phipps and Guest family including works from Susan Phipps Cochran, Jay Cochran, Rafe Cochran, Hubert Phipps, Michael Phipps and Diana Guest. Free for members. \$10 adults, \$8 seniors, \$5 age 5 and older and free for younger than age 5.

**The Armory Art Center** — 1700 Parker Avenue, West Palm Beach. Info: 832-1776; [armoryart.org](http://armoryart.org).

**Exhibition: Recent Works by Shawn Hall** — The 2D works by the New Orleans-based artist will open in the Greenfield Gallery on Earth Day 2016. Opening reception: 6-8 p.m. April 22. Wine and light refreshments.

**Annex Studio Residents Collective** — Opening reception 6-8 p.m. April 21. On display April 22-May 20,



**04.26-05.01** **#SFL TOP PICKS**

■ **"The Bridges of Madison County"** — April 26-May 1, Kravis Center; 832-7469 or [kravis.org](http://kravis.org).



**#SEETIT**

■ **"Njideka Akunyili Crosby: I Refuse To Be Invisible"** — Through April 24, Norton Museum; 832-5196 or [Norton.org](http://Norton.org).



**#DON'TMISS** **04.22-23-29-30**

■ **"The Pajama Game"** — Through April 24, Lake Worth Playhouse; 586-6410 or [lakeworthplayhouse.org](http://lakeworthplayhouse.org).

■ **Karen Oberlin** — Cabaret at The Colony Hotel; 659-8100 or 655-5430; [thecolonypalmbeach.com](http://thecolonypalmbeach.com).

1121 Lucerne Ave., Lake Worth. Works by 2015-2016 Armory Annex Studio Residents Patt Cavanagh, Susan Nash, Erica Howat, Sandra Kuba, and Evan Sahlman. Wine and lite bites will be served.

**APBC Art on Park Gallery** — 800 Park Ave., Lake Park. Info: 689-2530; 345-2842; [artistsofpalmbeachcounty.com](http://artistsofpalmbeachcounty.com).

**Call for art:** The Celestial 2016 Exhibit Images of the Heavens, to be on display May 16 to June 30. Submission deadline April 27.

■ **Artist Sharing Meeting** — 7-9

p.m. April 25. Bring a piece of your work and BYO refreshments.

**The Audubon Society of the Everglades** — Meets monthly and hosts bird walks. Contact Sue Snyder 627-7829 [roysue@bellsouth.net](mailto:roysue@bellsouth.net). Info: [auduboneverglades.org](http://auduboneverglades.org).

■ **Flamingo Trips** — Make reservations now for these carpool caravan trips into the restricted access Stormwater Treatment Area 2 (STA 2). Tour dates: 9:30 a.m. and 3 p.m. April 23. Tours last about four hours but may vary. Email: [asetripinfo@gmail.com](mailto:asetripinfo@gmail.com).

## CALENDAR

## BIRD WALKS:

■ **Earth Day Bird Walk** — 8 a.m. April 22, Lantana Preserve, 206 N. Atlantic Drive, South Palm Beach.

■ **Frenchman's Forest Natural Area** — 8 a.m. April 23, 12201 Prosperity Farms Road, Palm Beach Gardens. About 1.5 miles north of PGA Blvd. Leaders: Melanie & Steve Garcia

■ **Wakodahatchee Wetlands Beginners Walk** — 8:30 a.m. April 23, 13206 Jog Road, Delray Beach. Meet at top of boardwalk. Chris Golia leads.

■ **Seacrest Scrub Natural Area** — 8 a.m. April 24, 3400 S. Seacrest Blvd., Boynton Beach. Leaders: Chadda & John Shelly.

■ **Green Cay Wetlands** — 8 a.m. April 30, 12800 Hagen Ranch Road, Boynton Beach. Meet outside Nature Center main door. Leader: Valleri Brauer.

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

## EXHIBITS:

■ **"Genie Fritchey Solo Exhibition"** — Through April 30. Paintings. Info: geniefritchey.com

■ **"Dancers Among Us: Jordan Matter Exhibition"** — Through June 4. Photos of the Miami City Ballet dancers in everyday situations.

■ **"Resurrection of Innocence by Jeff Whyman"** — Through July in the new Project Space.

**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.

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

■ **Longer Hike on the Apoxee Wilderness Trail** — April 23, 3125 N. Jog Road, West Palm Beach. Joe Rosenberg will lead a 9-mile moderate-paced hike. Info: 859-1954.

■ **Celebrate Earth Day** — 8 a.m.-3 p.m. April 23, Okeehelie Nature Center, 7715 Forest Hill Blvd, West Palm Beach.

■ **Shorter Hike on the Apoxee Wilderness Trail** — April 24, 3125 North Jog Road, West Palm Beach. Alan Collins leads a 5-mile leisure-paced hike. 586-0486.

■ **Okeehelie Nature Trails Trimming Day** — 7:30 a.m. April 30, Okeehelie Nature Center, 7715 Forest Hill Blvd, West Palm Beach. Volunteers are needed to help trim the trails of overgrowth.

**Harbourside Place** — 200 U.S. 1, Jupiter. Info: 935-9533; harboursideplace.com.

■ **Generation Stand Up's Music Fest** — Monthly through June 4 in the amphitheater. Different presentations regarding social and emotional issues chosen by Stand Up's high school members followed by performances by Palm Beach County artists.

■ **Howlin' at the Moon** — 7 p.m. April 21. Star-gazing with your canine

companion at the waterfront amphitheater. Music, aromatherapy, yoga, meditation, plus calming massage techniques for your dog. \$15 for one person and one dog.

■ **Sip, Shop & Support** — 6-8 p.m. April 22. Celebrate Earth Day and support Loggerhead Marinelife Center while sampling wines from the Shops at Harbourside Place. \$20 requested donation, which includes a turtle bracelet and wine samples.

■ **Earth Day Health Fair** — 9 a.m.-5 p.m. April 23. Tai Chi class with Dr. Keith from Agape Healing Arts, a Hado Water Blessing Ceremony, yoga classes, live music, and healthful product vendors. This fundraiser for the Water Peace Project is hosted by Agape Healing Arts.

■ **Jimmy Buffett Tribute** — 6-9 p.m. April 23. Escape to Parrothead heaven with live music from Jimmy Stowe and the Stowaways.

■ **Painting Class at Too Bizaare** — 7 p.m. April 28 at Too Bizaare. Uptown Art hosts this evening where you're invited to meet, eat, drink and make merry paintings. Cost: \$35. Register at uptownart.com.

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

■ **"By Land and Sea: Florida in the American Civil War"** — Through July 2. Commemorates the Sesquicentennial of the resolution of the War of Secession from 1861-1865. Learn Florida and Palm Beach County's role in the conflict and the nation's reconstruction.

■ **Downtown WPB Architectural Walking Tours** — A free one-hour tour led by architect and historian Rick Gonzalez of REG Architects highlighting historic buildings and notable landmarks. Suggested \$5 donation. Reservations required at 832-4164, Ext. 103.

■ **"ArtCalusa"** — Through Aug. 27, in the third floor Courtroom gallery. A colorful exhibit that introduces our prehistoric neighbors in Southwest Florida.

■ **Third Thursdays @ 3** — Ancient People of South Florida — 3-4 p.m. April 21, Johnson Palm Beach County History Museum, 300 N. Dixie Highway, in the third floor historic courtroom. Tony Marconi, curator of education at the Historical Society, speaks. Free for members of the Historical Society; \$10 guests. Reservations at 832-4164, Ext. 101; historicalsocietypbc.org.

**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.

■ **Member Show and Sale** — Through April 27.

**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. Info: 868-7701.

■ **Free Tai Chi Classes** — 11 a.m.-noon Fridays. Beginners welcome. In the library's Auditorium. Donations

accepted. No registration required.

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

**North Palm Beach Library** — 303 Anchorage Drive, North Palm Beach. Info: 841-3383; npblibrary.org.

■ **The Age of Henry VIII filmed lecture series:** 1 p.m. Tuesdays through May 24.

■ **Coloring Book Club for Grown-ups:** 1 p.m. the first Thursday. Bring your own supplies.

■ **Meditation:** 9:30 a.m. Thursdays.

■ **Masterworks of Early 20th Century Literature:** 2 p.m. the second and fourth Friday. A filmed lecture series from The Great Courses.

■ **Travel Films:** Noon Wednesdays through May 25.

■ **Ongoing:** Knit & Crochet at 1 p.m. Mondays. Quilters meet 10 a.m. Fridays. Chess meets at 9 a.m. the first and third Saturday. TreeSearchers Genealogy Club meets the third Tuesday in April, May, Sept. and Nov.

**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. Lectures, music, films and tours.

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

■ **"Njideka Akunyili Crosby: I Refuse To Be Invisible"** — Through April 24.

■ **"Still/Moving: Photographs and Video Art from the DeWoody Collection"** — Through May 15.

■ **"O'Keeffe, Stettheimer, Torr, Zorach: Women Modernists in New York"** — Through May 15.

**The Palm Beach Chamber of Commerce** — 400 Royal Palm Way, Suite 106, Palm Beach. Info: 655-3282; palmbeachchamber.com

**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.

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

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

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## UPCOMING EVENTS AT THE SOCIETY OF THE FOUR ARTS

### Supervised Bridge with Bill Greenspan and Larry Dusty

Friday, April 22, 2016 from 10 a.m. to 12 p.m. | Dixon Education Building | Tickets \$25

### Bolshoi Ballet Live in HD "Don Quixote" by Leon Minkus

Saturday, April 23, 2016 at 2 p.m. | Gubelmann Auditorium | Tickets \$20

### Met Opera Live in HD "Elektra" by Richard Strauss

Saturday, April 30, 2016 at 1 p.m. | Gubelmann Auditorium | Tickets \$27

### The Renaissance of Classical Cuisine: Four Outstanding Palm Beach Chefs Pay Tribute to the Legacy of Auguste Escoffier

Begins with Andrew Schor, Executive Chef of Palm Beach Grill | Thursday, May 19, 2016 at 12:30 p.m. | \$75 per lunch or \$250 for the four-part series | Reservations required; call (561) 805-8562.



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COURTESY PHOTO

Glass artist Marlene Rose stands with one of her cast-glass sculptures.

## BLOOMS

From page 1

life into whatever I can make. Each piece is hand-cast from molten glass in a spectacular process of heat and light. In the end, the work has a quality of timelessness reflecting both ancient and modern."

The moment of creation is a moment of birth.

"It's like a dream sequence for me when my creation becomes the beginning of another's interaction with it," she explains. "It's a glimpse of something fleeting, a tribute to existence beyond the present moment as I envision the future of the sculpture in its ultimate environment."

Her work comes with great risk. It is, she says, both "dangerous and thrilling to pour extremely hot lava." Fortunately, she has never burned herself badly in the process.

"I might burn myself ironing clothes but not in my work," she says. "It's so dangerous you have to be highly aware of what you're doing at all times."

Her husband, Thomas Coates, an architect and a member of her team, hasn't been as fortunate. He once suffered second-degree burns from an encounter with a scalding hot ladle.

Ms. Rose received her master's of fine arts degree at Tulane University in New Orleans. The technique of bronze casting really clicked with her.

"Twenty-five years later, I'm still excited by the techniques," she says. "It's a team effort and I've always liked team sports and dance. I like the dangerous dance of heat and light."

Her success came quickly after college. There are very few women in the world who do what she does — and she is the only one in the U.S.

One of her goals as an artist, she says, is to uplift, to make people feel good. "I try to focus on the positive and good

things happen. I had two kids later in life and they are my biggest blessings."

Ms. Rose, 48, is looking forward to coming to Lake Worth.

"I'm really excited about this," she says. "I'm happy to be able to share this technique. It is an opportunity to show collectors and students what I do and the various stages of my work."

She will bring several finished products to display and sell. Pieces typically range from \$3,000 to \$10,000, although she has some smaller pieces for \$950.

Founded by artist JoAnne Berkow, the Benzaiten Center (Benzaiten is the Japanese goddess who represents all things flowing) encourages young, emerging and well-established artists to continue living and working in South Florida.

"We are so lucky to have her (Marlene Rose) coming to the center to give two demonstrations as this is not something she generally has time for," Ms. Berkow says. "Besides, not every facility is large enough to accommodate a crowd like we can. For Laura Donefer, another well-known artist who was our first visiting artist this season, we had over 700 people for the public Saturday demo." ■

in the know

### Marlene Rose events

An Intimate Dinner to Meet the Artist — 6 p.m.-9 p.m. Thursday, April 28. Limited to 32 people, this sit-down dinner will be held in the Benzaiten Gallery and will include a talk by the artist. Tickets are \$100.

Gallery opening reception — 6 p.m.-8 p.m. Friday, April 29. Featuring the work of Marlene Rose and two-dimensional art of several local artists. Demo by the artist, live music, wine and hors d'œuvres. Free for members and \$10 for nonmembers.

Public Demonstration by Marlene Rose — Starts at 3 p.m. Saturday, April 30. Includes music by DJ Mobile, wine, beer and light snacks. Free.

The Benzaiten Center for the Creative Arts is at 1105 Second Ave. S., Lake Worth.



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# DURAN DURAN

From page 1

know how to do my thing.' Actually, it's never been further from the truth. I think the longer you've been around, or the longer we've been around and the longer I've been around, the more I really need that objective eye and ear to say 'You know what, maybe you should try this' or 'That's really good. That's a good idea, just not so much.'

The value of a strong producer as a collaborator was especially apparent to Taylor in the making of Duran Duran's acclaimed current album, "Paper Gods." The group worked with Ben Hudson (aka Mr. Hudson) and his engineer, Josh Blair, on the bulk of the album. In addition, Mark Ronson, who produced the group's previous album, the 2010 release "All You Need Is Know," returned to co-produce "Pressure Off" with Hudson and Nile Rogers of Chic, and a second song, "Only In Dreams," with Rogers and the band.

Mr. Hudson also was a key contributor as a songwriter, getting co-writing credits with the band members on nine of the album's 12 songs.

"The turning point of the album was one guy in particular, Ben Hudson, and he was so committed to us," Mr. Taylor said. "He seemed to have such a strong understanding of what we could and couldn't do. He really opened things up for us. We were a little bit hamstrung. He just opened up a broader range of possibilities, in the way that Mark Ronson had done on the album before. We were also lucky to have Mark involved in this album again. And what Mark brought, he brought Nile Rogers back into the mix. So at one point we had like this dream team of collaborators."

Duran Duran and its producers also brought in a few musical guests, who made their presence felt on "Paper Gods." Janelle Monae pairs with Mr. Le Bon for some big vocals on the funky "Pressure Off." The soaring vocal of Kiesza introduces "Last Night in the City," a big, synth-and-electronic-driven dance-pop song. Actress Lindsay Lohan does a great dry-but-sensual-sounding spoken vocal as a doctor that brings plenty of personality to "Daceophobia."

On the instrumental side of things, Red Hot Chili Peppers guitarist John Frusciante adds some sparkling guitar work to the expansive ballad "The Universe Alone."

"The first two songs on the album actually start with voices other than Simon's," Mr. Taylor said. "As Simon would tell you, letting it go and allowing that to happen was really tough. But once he did it, it was very liberating. That is probably what has given this album its particular flavor. When I look back on our catalog and say what gave this album its flavor, what gave that album its flavor, with 'Paper Gods' it's going to be these other voices that come in and speak for us."

The quality of the music and production translated to audiences upon the Sept. 11 release of "Paper Gods." It debuted at No. 10 on *Billboard* magazine's album chart — the first time Duran Duran has had a top 10 album since the 1993 self-titled album (also known as "The Wedding Album").

"Paper Gods" also has been one of Duran Duran's best reviewed albums, gaining praise for its hook-filled, modern-sounding music and imaginative production touches. The glossy, dancy pop-rock sound for which the group is known remains intact on "Paper Gods" ("Pressure Off" and "Face For Today" sound like prototypical Duran Duran songs). But there's also a good bit of experimentation — "Danceophobia," the punchy, dance-friendly "Butterfly Girl" and the dreamy "Change The Sky-

line" are among the changeups — while nearly every song has a twist that shows Duran Duran and its producers had an eye on the details in making "Paper Gods."

Critical acclaim is something that was hard to come by for Duran Duran during much of the group's career, as the group in the 1980s was often dismissed as a disposable, manufactured pop band. But popularity wasn't a problem. With their pin-up looks, sharp wardrobe and slick and playful dance-pop sound, Duran Duran became a band that helped define the early era of MTV and the 1980s as a decade both musically and in fashion.

Beginning with its second album, 1982's "Rio," Duran Duran reeled off three platinum selling albums that included more than a half-dozen hit singles. Then after a slight retreat in success, the group rebounded with the 1993 self-titled effort ("The Wedding Album"), which spawned a pair of top 10 singles.

Mr. Taylor feels that album helped Duran Duran escape from being seen strictly as an '80s band.

"I mean, 'Ordinary World' was a massive song for us and right after that came 'Come Undone,'" he said. "And it was like, 'Oh, hits that aren't '80s hits.' And that was like a stake in the ground we were able to put into the next decade. That was very satisfying, absolutely essential. If you're not going to be defined by an era, you have to have artistic statements. And in our business, the most obvious ones are in songs. I mean, once we got out of that idea, once you can't be defined by a decade, you kind of take control a little bit of your legacy. And you know, we've had some lesser bites, but we still had some bites since then."

There were, however, struggles after that second bit of success. There were personnel changes (including the departures of John Taylor and Roger Taylor) and uneven albums. But a reunion in 2001 of the classic lineup has held (with the exception of Andy Taylor's departure in 2006, and Duran Duran has had some modest chart success and regained its drawing power as an arena-headlining live act that Mr. Taylor said brings plenty of visual flash and lots of hit songs to its current show.

Mr. Taylor said there was some reality to the playful, cheery, slightly debauched image Duran Duran projected in its '80s videos, and today's four band members remain good friends.

"We're not a bunch of sour grapes. We are guys who tend to have a good time when we're in each other's company," he said. "And we kind of maintained that. I think it was a natural chemistry that we had in the beginning. And now it's more like, we kind of keep each other up. You know, we can do dark and moody, but that's not really who we are."

"We enjoy each other's company," Taylor said. "When it's necessary, we take time away from each other so that, when we walk out on stage, we're f\*\*\*ing glad to be in each other's company. So what you're seeing is a real expression of brotherhood and friendship and a bunch of guys who have chosen this path and are glad for it." ■



COURTESY PHOTO

'Paper Gods,' Duran Duran's latest album, was its first top 10 since 1993.

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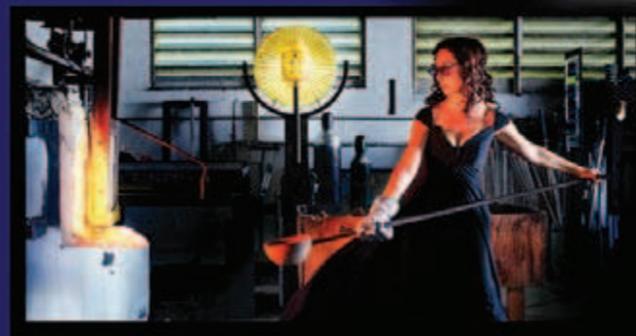
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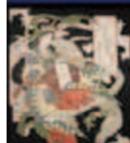
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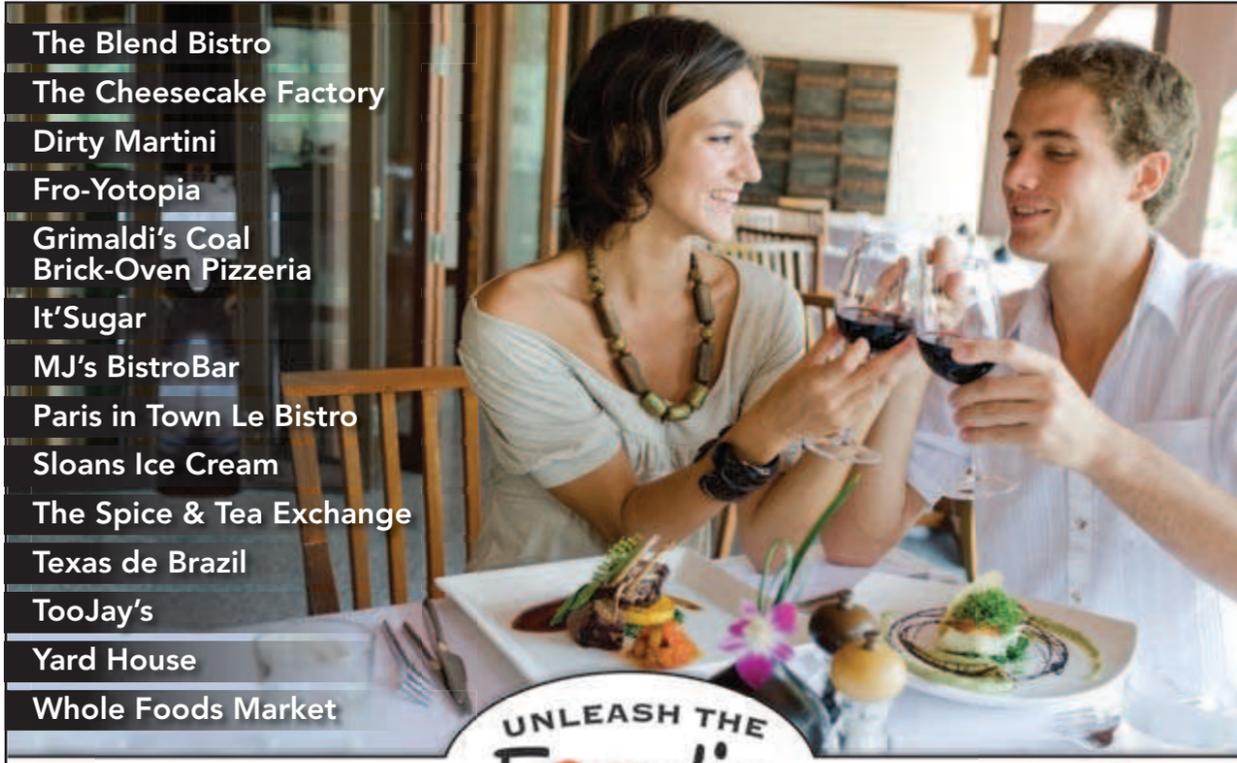
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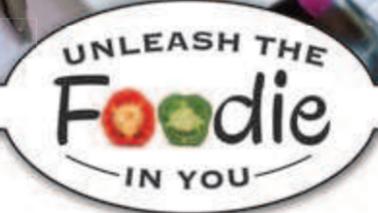
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# PUZZLES

## BIG MIX-UPS

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19							20			21					22				
23						24									25				
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108						109						110			111	112			
113						114						115	116					117	
118						119												120	
121						122												123	124

- ACROSS**
- 1 Place a call incorrectly
  - 8 "Alley —!"
  - 11 — toe in the water
  - 15 Spat
  - 19 1979 Michael Caine film
  - 20 Sergeant's inferior
  - 22 Arab leader
  - 23 Had a different opinion
  - 25 Court plea, for short
  - 26 "— the Greek" (1964 film)
  - 27 Average mark
  - 28 French department
  - 29 Ax parts
  - 30 Mel of the old Giants
  - 31 1954 hit song with a biblical title
  - 35 Cyberspace letters
  - 37 Sigh of satisfaction
  - 38 Lott of football
  - 39 Valued highly
  - 42 "The Thing" star Russell
  - 43 Lose vigor
  - 45 Ship out
  - 46 Career-completion celebrations
  - 51 Canadian station name
  - 52 Spanish arena cry
  - 53 A — (slightly)
  - 54 Haughtiness
  - 58 "So it's you!"
  - 59 Bank offering for creditworthy customers
  - 66 Focuses in college
  - 68 Kochi sash
  - 69 Quarterback Troy
  - 70 Like some high-quality models
  - 77 "I'm cold!"
  - 78 Bidding site
  - 79 180 degrees from SSE
  - 80 — Lingus
  - 81 Film director Kazan
  - 82 Formation of new areas of oceanic crust
  - 89 Mane locale
  - 93 In the past
  - 94 Minimal tide type
  - 95 Sudden pain
  - 96 Oblong pastry
  - 98 Bards' dusks
  - 99 Weight revealer
  - 101 Trainers looking for pins
  - 105 Clumsy ship
  - 108 Ticket details
  - 109 Regular pay
  - 110 Stable scrap
  - 111 "Along — spider ..."
  - 113 With 11-Down, settled for
  - 114 Takes a defensive position
  - 118 New — (Enya type)
  - 119 Kiss
  - 120 Divert
  - 121 Actors Beatty and Sparks
  - 122 Bodega, e.g.
  - 123 Profs' helpers
  - 124 Any of four long pairs featured in this puzzle
  - DOWN**
  - 1 Seder bread
  - 2 "— the Sheriff"
  - 3 Terse
  - 4 Paint crudely
  - 5 Sitcom actress Swenson
  - 6 NCAA part: Abbr.
  - 7 Nutlike Chinese fruit
  - 8 Band of eight
  - 9 Sound of awe
  - 10 Med lead-in
  - 11 See 113-Across
  - 12 Dubliners, e.g.
  - 13 1990s Toyota
  - 14 Bar brew
  - 15 Bone attachments
  - 16 Coca of comedy
  - 17 Enters one following another
  - 18 Iced
  - 21 Like some even distributions
  - 24 Eye, to Yves
  - 29 Inflated self
  - 31 Walk in shallow water
  - 32 — monde (high society)
  - 33 Old West's Wyatt
  - 34 Hankering
  - 35 Italian opera singer Pinza
  - 36 Debussy's "La —"
  - 39 Piece of audiophile equipment, briefly
  - 40 Divvy up again
  - 41 "This pays the rent, at least"
  - 42 Leg part
  - 43 Sirius, say
  - 44 Adjutant
  - 47 "Li'l ol' me?!"
  - 48 Shade tree
  - 49 Artery: Abbr.
  - 50 Composer Erik
  - 55 Nettle
  - 56 "— Rose" (Nat King Cole hit)
  - 57 Eyeballing
  - 59 Victimized, with "on"
  - 60 Blog feed inits.
  - 61 Electrojet bit
  - 62 Heat's org.
  - 63 Up to, informally
  - 64 Downcast
  - 65 Anger greatly
  - 67 One — kind
  - 71 Hose hitch
  - 72 Lowdown
  - 73 Barn hooter
  - 74 Shocked reaction
  - 75 Sales staffer
  - 76 Opp. of departure
  - 81 Falco of "Oz"
  - 83 English peer
  - 84 Amoeba
  - 85 Wine: Prefix
  - 86 Tabula —
  - 87 Greek vowels
  - 88 Pointed tool
  - 89 Ted Koppel, for one
  - 90 Area of a plot of land
  - 91 Petitioned
  - 92 Events after Lents
  - 97 Cheez- — (crackers)
  - 98 Breakfast china item
  - 99 Old Iranian VIP
  - 100 Et — (and so forth)
  - 102 "In my dreams!"
  - 103 Stupor: Prefix
  - 104 Fowl sheds
  - 105 "My Cherie —"
  - 106 Oscar de la —
  - 107 Casey of countdowns
  - 111 Irene of "Fame"
  - 112 Awestruck
  - 114 Trig function
  - 115 Have chow
  - 116 RR depot
  - 117 — Ho Lee (scientist in 2000 headlines)

SEE ANSWERS, B14

## HOROSCOPES

**ARIES (March 21 to April 19)** Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.

**TAURUS (April 20 to May 20)** You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counter-arguments might be. Money pressures will soon ease.

**GEMINI (May 21 to June 20)** By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.

**CANCER (June 21 to July 22)** You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.

**LEO (July 23 to August 22)** You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.

**VIRGO (August 23 to September 22)** Good news: You're finding that more doors are opening for you to show what you can do, and you don't even have to knock very hard to get the attention you're seeking.

**LIBRA (September 23 to October 22)** Your gift for creating order out of

chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.

**SCORPIO (October 23 to November 21)** Congratulations. Your energy levels are coming right back up to normal — just in time to help you tackle some worthwhile challenges and make some important choices.

**SAGITTARIUS (November 22 to December 21)** The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.

**CAPRICORN (December 22 to January 19)** A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.

**AQUARIUS (January 20 to February 18)** Don't guess, speculate or gossip about that so-called mystery situation at the workplace. Bide your time. An explanation will be forthcoming very soon.

**PISCES (February 19 to March 20)** Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

**BORN THIS WEEK:** You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home, wherever you are. ■

By Linda Thistle

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

Puzzle Difficulty this week:



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

★ Moderate   ★★ Challenging   ★★★ Expert

SEE ANSWERS, B14

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COURTESY PHOTO

'Mae Flower,' a weaving by Erica Howat.

## Armory Annex plans show of works by resident artists

SPECIAL TO FLORIDA WEEKLY

Works by 2015-2016 Armory Annex Studio Residents Patt Cavanagh, Susan Nash, Erica Howat, Sandra Kuba and Evan Sahlman will be exhibited at the Armory Lake Worth Annex opening from 6 p.m. to 8 p.m. Thursday, April 21. The show runs from April 22 through May 20.

Residents were selected through an application process that required an artist statement, plans for the studio space, résumé, website and five images of recent work. Residencies begin in October and are awarded yearly.

Ms. Cavanagh works with acrylic paint and at times with mixed media. The pieces to be exhibited at the Annex Studio residents' show are abstract and minimal work inspired by nature and music.

She has participated in juried and invitational exhibitions in Vermont, New Jersey, Chicago and San Francisco. Ms. Cavanagh was a resident artist at Vermont Studio Center in 1986, 1988, 1991-1995 and 1998. She attended School of the Art Institute of Chicago, San Francisco Art Institute and State University of New York. She is learning to play the piano, likes to write poetry, and has an avid interest in urban design.

Erica Howat began taking classes and workshops in 2008 to learn fiber art techniques after ending her 30-year restaurant career.

Ms. Howat started her studio residency at the annex so she could have

a space to experiment with design and technique with a focus of showing her work.

Drawn to organic fiber, Ms. Howat expresses her attraction to texture and form through tapestry weaving, knotting and basket making. Materials such as yarn, paper, twine, leather, ribbon, reed and natural flora, rocks and pods are combined into the pieces.

Sandra Kuba is a fiber and clay artist. She studies clay sculpture, hand building and fiber art at the Armory Art Center, and has traveled extensively to workshops to learn felting techniques.

Susan Nash paints landscape, still life and life-size figures. She has exhibited in numerous galleries, primarily in New York City and the east end of Long Island. She was a still life prize recipient from the National Academy of Design, School of Fine Arts, New York. She has been featured in *The New York Times* and *Dan's Paper* of Bridgehampton, New York.

Evan Sahlman works in paint and ceramic sculpture. He earned his Bachelor of Fine Arts at Palm Beach Atlantic University. He serves as an artist assistant and annex coordinator. Mr. Sahlman lives in West Palm Beach with his wife, Chelsae Anne, who is a portrait photographer. Together they challenge each other to pursue a life based in and around the fine arts."

The Armory Lake Worth Annex is at 1121 Lucerne Ave., Lake Worth; 832-1776 or armoryart.org. ■

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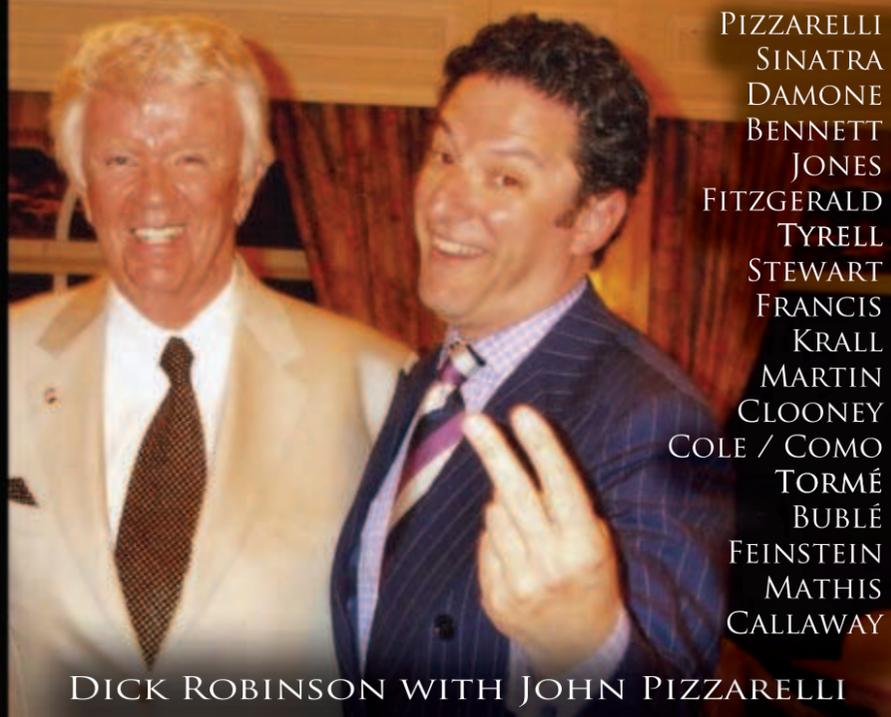
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## FLORIDA WRITERS

## Doctored credentials do imposter doctor in after decades of role-playing

philJASON

philjreviews@gmail.com



■ **“The Wrong Road Home” by Ian A. O’Connor. Pegasus Publishing & Entertainment Group. 284 pages. Trade paperback, \$14.95; Kindle e-book, \$2.99.**

The jacket copy describes this book as “A story of treachery and deceit inspired by true events.” Desmond Donahue, the unlicensed “doctor” who is the central character in this story that reads like a memoir, actually existed. Exposés about him were all over the media some decades back. The value of Ian A. O’Connor’s novelistic treatment is in its psychological and moral probing of a man who, by living a lie, denies himself a full and truly free life.

Early on, readers learn that the time comes when Desmond’s deceit is exposed. Thus, the question for readers is not whether he will get caught and pay the consequences, but how did it come to pass that he made decisions that led to infamy and self-loathing? What kind of friendships can a man who cannot reveal his dark secret have? What has he traded for the stature and degree of wealth that reversed the harsh poverty of his early years?

The portrait of those early years in

a small Irish town is rich in detail and totally credible. We can see why Desmond is not anxious to stay in a place that is at once remote and lacking in opportunities. As a young man, he is fortunate enough to have a series of jobs with large construction companies. These jobs enable him to travel, and they open his horizons to possible futures. The idea of becoming a doctor becomes an obsession.

He comes to the U.S. following opportunities in Chicago. Here, he has employments in restaurants and earns a GED that allows him to consider higher education as the next step toward fulfilling his ambition. He takes necessary science courses and assists with lab work in various medical fields.

When he suddenly receives an opportunity to enter a special medical program in the School of Medicine at University College-Cork, Desmond returns to Ireland ready to push toward his dreams, only to discover that the official who authorized his admission had overstepped his authority. Desmond must go through many lower level hurdles and reapply.

Dealing with this grave and unfair setback sets him on the path of cutting corners and indulging in smaller and then larger deceptions. Though he gains the knowledge and skills needed to perform like a skilled, credentialed

physician, he never becomes one.

His friend Roger temporarily solves Desmond’s problems by arranging for false documents that allow Desmond to perpetuate his fraud. Indeed, Roger hires Desmond to co-staff a govern-

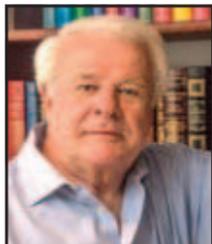
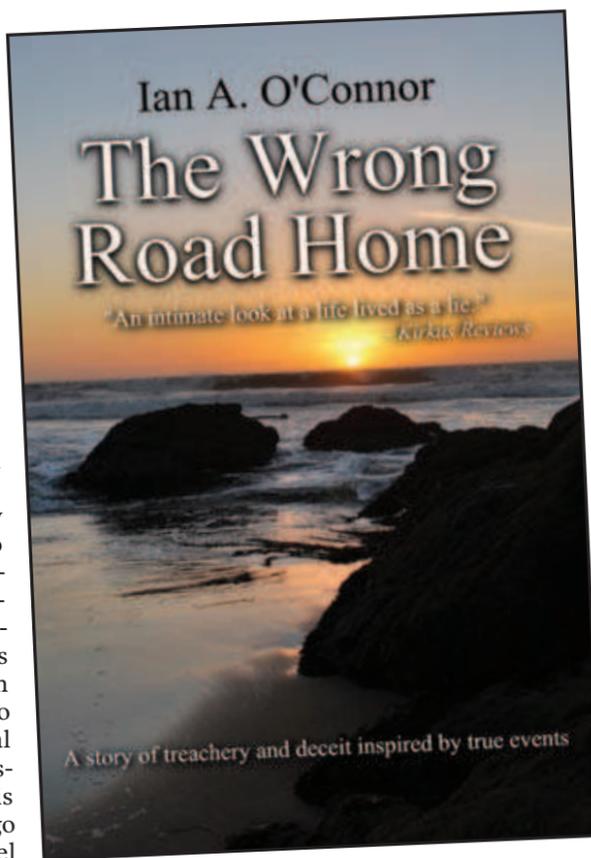
woman who overwhelms and entices him into a passionate affair. The author, however, provides hints about this woman’s agenda and her hidden nature. She abandons Desmond, and his world is rocked once again. Just as she never knew his secrets, he never knew hers.

Desmond rebuilds his life slowly, and eventually we find him passing for an accredited medical doctor in Florida (a segment of his life in the Sunshine State is set in beautiful Naples in the 1970s). He works effectively, and illegally, for a long time, but eventually his past, his path of deceit, catches up with him.

Mr. O’Connor builds a highly realist psychological portrait of a man addicted to a dream and determined to attain it. We see the degree to which Desmond rationalizes his decisions, and frequently we are led to be understanding and compassionate, if not forgiving. This character is well conceived and well executed, as are the wide range of settings in which we find him.

Particularly effective are the author’s descriptions of the life of a medical professional. He presents vivid and convincing scenes about interacting with patients, being part of a hospital staff, socializing with colleagues, performing surgery, studying, handling administrative chores and paperwork — all the aspects of a doctor’s life. Mr. O’Connor, who lives in Palm Beach Gardens, has provided a fine entertainment filled with plenty of food for thought. Indeed, it’s a lavish buffet. ■

— 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.



O'CONNOR

## LATEST FILMS

## ‘The Jungle Book’

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## Is it worth \$10? No

Driving home after seeing “The Jungle Book,” I told my wife I thought it was visually impressive but the story was lacking and there were too many superfluous characters. That it all felt kind of flat and tedious. She then pointed out that I had the exact same reaction to Disney’s 1967 animated version of “The Jungle Book.”

One reason the remake’s plot feels hackneyed and thrown together rather than coherent and vibrant could be because it’s loosely based on a number of short stories by Rudyard Kipling; even the 1967 film was a piecemeal compilation of storylines and characters from throughout Kipling’s series. You’d think writer Justin Marks and director Jon Favreau (“Iron Man”) would have learned from these shortcomings, but they’ve loyally stuck with their predecessor to a fault.

The main storyline is a bit thin, but functional. Mowgli (Neel Sethi) is a human boy in the jungle being raised by

wolves (Lupita Nyong’o and Giancarlo Esposito) and a paternal panther named Bagheera (Ben Kingsley). Their livelihood is threatened when a tiger named Shere Khan (Idris Elba), citing his own dangerous encounter with a man years earlier, decides he wants to kill Mowgli. Bagheera decides its best to take Mowgli back to his fellow humans, but Mowgli gets lost along the way and settles in with a bumbling bear named Baloo (Bill Murray).

While these basics are OK the lack of a subplot is back-breaking.

What’s more, we don’t need a snake named Kaa (Scarlett Johansson) telling us Mowgli’s backstory, nor do we need an extended sequence with King Louie (Christopher Walken) that only serves to lengthen the running time. Anything and everything accomplished in these sequences could have been achieved much easier and in more economical ways; instead, the story meanders until the whole thing becomes a drag.

Mr. Favreau’s remake was shot entirely on a soundstage in Los Angeles, which is mind-boggling consider-

ing the quality of the visuals (this is similar to how “Avatar” was shot). The rain, darkness of night, various wildlife and vast terrains of the jungle look and feel authentic, and in 3D it’s a dynamic viewing experience. Watch for the little details — shadows on the walls and the wolves’ hair rising

up in fear, for example — and you’ll have a real appreciation of the artwork on display here.

Too bad that alone is not enough.

This isn’t a musical, but there are two songs that harken back to the 1967 film, though only one — “Bare Necessities” — is engaging and feels right (note the tremendous detailed visual effects on the big bear’s wet fur).

Just about all of Mr. Murray’s lines are a hoot, making him the clear standout among an impressive list of names in the voice cast.

Disney is in the midst of a series of live action adaptations of its classic cartoons, with “Cinderella” a box office hit in 2014, “The Jungle Book” now and “Beauty and the Beast” slated for March 2017 (not to mention Angelina Jolie’s 2014 “Maleficent” spinoff from “Sleeping Beauty”). It’s not a bad trend, as technology has clearly advanced enough to make any world from any imagination come alive. It is bad, however, when the filmmakers don’t fix what was wrong in the first place. If you’re going to remake a classic, you have to do better than this. ■



in the know

>> This is comedian Garry Shandling’s final film. He steals a few scenes early on as Ikki the porcupine, who was in Rudyard Kipling’s stories but was not in the 1967 movie.

# SOCIETY

## Historical Society of Palm Beach's Evening on Antique Row draws 1,000 supporters to South Dixie Highway



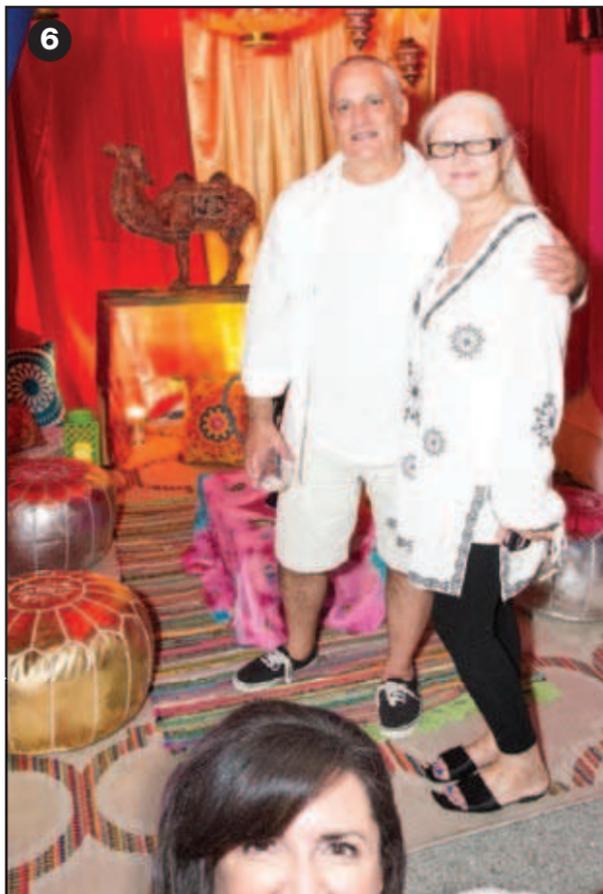
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Penny Williams, Joan Sargent, Carol Kirchoff and Meg O' Grady

- 1. David Dunn and Wendy Dunn
- 2. Artist Julia Longwell
- 3. Shane Turner, Dina Turner, Mariana Lehkyi and Von Lehkyi
- 4. Noel DelValle and Mayce DelValle
- 5. Sarah Eisenberg and Krista Watterworth
- 6. Richard Piroli and Cynthia Cannova
- 7. Tom Kirchoff, Carol Kirchoff, Nick Sargent and Josh Fromson
- 8. Travis Quimby and Jillian Percella

# SOCIETY

## 'Master of Print Making, 100 years,' Onessimo Fine Art Gallery



1. Debra Onessimo, Judy Rifkin, and Sandy Carrano  
 2. Jennifer Guy and JT Guy  
 3. Carol Gutterman, Alain Gutterman, and Margie Hyatt  
 4. Judy Rifkin, Leah Wypych, and Rich Trimarche

5. Louisa Benvenuto and Reid Whitelaw  
 6. Maureen Conte and Linda Marchese  
 7. Jules Balkin and Sonia Bunch  
 8. Michele Vogel and Sarah Demille  
 9. Alan Hyatt and Debra Onessimo  
 10. David Goldfinger, Neil White and Tim Sheridan

COURTESY PHOTOS

## FLORIDA WEEKLY CUISINE

## 'Andean-American' cuisine coming to Antique Row



**Antique Row** is about to go Latin.

Executive chef **Clay Carnes** plans to make savory "Andean-American" selections including tacos from freshly made Florida organic white corn tortillas at his new restaurant concept, a tiny eatery in the 3700 block of South Dixie Highway in West Palm Beach.

**Cholo Soy Cocina** will open this summer.

The name comes from "cholo," a slang term in Ecuador for the indigenous people, which can also mean "mixed" or "ghetto." Chef Carnes had seen the word written on a wall in a restaurant in Peru, and he took it to mean cuisine, which is "mixed," "authentic," and "from the streets."

Chef Carnes, a winner of The Food Network's "**Cutthroat Kitchen**," also plans to host ticket-only "*puerta cerrada*"-style dinners once or twice a month with local guest chefs from all around the state.

He plans to grow peppers, herbs, and other vegetables on the patio and rooftop garden.

The 600-square-foot restaurant will be tiny: Just a dozen seats, including standing room at the counter.

Find Cholo Soy Cocina at 3715 S. Dixie Highway in West Palm Beach. For more information, visit [cholosoycocina.com](http://cholosoycocina.com).



LIBBYVISION

**Clay Carnes will serve tacos with flavors inspired by the cuisines of Ecuador and Peru.**

### A Swig victory

The battle for Palm Beach County's "top mixologist" finally ended April 14 at the popular **Taste of the Nation** foodie event at the **Kravis Center**.

Two local bartenders had earned their places in the finale of the cocktail making contest (called The Shake Up) by winning a month of contest leading up to the battle.

In the end, **Matt Swig** of **Max's Harvest** in downtown Delray Beach edged out **Jonathan Silva** of **Avocado Grill** in downtown West Palm Beach.



COURTESY PHOTO

**Tryst is celebrating seven years of serving gastropub fare in downtown Delray Beach.**

The event benefited the national **No Kid Hungry** campaign.

### Feel like Italian tonight?

**Bravo!** at **Harbourside Place** in Jupiter is offering special dinners, called Classic Comfort through May 31. Dinners include pizza or pasta with a salad or soup for under \$11.

**Bravo!** Cucina Italiana is at 149 Soundings Ave., Jupiter. Call 747-4445 or visit [BravoItalian.com](http://BravoItalian.com).

### Dinner at Serenity Garden

Enjoy a four-course dinner created by German master chef **Michael Ober** and paired with a selection of French boutique wines on May 5 at **Serenity Garden Teahouse & Cafe**, 316 Vallette Way, West Palm Beach.

The menu includes cornish hen coq au vin with mushrooms, bacon and pearl

onions in red wine sauce with foie gras and sweet potato creme fraiche mash. A **Famille Brechet Bosquets Gigondas 2013 — Rhone** will be served.

Dinner is \$65. Reservations are required; call 339-2444. Visit [serenity-gardentea.com](http://serenity-gardentea.com).

### Tryst turns 7

One of southern Palm Beach County's favorite — and it claims to be the "original" — gastropub, **Tryst** celebrates seven years of dining in downtown Delray Beach.

On April 22, it will host **Tryst's 7-Year Anniversary Party**, with a free open bar from 10:30 p.m. to 12:30 a.m. Executive Chef **John Thomas** will have some surprises in store.

Live music by **SpiderCherry** will begin at 10:30 p.m.

Tryst is at 4 E. Atlantic Ave., just east of Swinton Avenue, Delray Beach. Call 921-0201 or visit [trystrestaurant.com](http://trystrestaurant.com).

### Palm Beach makes 'Best Food' list

*Conde Nast Traveler* just unveiled its readers' choice list of the "**15 Best Food Cities in the U.S.**," and **Palm Beach** just slipped in.

And apparently, by "Palm Beach," the magazine means the county at large because the article mentioned two Palm Beach restaurants, **Bistro Chez Jean Pierre**, hailed by *Conde Nast Traveler* for its "impeccable classics" and extensive wine collection, and chef **Clay Conley** and partners' **Buccan**, and **The Cooper** in Palm Beach Gardens.

For information, visit [cntraveler.com](http://cntraveler.com). ■

## VINO

## Is this man 'The King of Chardonnay?'



His name is Miljenko Grgich, but everybody calls him Mike, for apparent reasons. And, since this year is the 40th anniversary of the so-called "Judgment of Paris," it's time you get to know him ... and his wines.

If you've seen the movie "Bottle Shock," you know that the famous blind tasting held in Paris in 1976 consisted of a lineup of American and French wines sampled by a panel of France's most distinguished connoisseurs and critics.

In the red category, six of the top 10 winners were American, including Stag's Leap, Clos du Val, and Ridge Montebello. In fact, several of the judges ranked two of the American wines in first and second place against the finest Bordeauxes.

In the white wine judging, three of the top four wines were American, including the No. 1 Chardonnay, Chateau Montelena.

Though the movie does not disclose this, Mr. Grgich, working at Montelena at the time, made that wine. The event put American wines squarely on the world stage, and Mike was a big part of it, even though he

says he had no idea a blind tasting was happening in Paris.

"I was winemaker and limited partner at Montelena," he recalls, "but was not told by Mr. Barrett about the event."

He relates that in the previous year, the estate's 1972 Chardonnay "won over three best French Chardonnays at a tasting in San Diego."

"I knew it was something important when a reporter from *The New York Times* called to say they were sending a photographer to take my picture! Imagine! A little immigrant named Mike Grgich was to be in a famous New York newspaper. I started dancing around the winery and singing in Croatian that I was born again! It was a miracle!"

Mike also remembers that the prize-winning Chardonnay sold, at the time, for \$6.50 a bottle. Today, there's one bottle on display in the Smithsonian Museum to commemorate the event.

The results of the Paris tasting changed his life.

"As soon as the story was released, I started getting offers to become a winemaker," he told me. "But I had always wanted to own my own winery. I had a five-year agreement that ended in 1977 and I told Mr. Barrett that I would be leaving at the end of the contract. I earned 1 percent ownership for each year I was winemaker at Chateau Montelena, and I took the money from that to purchase land in Rutherford."

The rest, as they say, is wine world history.

Today, Grgich Hills Estate produces a wide assortment of wines from classic vari-



etals, at several different (and attractive) price points.

"I have always thought acid is important in white wines," he says. "Our wines are dry, crisp, balanced, food friendly, aromatic, not too oaky." He wants his wines to "give a lingering enjoyment."

They do.

**Grgich Hills Estate Chardonnay Napa Valley 2013** — According to Mike, 2013 was a "nearly perfect" vintage for Chardonnay. This sample, from vineyards in the southern tip of Napa Valley, gives off peach aromas and that characteristic "tutti-frutti" Chardonnay nose. On the palate, there are hints of mango and a mix of tropical fruits. WW 92, about \$40.

**Grgich Hills Estate Cabernet Sauvignon Napa Valley 2013** — The law says that if you want to call your wine by a varietal name (like "Cabernet Sauvignon") there must be at least 75 percent of that grape in the bottle. The rest can be ... whatever. In this case, "the rest" is a yummy blend of Bordeaux varietals, including Cabernet Franc, Petit Verdot and Merlot. As you'd expect from this particular combi-

nation, there are bold, full-bodied flavors of currant, mocha and licorice, with spicy hints of cinnamon. WW 91-92 points, about \$70.

**Grgich Hills Estate Zinfandel Napa Valley 2012** — It's a bit rare to grow Zinfandel in Napa, but Mike does ... in a 34-acre vineyard above Calistoga. He co-ferments his Zinfandel with about 2 percent Petite Sirah to add complexity and structure. This wine is very true to type, with big blackberry flavors, black cherry, and perhaps a peppery note way in the back. Of course, you'd drink this wine at your July 4 cookout, with grilled meats, chicken and lots of barbecue sauce. WW 91, about \$35.

### Ask the Wine Whisperer

**Q:** "My small wine refrigerator stopped working, and I'm worried about the condition of the wines inside. What's the best way to store them if there's no cooling?"

— C. Gold, Fort Myers

**A:** The biggest enemies of wine are light, heat and vibration. If your bottles are stored in a moderately dark place (not on the kitchen windowsill), protected from vibration (not on top of the fridge), and kept at a constant temperature, they should be fine for a while. ■

— Jerry Greenfield is *The Wine Whisperer*. He is creative director of Greenfield Advertising Group. His new book, "*Secrets of the Wine Whisperer*," is available through his website or on Amazon. Read his other writings on his website, [winewhisperer.com](http://winewhisperer.com).



GRGICH

# FLORIDA WEEKLY CUISINE

In the kitchen with...

## LAURENT GODBOUT, Chez l'Épicier, Palm Beach

BY STEVEN J. SMITH  
ssmith@floridaweekly.com



COURTESY PHOTO

**Chef Laurent Godbout recently opened Chez l'Épicier, which mirrors his Montreal restaurant of the same name. focus on our restaurant here."**

Chez l'Épicier evokes the feel of the seaside environment around it — colors of blue, green and beige — and round tables in a casual atmosphere. In keeping with the "grocer" aspect, shelves are stocked with cookbooks and a specialty collection of gourmet syrups, vinegars, oils, jams and tartinades that are ingredients from Chef Godbout's recipes.

Popular appetizers include the Avocado, Sesame Oil and Yuzu Tartar, Puffed Red Quinoa (\$14) and the Grilled Octopus with Feta Cheese, Tomato and Tzatziki (\$21). Main courses range from the Dill and Almond Crusted Snapper (\$32), with marinated fennel and apple salad, malt vinegar and beurre blanc to the Seared Chilean Sea Bass (\$46) featuring a honey-soy glaze, celery root puree and sautéed spinach.

When he's away from the restaurant, Chef Godbout's wife, Veronique, does the cooking.

"I think she's a better cook than me," he said. "She's always surprising me with different dishes I would not attempt myself, such as braised chicken with green olives. She also makes wonderful granola and muffins."

**Laurent Godbout**  
Age: 45

**Original Hometown:** Eastern Townships on the Lake Mégantic, Canada

**Restaurant:** Chez l'Épicier, 288 S. County Road, Palm Beach; 508-7030; chezlepicier.com

**Mission:** "To be a little different from what diners are used to, whether it's the presentation or the flavors."

**Cuisine:** French and French Canadian

**Training:** Le Triolat in Montreal

**What's your footwear of choice in the kitchen?** Birkenstocks

**What advice would you give someone who wants to be a restaurateur or chef?** "For me the most important thing is consistency — in the food and in the service." ■



COURTESY PHOTO

**Pelican Café combines New England and Key West sensibilities in its cuisine.**

## SCOTT'S THREE FOR **3** Places around Lake Park A trio worth noting

### 1 PELICAN CAFÉ

612 U.S. 1, Lake Park; 842-7272 or thepelicancafe.com.

This restaurant, which is in a vintage cottage, bills itself as the place "Where Nantucket meets the Florida Keys." That description holds up well, especially with the menu created by the husband-and-wife team of Mark Frangione and Karen Howe. Many of the Italian-influenced recipes come from Mr. Frangione's family — beef carpaccio, eggplant rollatini, covered in his mom's Sunday sauce. You get the picture. Oh, and don't forget the homemade doughnuts served during brunch. We're partial to the blueberry glazed, but the apple cider cinnamon sugar ones sound pretty enticing.

### 2 SOUTHERN KITCHEN

801 U.S. 1, Lake Park; 844-1735.

This breakfast and lunch spot is the go-to place for movers and shakers from Singer Island to Juno Beach. Just about everyone who's anyone stops in for the meatloaf, chili or a salad. It's Southern to the core in the best sense of the word — y'all is spoken here. If folks don't come for the hearty lunch portions, they stop in to visit with staff and other diners. And be sure to check out that coconut cake on the counter. It's a winner every time, or what we in the business call "just desserts."

### 3 THAICOON

450 Northlake Blvd., No. 4, North Palm Beach; 848-8538.

OK, so this isn't in Lake Park — it's a block away, if that. But it's where folks from Lake Park go when they want good Thai fare. We have been dining there more than 20 years and have been known to make a meal of the fresh vegetable rolls and a bowl of the coconut soup.

But the basil sauce used in the chicken and other stir-fry dishes is one of life's great pleasures — the right mix of sweet and spicy. And we love to have the crispy duck at dinner, with perfectly cooked duck breast that has a wonderfully crisp skin.

— Scott Simmons

## THE DISH: Highlights from local menus

**The Dish:** Casper's Salad

**The Place:** Casper's on Park, 850 Park Ave., Lake Park; 791-6179 or casperon-park.com.

**The Price:** \$8.95

**The Details:** This salad contains a few of my favorite things — a mix of fresh baby greens, corn, red bell peppers, a bit of red cabbage, shredded carrots, bits of marinated artichoke, fresh-grilled chicken and is topped with Parmesan

cheese and a walnut vinaigrette.

The chicken was tender and flavorful, and the vinaigrette was fresh and assertive in this salad.

The day of my visit, I sat outside with three friends. Owner Giuseppe Cianflone was on his own, cooking and serving. It took awhile for food to arrive, but all was served with good humor and we did not mind the wait because the company was good, the weather was delightful and the food was worth the wait. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

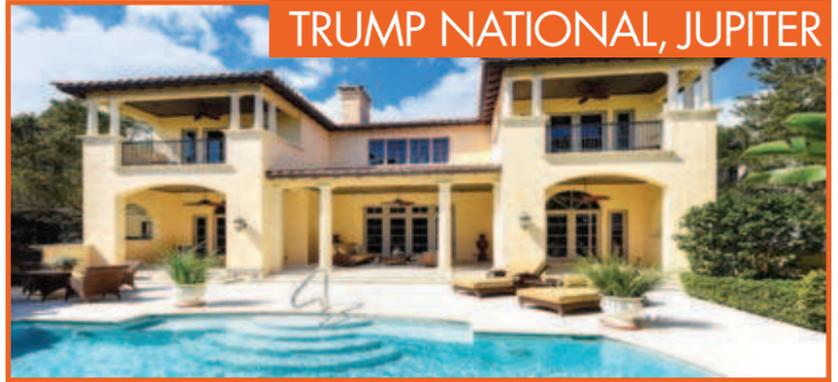
# GOLF, WATERFRONT & OTHER LUXURY PROPERTIES

## THE BEAR'S CLUB, JUPITER



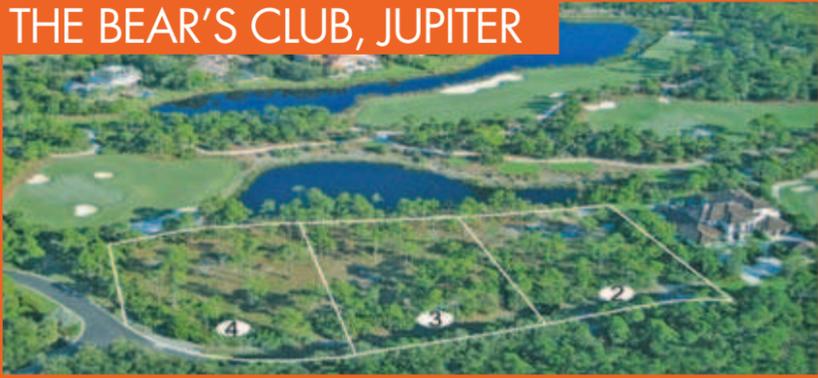
Largest Estate Lot on the Championship Golf Course | 1.47 Acres | \$6.95M

## TRUMP NATIONAL, JUPITER



Views of 8th Hole | East Exposure | 5BR/5.2BA | 5,479 SF | \$3.149M

## THE BEAR'S CLUB, JUPITER



3 Contiguous 1 Acre Lots on the Golf Course | From \$2.9M

## OCEANFRONT, JUNO BEACH



Direct Oceanfront | Largest Condo available in Juno Beach | 3,995 SF | \$1.95M

## STEEPLECHASE, PBG



Luxury Lakefront Home | 1+Acre | 5BR/4.2BA | 5,361 SF | \$1.299M

## BAY HILL ESTATES, WPB



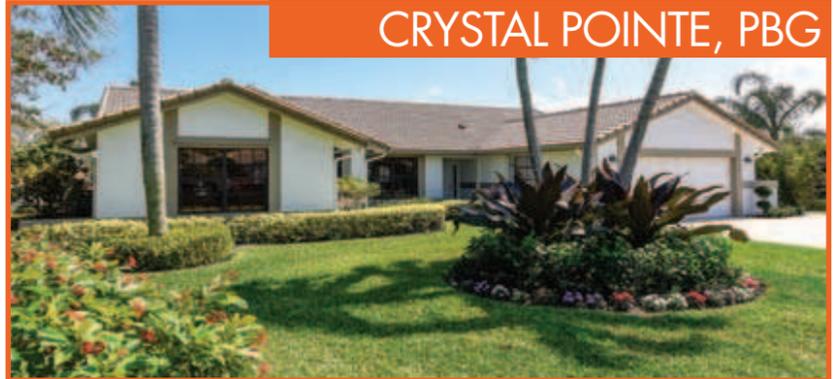
Golf Course & Water Views | 4BR/4BA | 4,501 SF | \$995,000

## VERSAILLES, WELLINGTON



Estate Home with Lake Views | 6BR/5.1BA | 4,079 SF | \$690,000

## CRYSTAL POINTE, PBG



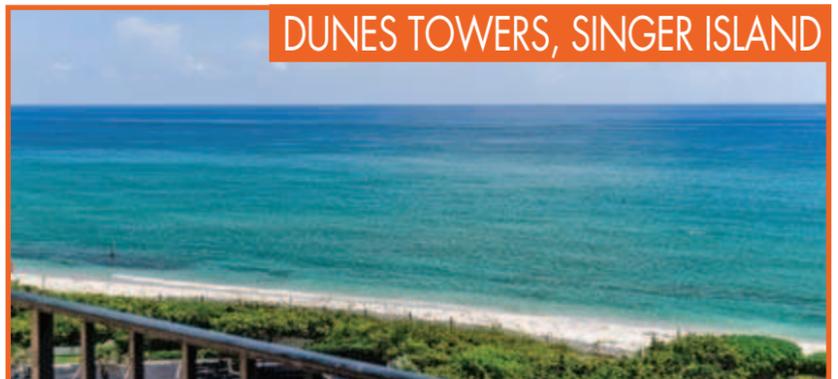
One of the Finest Lots in Crystal Pointe | 4BR/2.1BA | 2,462 SF | \$549,000

## IBIS, WEST PALM BEACH



Private Enclave with Golf Course Views | 3BR/3BA | 2,394 SF | \$389,000

## DUNES TOWERS, SINGER ISLAND



Ocean & Intracoastal Views | 2BR/2BA | 1,330 SF | From \$298,000



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# healthy living

APRIL 2016

Early detection key to treating lung cancer | C2

Rejuvenation can return spark to love life | C5

Change your smile with Teeth Next Day | C7

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

## Why it's important to act F.A.S.T.

BY TENET FLORIDA

**S**WIMMING, BIKING AND RUNNING ARE just three of the many sports in which the person with the fastest time wins. With stroke, the same concept applies: Time matters. Seeking treatment in the fastest time possible can make you a winner in the game of life. During a stroke, the longer blood supply is restricted from the brain, the higher probability there is for damaging effects as 1.9 million neurons die each minute treatment is delayed.

Fortunately, members of the Palm Beach community have access to a higher level of stroke care. As a Comprehensive Stroke Center, St. Mary's Medical Center, a mem-

SEE STROKE, C4 ►

Think  
you're  
having a

# stroke?



## Early detection key to treating lung cancer

In the United States, there are approximately 40 million current smokers — that's more than 13 percent of the total population. Cigarette smoking is the No. 1 cause of preventable disease and death in the country, contributing to 220,000 lung cancer diagnoses and 150,000 lung cancer deaths each year.

While lung cancer is one of the more prevalent diseases, it is one of the hardest to effectively treat — more people die of lung cancer than breast, prostate and colorectal cancer combined. This is due to the fact that symptoms only appear in the late stages of the disease, when it is often much harder to cure. Lung cancer is truly a silent killer.

Despite these alarming statistics, there are reasons to be hopeful. Quitting smoking is the absolute first step if you are a



Dr. K. Adam Lee  
Medical Director

THORACIC SURGERY & LUNG  
CENTER OF EXCELLENCE  
JUPITER MEDICAL CENTER

current smoker, but there's even more that can be done to ensure a happy and healthy future.

As the medical field has advanced, we've learned that the No. 1 way to increase the survival rate of lung cancer is to catch the disease in its early stages. This is why it's important to be screened, even if

you aren't exhibiting any typical symptoms associated with lung cancer. The screening program at Jupiter Medical Center has increased to 40 percent the detection of early stage cancer in our lung cancer patients. This is leading to improved outcomes and survival. If you



are a current or former smoker, your smoking history is an excellent indicator of your risk of developing lung cancer. Some criteria for higher risk patients is:

- 55-75 years old
- Smoked a pack a day for 20 years, or two packs a day for 10 years

Beginning at the 30 pack-year history, Medicare will cover the screenings of these high-risk patients, but that doesn't mean these are the only people who should be screened. If you fit any of the above criteria, it is a good idea to consult your physician about what steps you should take and if a screening is right for you. For those who don't qualify for the Medicare reimbursement, Jupiter Medical Center offers CT lung

screening for \$99.

### Types of testing

- Low dose CT scans
- PET scans
- Bronchoscopies

These scans and screenings enable us to see potential nodules in the chest that can indicate lung cancer long before any symptoms are present, allowing us to be proactive and tailored in our approach.

At Jupiter Medical Center, we believe that combining the most advanced technology with the best clinical experience will provide the best outcomes. That's why we've paired top notch equipment with the most knowledgeable and experienced physicians.

### Lung nodule clinic

For those patients who have findings during a scan that might not be cancer, we recommend our Lung Nodule Clinic, comprised of the country's leading interventional radiologists, pulmonologists and oncologists — all the right people in the room at one time to ensure the correct diagnosis. In addition to the Lung Nodule Clinic, we combine our efforts during our weekly Tumor Board to provide our patients with the most cutting edge technology and clinical experience.

Improving survival is not only about early detection, but about speed. Our planning starts immediately, typically within 24 to 48 hours of detection, to put together the most comprehensive and tailored plan for each individual.

### Quit now

If you're a current smoker, the number one way to improve your chances of avoiding lung cancer is to quit. Smoking cessation programs, like the one at Jupiter Medical Center, are excellent places to begin seeking help. These programs offer group support and a place to discuss the difficulties of quitting smoking — one of the hardest habits to break.

Lung cancer is the disease of tomorrow — it's easy to ignore the risks when there are no immediate symptoms. However, there are things you can do today. To ensure a long and happy life with your loved ones, contact your physician to determine if a screening is right for you.

To schedule a CT lung screening at Jupiter Medical Center or to learn about our free, six-week smoking cessation classes, call (561) 263-4437. ■



# Restore Intimacy

For women who can't or won't use estrogen and have symptoms of vaginal atrophy, there's a new alternative to medication that is quick and painless...

Introducing the *MonaLisa Touch*, a revolutionary new laser treatment for vaginal revitalization.



**LINDA KILEY,**  
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Board Certified,  
Female Pelvic Medicine  
& Reconstructive Surgery

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3375 Burns Rd Suite 204, Palm Beach Gardens 33410 | 561-701-2841 | www.DrLindaKiley.com

# Study: Stepping out to cha cha cha helps older adults

## THE AMERICAN HEART ASSOCIATION

A four-month dance program helped older Latino adults walk faster and improved their physical fitness, which may reduce their risk for heart disease, according to research presented at the American Heart Association's Epidemiology/Lifestyle 2016 Scientific Sessions.

Researchers at the University of Illinois at Chicago tested whether a community-based intervention focused on Latin dancing could benefit 54 Spanish-speaking adults (about 65 years old, 80 percent Mexican female) who were not very physically active. Participants were randomly

assigned to either participate in a dance program twice a week for four months or to attend a health education program. All participants completed questionnaires about their leisure time physical activity and a 400-meter walk test at the start and end of the study.

After four months of twice-weekly Latin dancing, researchers found:

- Dancers walked faster and were more physically active during their leisure time than before they started dancing.

- Dancers completed a 400-meter walk in just under 392 seconds compared with almost 430 seconds at the start of the study.

- Leisure physical activity rose from 650 minutes to nearly a total of 818 minutes

per week.

Those in the health education classes had smaller improvements in their fitness. They finished the 400-meter walk in about 409 seconds at the end of the study compared with 419 seconds four months earlier; total time spent on weekly leisure physical activity increased from 522 minutes to 628 minutes over the course of the study.

Called BAILAMOS, the dance program is a culturally tailored, community-based lifestyle intervention developed at UI-Chicago by David Marquez and Miguel Mendez. It includes four dance styles — merengue, bachata, cha cha cha and salsa — led by a dance instructor and with more complex

choreography as the program progresses.

Increasing physical activity is a key goal of the AHA, which recommends that all adults get a minimum of 150 minutes of moderate physical activity or at least 75 minutes of vigorous physical activity (or a combination of both) each week. Regular physical activity has been shown to reduce the risk of heart disease, stroke, type 2 diabetes and complications associated with advancing age. It also improves balance and mobility and helps reduce stress.

Scaling up such a culturally attuned — and what appears to be fun — intervention could have significant public health effects, Priscilla Vasquez, the study's lead author, says. ■



## Diagnosed with lung cancer, I needed serious reinforcements.

Harold "Bud" Stambaugh, retired U.S. Marine

**K. Adam Lee, MD, FACS**  
 Medical Director  
 Thoracic Surgery & Lung Center of Excellence

**Experience:**  
 20 years of minimally invasive thoracic surgery  
 10 years of robotic thoracic surgery



When Bud discovered he had lung cancer, he prepared for the fight of his life. At Jupiter Medical Center, he found a team of expert doctors ready to battle by his side.

Our multidisciplinary lung clinic, the only one in the region, brings together oncologists, thoracic surgeons, radiation oncologists, interventional radiologists, pathologists and pulmonologists to tailor the very best treatment for each individual patient. With advanced technology for diagnosis, compassionate and skilled nurses, access to clinical trials and a vast array of support and rehabilitation services, patients receive comprehensive cancer care close to home.

**Appointments available in Jupiter and Stuart. Call 561-263-5560 to schedule a consultation.**

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

1210 S. Old Dixie Hwy. | Jupiter, FL 33458

 **JUPITER MEDICAL CENTER**  
**Thoracic Surgery & Lung Center of Excellence**

# STROKE

From page C1

ber of the Advanced Neuroscience Institute, has specially trained medical professionals and the technology to not only stop a stroke in its tracks, but to prevent lasting side effects.

### What is a stroke?

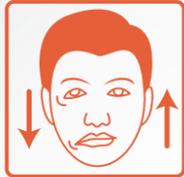
A stroke occurs when blood flow to the brain is interrupted or blocked. When this happens, brain cells in the immediate area start to die because they do not get the oxygen and nutrients they need to function properly. Disabilities that can result from a stroke include paralysis, cognitive deficits, speech problems and numbness.

The most common type of stroke is ischemic, which occurs when a blood clot blocks a vessel or artery in the brain. The other type is hemorrhagic, which is caused by a broken blood vessel that bleeds into the brain.

Currently, tissue plasminogen activator (tPA) is the only FDA-approved drug to treat an ischemic stroke. Once the onset of stroke symptoms happens, there is a three-hour window in which this treatment must be administered to have the desired effect. In 2015, St. Mary's Medical Center delivered tPA at an average time of just 33 minutes, far below the national average of 51 minutes.

As a Comprehensive Stroke Center, we also have the ability to treat eligible patients even after the three-hour window for tPA through advanced interventional procedures, such as mechanical thrombectomy. During this minimally invasive procedure, a small catheter is used to open an occlusion in the brain,

## STROKE WARNING SIGNS AND SYMPTOMS



**F**ACE DROOPING



**A**RM WEAKNESS



**S**PEECH DIFFICULTY



**T**IME TO CALL

restoring blood flow to the affected area.

### Symptoms

If you or someone you know is having a stroke, be prepared to act promptly if there is sudden:

- Numbness in the arm, leg or face, especially if it is on one side of the body.
- Confusion, difficulty talking or problems understanding speech.
- Trouble seeing out of one or both eyes.
- Difficulty walking, dizziness, or loss of

balance or coordination.

Intense headache for no known reason.

It's important to act F.A.S.T. in these situations because of the small window of time for the most effective treatment options.

- **Face** - Does one side of the person's face droop when you ask them to smile?
- **Arms** - Does one arm drift downward when you ask the person to raise both arms?
- **Speech** - Does the person have slurred speech when asked to repeat a simple phrase?
- **Time** - Call 9-1-1 immediately if you see any of these signs.

### An award-winning, multidisciplinary Team

The Comprehensive Stroke Center team at St. Mary's Medical Center is comprised of various specialists dedicated to delivering the best possible outcomes for patients. Neurointerventionalists, neurologists, epileptologists, specially trained and certified advanced registered nurse practitioners, rehabilitation therapists, etc. work around the clock to help patients return to their daily routines following a stroke and other neurological conditions.

Rehabilitation may help reverse the

effects of a stroke. Our dedicated rehab team works with patients to help them return to daily routines by possibly regaining mobility, speech and increasing independence. Specialists may include a physiatrist, a physical therapist, an occupational therapist, specially trained nurses and more.

Our stroke center has been consistently recognized for delivering a higher level of stroke care. The hospital has achieved numerous awards including the American Heart Association/American Stroke Association's Get with the Guidelines Gold Plus Target: Stroke Honor Roll Elite.

### Taking action

St. Mary's Medical Center and Palm Beach Children's Hospital are proud to not only treat the neurological needs of the community, but to also host events to help spread the word about our services and the importance of prevention and early detection.

As part of The Advanced Neuroscience Network, St. Mary's, Palm Beach Children's Hospital and Palm Beach Gardens Medical Center, in collaboration with Palm Beach Gardens Fire Rescue, are hosting a lecture with a panel of experts in honor of National Stroke Awareness Month in May. The panel will consist of an interventional neurologist, a vascular neurologist specializing in stroke, a fire rescue representative, emergency room physician and a local stroke survivor. There will also be a question-and-answer session following the presentation. A light dinner and refreshments will be served. The event will take place on Tuesday, May 10, from 6 p.m. to 8 p.m. in the BioScience Building of Palm Beach State College's Palm Beach Gardens campus. To reserve your seat, please call (561) 625-5070 or visit [HYPERLINK "http://www.pbgmc.com/events"](http://www.pbgmc.com/events) www.pbgmc.com/events.

Additionally, St. Mary's Medical Center presents Strike Out for Stroke at Tenet Healthcare Day on Friday, May 13 at 6 p.m. at Roger Dean Stadium in Jupiter. Together, with Palm Beach Gardens Medical Center and local EMS, we are hosting an informational stroke night to go along with an exciting game of baseball. While watching the Palm Beach Cardinals take on the Bradenton Marauders, you will have the opportunity to learn more about stroke causes, warning signs and prevention. Free stroke screenings will be performed on-site to help you determine your risk factors. Tickets for this event will be available at the Roger Dean Stadium Box Office. Reservations are required for screenings. To save your spot, please call (561) 882-9100. ■





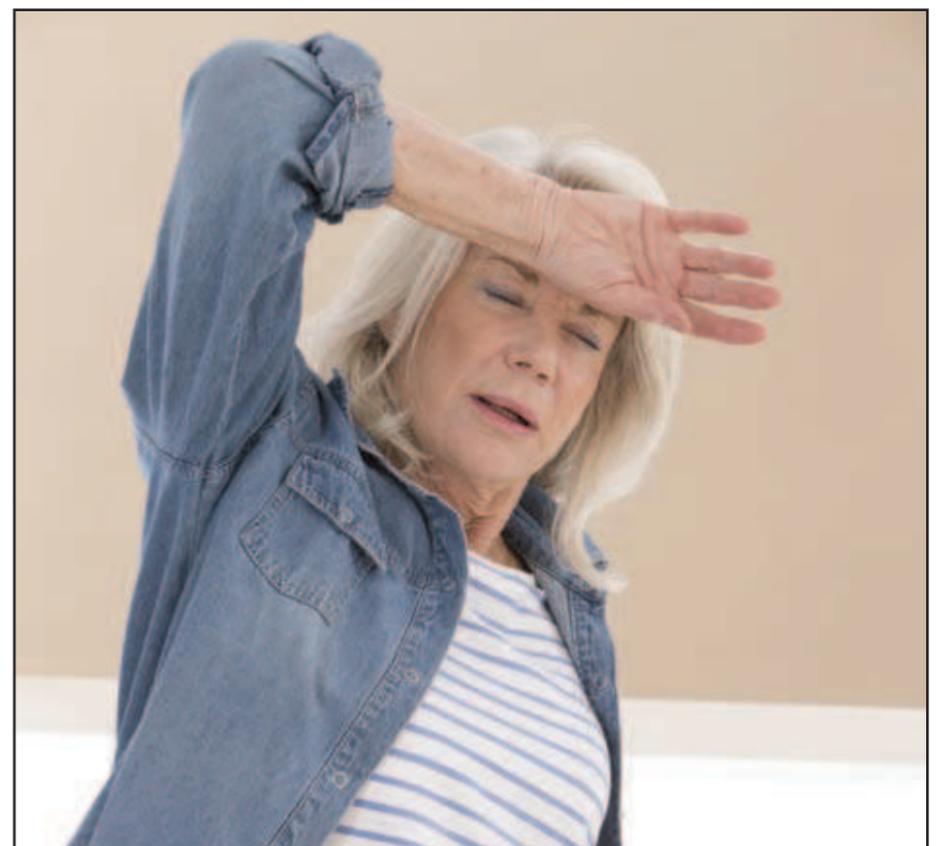

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## Vaginal revitalization versus 'rejuvenation'

I have seen many women who, after either childbirth or menopause, were concerned about whether their vaginas were "too loose" and needed something done.

There are many ads on the Internet touting "vaginal rejuvenation" procedures purporting to restore tone and improve sexual enjoyment, among other things.

One of the things I try to help my patients understand is the relationship between the overall health of the vaginal tissues, including muscles, mucosa (inner skin) and connective tissue, and proper function.



Dr. Linda Kiley

561-701-2841  
DR.LINDAKILEY.COM

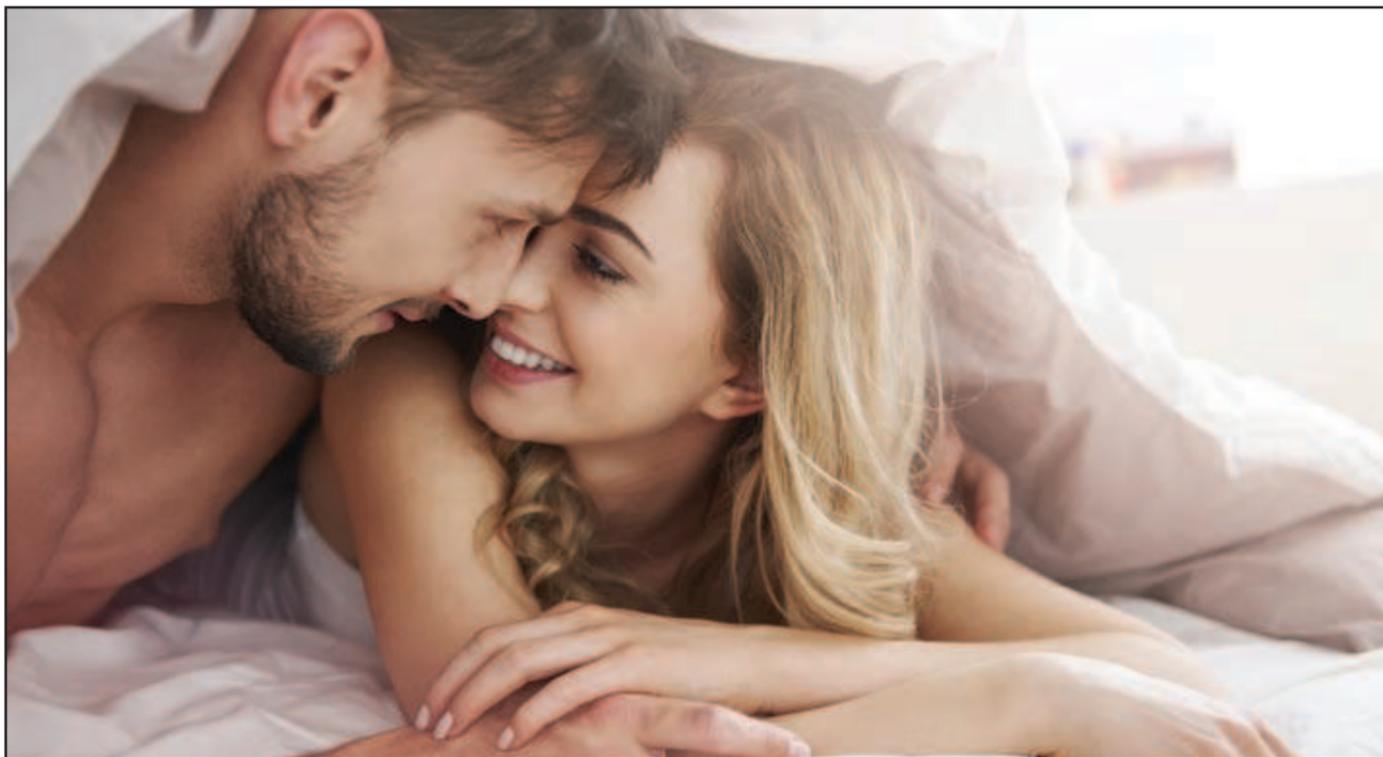
A healthy vagina should have adequate moisture and elasticity, with good muscle tone and strength. I am skeptical of surgeries

purported to achieve this in the absence of a visible and measurable structural defect.

Undoubtedly, childbirth can affect the vaginal muscles and damage some of the supporting structures.

Sufficient damage can lead to a condition called prolapse, or dropping of the organs which results in a protrusion of tissue from the vaginal opening. That, however, is a different matter than "tightening" the vagina.

While it is much better to have good muscle tone in the pelvis, as this leads to better functioning of the bladder, bowels, and appropriate blood flow in the vagina and more enjoyable sexual



experience, the risk of a vaginal "tightening" surgery in the absence of an obvious structural defect includes painful intercourse as well as potential complications from the procedure, depending upon what is done. With aging and menopause, the vagina may become drier and less elastic, the muscles may become weakened or develop abnormal spasm leading to painful intercourse as well as pelvic or abdominal pain.

A surgical rejuvenation procedure is not going to treat those problems. Often, pelvic floor physical therapy can restore not only proper bladder and bowel function, but it can improve vagi-

nal function and reduce pain. When the tissues have become thin and dry, they may respond to vaginal estrogen creams, tablets or rings, an oral preparation called Ospheña, or vaginal laser therapy.

Laser therapy is not "rejuvenation," but, rather, a revitalization of the tissue, with effects similar to vaginal estrogen therapy, only without the hormones. The objective is to promote proper blood supply, encourage new, proper collagen and elastin deposits to form, leading to better tissue strength and function. The combination of treating the pelvic floor muscles and the vaginal

tissues provides the desired "rejuvenation" without a surgical procedure.

Of course, if there is a problem related to torn or damaged tissue, surgical repair is sometimes appropriate. Restoring proper anatomy can be an important part of promoting vaginal health; however, it should not be taken lightly nor, in my opinion, should it be a "cosmetic" procedure. ■

— 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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Tea Pedicure**  
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**Lavender and Citrus  
Tea Body Treatment**  
(includes 25 minutes of body polish)  
50 minutes

**All guests receive complimentary  
Tea & Treats on Mother's Day  
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a one night stay with a  
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# If you're a caregiver, take good care of yourself, homecare expert says

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

Irv Seldin knows first-hand.

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

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



**Irv Seldin**

PRESIDENT,  
VISITING ANGELS OF  
THE PALM BEACHES

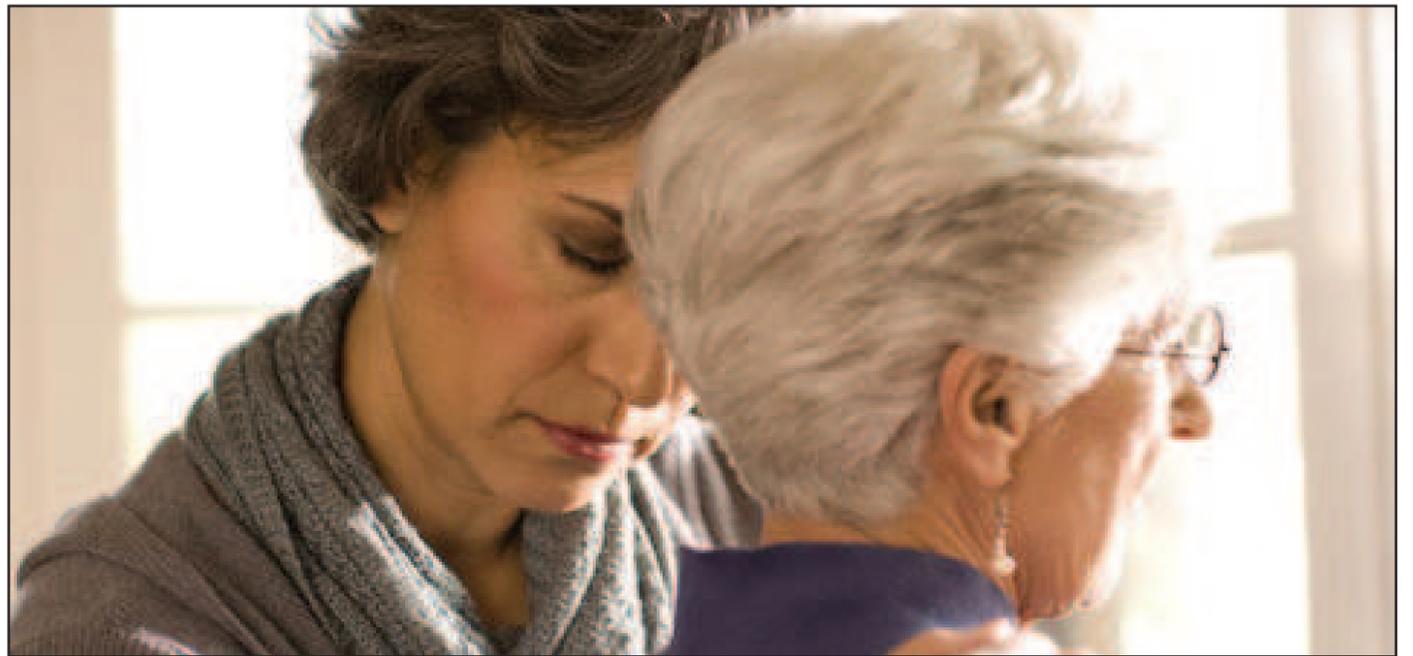
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Seldin, the president of Visiting Angels in Palm Beach Gardens, said caregivers can take simple steps to minimize stress and anguish.

"A good first strategy is to remind yourself that the person you're caring for certainly does not want to create frustration or be a burden," he said.

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

"Everybody needs to have free time to relieve stress," he said. "Very often,



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

in a caregiver situation, whether it's a parent or a spouse, that opportunity is not easy to come by."

Feeling unappreciated as a caregiver also contributes to anxiety, and maintaining personal health and well-being helps combat that.

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

"You will not continue to be a strong caretaker if you always put your needs last," Seldin said. "This can lead to emotional exhaustion, depression and illness. Understanding and communicating your feelings is also part of

maintaining your health. There are fewer negative effects of stress for people who admit their feelings and express them."

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

"Together, you can plan and share responsibilities so that you do not try to do everything alone," Seldin said.

"Seek additional help from professionals, community resources or support groups for any specific medical conditions like Alzheimer's or cancer."

Links for support groups can be found at [www.visitingangels.com/](http://www.visitingangels.com/)

resources.

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

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

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

## Study: At least 75 percent of prediabetic patients not treated by primary care doctors

### UNIVERSITY OF FLORIDA

Less than one-quarter of patients who met the criteria for prediabetes received drug or lifestyle modification treatment from their primary care physician, according to University of Florida researchers, who say the findings indicate physicians are missing opportunities for diabetes prevention.

The study appeared in the *Journal of the American Board of Family Medicine*.

More than a third of U.S. adults have prediabetes, which is defined as having blood glucose concentrations higher than normal, but not high enough for a diabetes diagnosis. People with prediabetes have a greater risk of vascular problems, kidney disease, and nerve and retinal damage.

"We know that prediabetes is considered one of the biggest risk factors for the development of diabetes, with estimates ranging from 15 to 30 percent of people with prediabetes developing diabetes within five years," said lead investigator Arch G. Mainous III, Ph.D., chair of the department of health services research, management and policy in the UF College of Public Health and Health Professions, part of UF Health. "We also know that 90 percent of people who have prediabetes don't know they have it. So the question becomes where is the doctor in all this? Is the doctor identi-



fying people with prediabetes, telling them about it and providing treatment? That's what we wanted to find out."

The UF study analyzed data from the 2012 National Ambulatory Medical Care Survey, a survey of physician office visits that allows for national estimates of U.S. medical care. The researchers studied visits to general, family or internal medicine providers by patients age 45 years and older who had physi-

cian-ordered blood tests done within the past 90 days. About 34 percent of the patients had a blood glucose level between 5.7 and 6.4 percent, which the American Diabetes Association considers prediabetes. Of those patients, very few were told they had prediabetes, and only 23 percent received treatment for the condition, such as lifestyle modification counseling or drug therapy, as indicated in their medical records.

Low rates of prediabetes diagnosis and treatment might be expected when physicians don't have patients' blood test results available, Mr. Mainous said, but patients in this study had undergone recent blood tests.

"Even with blood test results in front of them, physicians weren't detecting prediabetes in their patients in terms of making a diagnosis or providing some sort of management or treatment," said Mr. Mainous, the Florida Blue endowed chair of health administration.

Mr. Mainous is currently conducting a survey of several thousand family physicians to understand the reasons why patients aren't receiving prediabetes treatment, whether it is doctors' lack of knowledge about prediabetes guidelines, some aspect of the patient-provider relationship or a reluctance to "overmedicalize" a condition that has not yet progressed to a disease.

"One of the keys to diabetes prevention is detection and management of people with prediabetes," Mr. Mainous said. "Identifying people with prediabetes and getting them some sort of treatment has been shown to be effective for slowing the progression to diabetes or stopping it altogether, and that is the goal of prevention. We don't want to manage half the population with diabetes. What we want to do is keep them from getting diabetes." ■

# Change your smile and change your life with Teeth Next Day

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every few years or are experiencing ongoing dental issues?

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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.

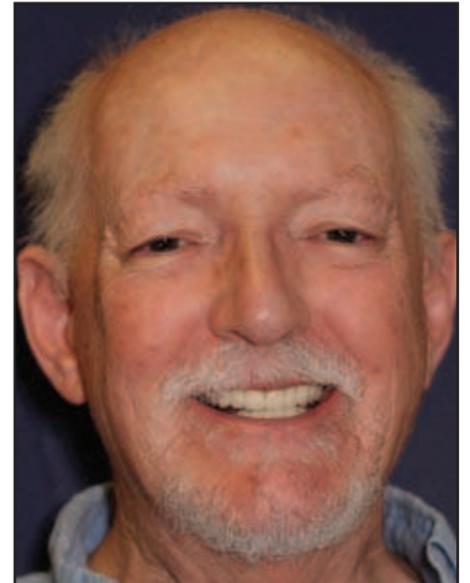
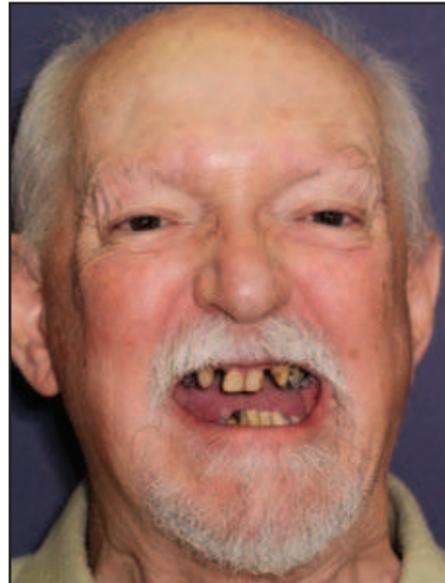
## The latest technology

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.

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Before

After

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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. ■

# Study echoes benefit of statins for those at risk of heart attacks and strokes

## AMERICAN HEART ASSOCIATION

**A** few years after new guidelines recommended that several million more Americans take a cholesterol-lowering drug to reduce their risk of having a heart attack or stroke, an extensive international investigation has come to a similar conclusion.

The study known as HOPE-3 sought to find the best way to prevent cardiovascular disease in people who were considered at an intermediate risk. Researchers pursued this from four angles: giving medicines to lower blood pressure; giving a cholesterol-lowering drug known as a statin; giving a combination of all those medicines and doing nothing.

The biggest benefits came from the statin. This echoes the 2013 guidelines for doctors published by the American Heart Association and the American College of Cardiology, which are considered the standard for treatment in the U.S.

The investigation is likely to give doctors more reason to prescribe statins for patients who fall within the new risk category.

When the guidelines were originally published in November 2013, controversy followed. Much of the backlash was over lowering the bar for recommending who should be prescribed a statin, which in turn drastically increased the number of people encouraged to take the pill.

"Everybody is beginning to see that what was considered very disruptive when we published it happens to be right," said Sidney Smith, M.D., one of the 20 experts who wrote the 2013

guidelines.

Donald Lloyd-Jones, M.D., was among a panel that discussed the findings of HOPE-3 on April 2 during the ACC's annual Scientific Session & Expo. He also was among the 2013 guidelines authors. Speaking before an audience of several thousand convention-goers, Dr. Lloyd-Jones referenced the AHA-ACC guidelines and said, "I think we got it right." HOPE-3 principal investigator Salim Yusuf, M.D., agreed.

"This should reassure anyone who still had questions," said Dr. Smith, a professor of medicine at the University of North Carolina at Chapel Hill who served as senior advisor to the National Heart, Lung, and Blood Institute for the development of the cholesterol and other CVD prevention guidelines.

Just as the cholesterol guidelines were reviewed and then updated 2½ years ago, now experts are in the midst of updating guidelines for the management of blood pressure. The HOPE-3 findings provide more data for the writing group to consider.

Eva Lonn, the researcher who oversaw the blood pressure component of the study, broke down her findings into three groups. For the one-third of people who went into the study with the highest systolic blood pressure (the top number in a reading), there were clear benefits to taking the blood-pressure-lowering medication.

"We did not see benefits in the mid-

dle third," said Dr. Lonn. "And there was a suggestion of possible harm for individuals who did not have very high blood pressure to begin with."

Dr. Lonn, Dr. Yusuf and other researchers from McMaster University in Canada conducted the study, formally called the Heart Outcomes Prevention Evaluation-3. It cost between \$36 million and \$38 million, with funding from the Canadian Institutes of Health Research and AstraZeneca, maker of the popular statin Crestor.

For more than 5½ years, researchers followed 12,705 people who had never had a heart attack or stroke. Participants were men 55 or older and women 60

or older who had one more risk factor for cardiovascular disease, such as a family history of heart attack or stroke, elevated waist-to-hip ratio or recent tobacco use.

Everyone who received medicine got the same dosage, and that amount never changed over the course of the study. They also rarely followed up with doctors. These aspects were part of the study's aim for simplicity.

The study group was ethnically diverse: 29 percent Chinese; 27 percent Hispanic; 20 percent white; 20 percent other Asian; 2 percent black; and 2 percent "other." They were geographically diverse, too, coming from 21 countries. ■





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