

PALM BEACH GARDENS & JUPITER

FLORIDA WEEKLY®

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WEEK OF MAY 19-25, 2016

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INSIDE



Photo footwork

Jordan Matter captures ballet dancers off-stage. **B1** ▶



Society

Scenes from Great Give and other events. **8 pages inside** ▶



Moving On Up

Lynn Rundle is now CEO of J&J farms of Loxahatchee. **A17** ▶



In the kitchen

A visit with Maria Abbenante of Lynora's. **B15** ▶

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LIVING WITH

HAIR

Chances are better than ever those infected will live long, full lives.

PAGE 8

Florida's troubled waters having impact on local business

BY ROGER WILLIAMS

rwilliams@floridaweekly.com

Sporting its own version of a Panama Canal, the Sunshine State wears a midriff belt of mostly fresh water that bisects 120 miles or so of peninsular earth. That belt — two rivers and a lake — forms a navigable waterway connecting the Atlantic

Ocean at Stuart and the Gulf of Mexico at Sanibel Island and Fort Myers Beach.

Comprised of the St. Lucie River and inlet on the east, Lake Okeechobee in the middle, and the Caloosahatchee River with Charlotte Harbor on the west, the water belt is a highway of commerce that

SEE WATER, **A10** ▶

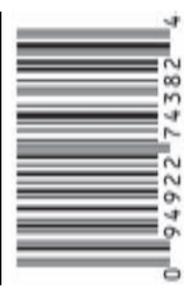


COURTESY IMAGE

Florida's beautiful waters bring millions of visitors to the Sunshine State.

PRSR STD U.S. POSTAGE PAID FORT MYERS, FL PERMIT NO. 715	OPINION A4	BEHIND THE WHEEL A18	COLLECTIBLES B2
	PETS A6	REAL ESTATE A21	CALENDAR B4-6
	BUSINESS A16	KOVELS A23	PUZZLES B12
	INVESTING A18	ARTS B1	CUISINE B15

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COMMENTARY

Music to my ears

leslieLILLY

lilly@floridaweekly.com



Earlier this month, the English rock band Radiohead released to much critical acclaim its ninth album, "A Moon Shaped Pool." I only know this because my millennial son advised me of it during a recent phone call. He also said the accompanying video on YouTube was not to be missed.

I knew the group by name if only because news of the band's appearances in the U.S. bounced around our household previously.

My son became a devoted fan. We, the parents, took his word for it. I knew this band was special; but, like a great many things that divide one generation from the other, I never got into their groove.

However, Radiohead has done just fine without me, selling more than 30 million albums worldwide. So I clicked on YouTube to see what all the fuss was about. It was, in some respects, a harrowing journey.

Jon Pareles of *The New York Times* summed up the group's artistic achievement perfectly in his review of the album.

Of it, he wrote, "The future is dire, the past a blur and the present heartbroken yet hinting at possibilities.... Radiohead

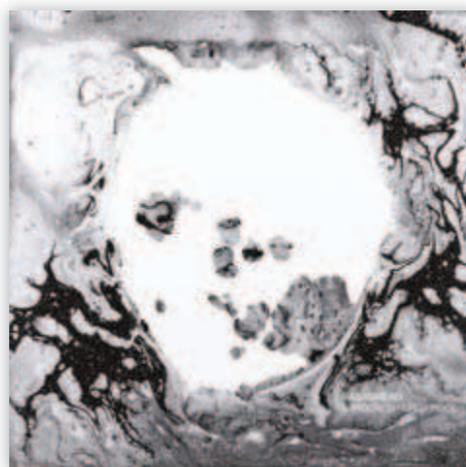
worries throughout the album about environmental devastation, about mass thoughtlessness, about love gone cold, about finding some way forward... On this album, grim tidings arrive amid gorgeous backdrops.... Multilayered tinklings and murmurings give the music a subliminally shimmering aura." But, he concludes, "for the most part, 'A Moon Shaped Pool' is an album of nightmare lullabies."

No kidding, I thought.

I felt exactly the same but something more. The thought was inescapable: Through my generation's wanton neglect of the planet and each other, it was we who first sang these dystopian lullabies to our babies in their cradles, children now grown into adulthood and for whom this music resonates deeply.

From an elder's point of view, "A Moon Shaped Pool" is a hard listen, an uncomfortable look deep into the eyes of the next generation. They peer back at us and our failures to leave this world for them in better shape than we found it. In this album, Radiohead touches a strong chord of pessimism in a massive, young audience. Taken as a whole, it is an anthem to failed optimism.

If this seems a bit overwrought, perhaps it is. But our failed legacies will be the next generation's burden to carry, assuming we fail to muster the will and the moral conscience to act now. Saving the planet is overwhelming. Maybe we should start right here, where we live,



Radiohead's ninth album, "A Moon Shaped Pool."

with saving the environment.

Florida is barreling toward the Perfect Storm, its engines in full throttle, heading straight into a maelstrom of its own creation.

Consider just the implications for potable water: Florida's population is increasing at the rate of a 1,000 people a day. Add 100 million-plus tourists arriving annually. Over the next 20 years, the state will need to invest more than \$16 billion in infrastructure improvements and that still will leave a billion-gallon-a day fresh water shortfall, projected to hit the state by 2030. If that weren't enough to make you thirsty, consider the major threats to Florida's springs, underground aquifers

and freshwater resources from diminishing rainfall, over-pumping, pollution, and salt water intrusion. As Radiohead might sing it, "This is a low flying panic attack."

People devoted to conservation and protection of the environment leave a big footprint when engagement of young people is inclusive to their mission. I think especially of John Marshall, who died earlier this year at 75.

He founded the Arthur R. Marshall Foundation for the Everglades and the Florida Environmental Institute. He worked for decades with his surviving spouse, Nancy Marshall, to save the "River of Grass" and South Florida's wetlands, educating young people along the way and creating opportunities for them to become entrenched in the environmental causes he was passionate in pursuing.

This is optimism incarnate and an antidote to Radiohead's warning of "the river running dry."

— 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 lilly@floridaweekly.com and read past blog posts on Tumblr at lilly15.Tumblr.com.

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Terry Tipple – Stroke Survivor 2015

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JUNE

COMMUNITY EVENTS & LECTURES



Acid Reflux

*Naveen Reddy, MD
Gastroenterologist*

Thursday, June 2 @ 6-7pm

Palm Beach Gardens Medical Center
Classroom 4

Did you know that approximately 20% of the U.S. population is affected by gastroesophageal reflux disease (GERD), more commonly known as acid reflux? Join Dr. Naveen Reddy, a gastroenterologist on the medical staff at Palm Beach Gardens Medical Center, for a lecture on GERD risk factors, symptoms and treatment options available.

Light dinner and refreshments will be served.



Hands-Only Adult CPR Class

Tuesday, June 21 @ 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.



FREE COMMUNITY SCREENINGS

Heart Attack Risk Assessment

(blood pressure, BMI, glucose and cholesterol)

Wednesday, June 8 @ 8-11am

Osteoporosis Screenings

Thursday, June 16 @ 9am-1pm

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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 Lipes
 alipes@floridaweekly.com

Marilyn Wilson
 mwilson@floridaweekly.com

Sales and Marketing Assistant
 Betsy Jimenez

Circulation Manager
 Willie Adams

Circulation
 Evelyn Talbot
 Headley Darlington
 Clarissa Jimenez
 Giovanni 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

Classical music by radio



My mother once rode 30 miles down the mountain on rough dirt roads in the back of a 1928 Dodge to play the first movement of Beethoven's "Moonlight Sonata" to a recital audience 4,000 feet below her home on a cattle ranch in the Colorado Rockies.

She was about 15. Since she's staying with us now deep in the subtropics, and we were listening to my 14-year-old son play the same timeless movement on our upright living-room piano last night, I began wondering: Why the hell can't you hear classical music anymore when you turn on the box in the corner?

You know the device — the radio, they call it, which first arrived courtesy of the Italian inventor, Guglielmo Marconi, just before the tsunamic turn of the 20th century.

Radio may be vanishing now, but everybody still has one because everybody can. You can get them anywhere starting at about the cost of a Big Mac, fries and a shake — from Los Angeles to Lake Worth.

People who don't have computers or smart phones or late-model cars or Italian Prosecco in their wine coolers — old people or poorish people and their children, for example — still love radios.

They give you voices, or popular music and jazz, or sporting events at the push of a button, day or night, in bed or out.

But no longer around here do they give you classical music. For that you have to go to a computer, one with a sound system capable of expressing the music of 50 or a hundred humans playing together after practicing their entire lives to do so; or a cell phone connected to a specially designed system in or out of your late-model car; or something called HD (high definition) radio, which you can't get just anywhere. When I called Target and Wal-Mart superstores the other day, they didn't

have them and the clerks had never heard of them. Best Buy has them, but not necessarily in stock; you can order one for about \$45, they say. Of course, it won't work unless you wire it to an existing stereo system as an in-line component.

So public radio has given up on people who might still use just radio and could benefit (whether they know it or not) from the chance to meet Beethoven — from the chance to recognize a simple truth that connects us all: They aren't the only ones ever struck by the exquisite lunacy of moonlight and love.

Back in 1943, meanwhile, my then-teenage mother, who won the blue ribbon for her calf at the Fremont County Fair, was having a good year. She'd worked on the Beethoven for a long time, she recalls; it sounds easy but it has three voices you play with two hands, so not just any brick-fingered pounder can make moonlight with it.

And she probably understood the music. Beethoven wrote his sonata in the summer of 1801 when he was 31. He'd fallen deeply in unrequited love with his 17-year-old piano student, the Countess Giulietta Guicciardi.

As you know if you've ever slung the backpack of your dreams over the shoulder of your suffering and plunged into the wilderness of the heart, there is nothing old or antiquated about such music or about moonlight, either one. Not unless you are old or antiquated yourself.

When my mother completed the performance, she remembers, a stuffy old woman walked up to her and said, "I thought your piece would NEVER end, Ellen Jean." Then she walked out.

That woman and her profligate ilk may be the reason that many public radio stations have given up on classical music. It (she) doesn't pay them. That's no small thing in a world where National Public Radio earns its keep from three revenue streams: donations, government grants and money paid in by affiliate (local and regional) stations such as WGCU on the southwest coast or WLRN in Miami-Dade and Palm Beach counties.

Those stations raise money and buy shows from NPR. And sometimes they compete directly with NPR by making their own shows for lease or sale to other affiliates (New York City's WNYC, for example).

There are competing podcasts, too, of course — shows digitized and made available online but not on the air. So competitors vie from many directions for the ears of listeners. Money is scarce and public radio has become increasingly commercial, nowadays unabashedly advertising companies that "underwrite."

Perhaps that's not a bad thing — to start pandering to what people want so you don't have to live up literally to your tax-exempt "nonprofit" status. Should we give them grilled wild-caught salmon for a first course because it might make them healthier than ice cream, whether they want it or not? Naw, not worth it.

In an irony of historic proportions, the woman who founded the Naples Philharmonic Center for the Arts (now Artis-Naples) when that urbane community had little or no classical music has just given WGCU public television its largest-ever gift: \$3 million for arts programming, which won't bring philharmonic performances back to the radio.

On the other hand, that's not how Bill Siemering saw public radio when he helped found NPR and "All Things Considered" aired its first show. That was exactly 45 years ago this month, on May 3, 1971.

"National Public Radio will serve the individual," he wrote in the mission statement. "It will promote personal growth ... It will celebrate the human experience as infinitely varied, rather than vacuous and banal."

Mr. Siemering then concluded with this powerful sentence: "(NPR) will not regard its audience as a market or in terms of its disposable income, but as curious, complex individuals who are looking for some understanding, meaning and joy in the human experience."

Joy. Yes please, I'll have a big helping of that. Give me some "Moonlight Sonata" and love, if you will. And thank you. ■

Blowing smoke on e-cigarettes



Down through all the millennia that mankind has smoked tobacco, no one would have believed (or even imagined) that a battery-powered contraption with no tobacco would one day be considered a tobacco product.

We've long had smokeless tobacco; now we have tobaccoless tobacco. This conceptual breakthrough is the work of federal bureaucrats who are bringing the regulatory hammer down on e-cigarettes in a misbegotten extension of the war on smoking.

The Food and Drug Administration has issued new rules so onerous that they will likely suppress the manufacture of e-cigarettes and kill off small companies making them. Health and Human Services Secretary Sylvia Burwell hailed the action as "an important step in the fight for a tobacco-free generation" — never mind, of course, that e-cigarettes are tobacco-free.

It is a strange country that is simultaneously moving to legalize marijuana and to crack down on vaping. But

here we are.

There is no doubt that cigarettes are a great cause of human misery; they kill almost 500,000 people a year in the U.S. This is why e-cigarettes, with their potential to diminish smoking, could be a boon to public health. They deliver nicotine without the truly harmful part of cigarettes, the tar and chemicals.

The FDA is evidently operating on the basis of a regulator's reverse Hippocratic oath: First, do harm to a burgeoning industry — then hope to find some evidentiary justification for it at some later date.

The new rules are crafted so that every vaping product currently on the market will have to go through an onerous FDA review process. Any new products will have to do the same.

The American Vaping Association maintains that submitting an application will cost more than \$1 million and take more than 1,700 hours. The regulatory burden will swamp small companies that lack the resources to pour into compliance costs. (The big tobacco companies, in contrast, will be fine.)

The small firms have driven innovation in e-cigarettes. The products have gotten better, with more variety, since their introduction in 2007. That's manifestly a good thing. The more sat-

isfying e-cigarettes are, and the more they replicate the real smoking experience, the more likely it is that smokers will switch over, or at least use fewer cigarettes.

The highly respected Royal College of Physicians in Britain gets the logic. It issued a report emphasizing the enormous promise of e-cigarettes, which it estimates are 5 percent as dangerous as the real thing. An authority who worked on the report explained to *The New York Times* that e-cigarettes "have the potential to help half or more of all smokers get off cigarettes. That's a huge health benefit, bigger than just about any medical intervention."

The U.S. is rejecting that common-sense approach to harm reduction. It is against vaping no matter how safe it is or how many people it might coax into giving up smoking.

The famous line attributed to Mark Twain is that nothing is as easy as quitting smoking — he's done it thousands of times. Of course, Twain didn't have the option of vaping. If the FDA has anything to say about it, neither will anyone else.

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

Semi-pro Palm Beach Suns set to open 2nd soccer season

SPECIAL TO FLORIDA WEEKLY

The Palm Beach Suns has a goal of winning fans.

The semi-professional soccer team gears up for its second season, which gets underway at 7 p.m. May 21, with the team's first game against Miami City FC, or Football Club, at Oxbridge Academy in West Palm Beach.

The Suns are part of the Premier Development League, formed in 1965, and a top level men's pro-amateur soccer league sponsored by the United

Soccer League, which encompasses 10 divisions, four conferences and 61 teams from across the United States and Canada.



"The PDL is a nationally recognize semi-professional league, and being part of that just gives credibility to our organization and our aspirations of one day bringing professional soccer to Palm Beach County," Xavier Silva, general manager, said in a statement.

The newly established Suns are a prime example of how soccer is becoming

popular in the United States.

"Soccer is the fastest growing sport in the United States, and especially with MLS growing, I think we're giving the community a chance to be a part of something new and refreshing," Head Coach Francisco Assis da Silva Jr., known as Chiquinho, said in the statement.

With the Suns being the new comer to the league, they are considered the underdogs, and will assume they have a long journey ahead of them in seeking the title win this season.

"I look forward to everything this season coming up. Great games, great com-

petition, awesome atmosphere, seeing the fans out there filling up the stands and getting all of Palm Beach County to support the Suns on the road to glory and hopefully take it to the U.S. Open cup next year. I have high expectations for the team this year. New team, new group of boys, and a lot of players coming in with high quality skills, but nothing is given easily in our conference," Chiquinho said in the statement.

Their home stadium and first game is at Oxbridge Academy, at 3151 N. Military Trail, West Palm Beach. Tickets and information available at palmbeachsunsfc.com. ■



COURTESY PHOTO

Else Engel, the 100+Women Who Care member who sponsored City House Delray Beach, Lisa Wanamaker, City House executive director, and 100+Women founder Melody Spano gather around a symbolic \$12,500 check the group presented to the charity during a meeting at The Wine Scene in West Palm Beach.

100+Women Who Care donates to City House Delray Beach

SPECIAL TO FLORIDA WEEKLY

It's a group of women who hope to make a difference for local not-for-profit organizations.

100+Women Who Care South Florida recently donated \$12,500 to City House Delray Beach, which helps single mothers and their children.

100+Women Who Care South Florida meets quarterly with its members, who sponsor local charities, donate \$100 per meeting, vote on their charity of choice, and announce the elected charity to receive the direct donation between Broward, Miami-Dade, Palm Beach and Martin counties.

100+ Women Who Care recently had

its matching grant renewed for 2016 by The Richard M. Schulze Foundation, which will be aiding recruitment efforts by matching \$200 to each new membership's \$100 donation.

100+Women Who Care started with 30 women (one chapter) at their first meeting and two years later, they have increased their membership to more than 350 women, four chapters and they have raised more than \$250,000 for local nonprofits — they say they keep money in the community.

For information on membership and meetings, visit 100womenwhocare-southflorida.org or contact Melody Spano at mspano@100womenwhocare-southflorida.org. ■

Mandel JCC names board chair

SPECIAL TO FLORIDA WEEKLY

The Mandel JCC of the Palm Beaches announced Susan Shulman Pertnoy as its new board chairperson, welcomed new board members and presented its highest honors at its annual meeting.

Ms. Pertnoy is known for her volunteer work with Birthright Israel, the Jewish Federation of Palm Beach County, the Boards of Temple Emanu-El and of the Albert Jewish Family and Children's Services and her role as co-host of "Mosaic," a weekly television production highlighting discussion of issues of importance in the Jewish world.

Outgoing Interim Board Co-Chairs Harold Danenberg and Robert Schneider will continue to serve the Mandel JCC as senior vice-chairs and secretary and treasurer, respectively. David Friedlander, Doreen Lieberman and Shayne Silver were installed as first-time mem-

bers of the board.

Five awards were presented:

■ Leslie Santelli received the Steven Shapiro New Leadership Award, presented each year to a leader in the community who has made a significant contribution to the JCC.

■ Paul Gross received The Charles M. Jacobson Leadership Award, given to an individual who is passionately committed to the mission of the JCC.

■ Gayle Gross received The Sabina Gottschalk Volunteer Award for her volunteer efforts for the Lyons Art Gallery in Palm Beach Gardens.

■ Human Resources Director Jan Andio and Jupiter Medical Center Wellness Navigator Tiffany Jones received special staff recognition awards.

For more information about the Mandel JCC of the Palm Beaches and its programs, visit jcconline.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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This race benefits:

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PET TALES

Feline mammary cancer: Mammary tumors common in cats, especially those unspayed or spayed late in life

BY KIM CAMPBELL THORNTON
Universal Uclick

Each week, as Lisa-Maria Padilla trims her cats' nails, she gives them an all-over body check to make sure everything looks and feels normal. A little over a year ago, she noticed that her 10-year-old cat Twyla, a blue Abyssinian, had a tiny nodule near one of her nipples. It wasn't painful and Twyla wasn't behaving differently, but Padilla knew something wasn't right.

She took Twyla to her veterinarian, who surgically removed the nodule, along with a distal lymph node — from behind a hind leg — and sent them to a pathology lab for analysis. More than 90 percent of feline mammary tumors are malignant, says board-certified veterinary oncologist Gregory Ogilvie, and Padilla knew that. She was prepared for the worst.

The tumor was indeed cancerous, and tests on the lymph node indicated that the cancer had already metastasized into the lymphatic system.

"If there was good news, it was that both an ultrasound of Twyla's abdominal area and radiographs of her chest showed no signs that the cancer had spread there," Padilla says.

Based on Twyla's overall good health and strong physical condition — she was the first winner of the Cat Fanciers Association Feline Agility National — Padilla opted for the standard of treatment: a radical mastectomy to remove all four mammary glands on the cancer-affected side, fol-



After treatment, Twyla, an Abyssinian cat, has been free of detectable cancer for just over a year. At 11, she is lively and outgoing.

lowed by a radical mastectomy to remove all the mammarys on the other side.

"That surgery is a lot of trauma on a small cat," Padilla says. "The day I brought Twyla home, I was really frightened. The sutured incision went from just below her neck to her groin. My poor cat was shivering, and there was no way she could get comfortable. I set up a large cage, lined with pillows so that she would not contort her body, and would just lay still. She looked dreadful."

Padilla questioned her decision to fight the cancer, but two days later, Twyla was eager to eat and wanted to play. Her condition improved rapidly, and the most difficult part of recovery was keeping her confined for three weeks so she could heal. She's a sociable cat, so not only did

Padilla spend time sitting on the floor next to her cage to keep her company, she also asked neighbors to come in and spend time with her while she was at work.

Once the surgical incisions healed, Twyla began receiving chemotherapy, a total of five rounds given every two to three weeks. Sometimes radiation therapy is also used, Dr. Ogilvie says.

In Twyla's case, chemotherapy brought another challenge.

"After the first chemo infusion, the vets realized that Twyla would have to be sedated for each treatment, as she is too active and 'busy,'" Padilla says.

The high-dose regimen complete, Twyla now receives a daily low dose of medication. Called metronomic therapy, the goal is to stop remaining tumor cells from sprouting blood vessels — in effect, to starve them.

"The tablet is compounded to taste like chicken, so Twyla thinks she's getting a treat every morning," Padilla says. "If there has been a challenge with the low-dose chemo tablet, it is keeping Twyla's weight up. The tablet can make her stomach a little upset, so she is not hungry, but it doesn't make her vomit. I try to give her nutritious treats during the day."

Padilla is glad she decided to treat her cat's cancer.

"Twyla is one very happy girlfriend," she says. "She loves every day, and at 11 years old, remains probably the most active cat in my house." ■

Pets of the Week



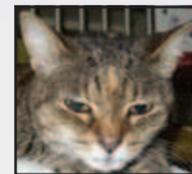
>> **Arnold** is a 2-year-old, 69-pound male mixed breed dog that loves to fetch.



>> **Ophelia** is a 6-year-old female domestic shorthair cat that is friendly and affectionate. She loves to sit in laps.

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



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



>> **Garfield** is a neutered male gray tabby, about 3 years old. He is quiet and laid-back, and gets along well with people and with other cats.

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, adoptacatfoundation.org. ■

The Measure of Our Success



Jefferson Vaughan, MD
Medical Director
Institute for Metabolic & Bariatric Surgery

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FLORIDA WRITERS

Key West Halloween festival brings downfall to would-be queen



■ **“Killer Takeout” by Lucy Burdette. Obsidian/NAL. 304 pages. Paperback, \$7.99.**

The titles that comprise Lucy Burdette’s Key West Food Critic Mysteries are always a delight. Her young protagonist, Hayley Snow, is one of those amateur sleuths who just can’t help sticking her neck out. She is always sure the professionals are overlooking something, and her curiosity and desire to help gets her into trouble. Thank goodness, so far she has continued to find her way out of that trouble.



BURDETTE

While Hayley’s personality is a major ingredient in the appeal of these novels, the quirky atmosphere of Key West is just as important to readers’ pleasure. Throw in the love of food, especially as enjoyed in good restaurants, and how can the recipe fail?

It doesn’t. This time out, we are witness to a series of events called Fantasy Fest — parades for the most part — leading up to Halloween festivities. The zombie theme has taken hold, and a king and queen have been selected to head the processions and other doings. The crowded streets of Key West are packed with costumed exhibitionists mimicking madness and mayhem.

Moving along with the crowd, many of them repeatedly yelling “zombie down,” Hayley becomes aware of a woman who has indeed fallen. It’s hard to tell if she’s leaking real blood or fake blood from her costume. In fact, it is the same woman — a rival for the queen’s crown — who previously attacked Hayley’s friend Danielle, the person anointed as festival queen.

Before long, Danielle is being interrogated by the police, her moment of glory turned upside down. Sweet Danielle, Hayley’s co-worker at *Key Zest* magazine, is suspected of murdering Caryn Druckman, the nasty zombie.

This series is all about the various things Hayley tries to do at the same time. Aside from crime solving, she is working on her next restaurant review column for *Key Zest*. This time, she has chosen to review takeout establishments, some of which are food trucks and others that

offer carryout from standard restaurants. Through these stories, the author allows readers to tour Key West and imaginatively savor tasty food. The stories, which include one involving a run-in with her boss at the magazine, also provide glimpses of Hayley’s ongoing insecurities about keeping her job.

Of course, any part of her life would find her scooting around Key West. She doesn’t need an excuse.

It just so happens that Hayley’s mom and mom’s boyfriend, Sam, are about ready to tie the knot — additional complications to Hayley’s busy life, emotional and otherwise. Speaking of things marital (or almost), Hayley’s ongoing/offgoing relationship with police detective Nathan Bransford keeps that strand of interest alive through this Monster Mash of danger and fun.

Fans of the Key West Food Critic Mysteries series will enjoy being reunited with Hayley’s friends, including Connie and Ray, Hayley’s feisty houseboat mate Miss Gloria, Lieutenant Torrence, old friend Eric and many others.

And there are new characters, like the face-painters Hayley meets, restaurateur wannabe Grant Monsarrat and several intriguing townies.

There are others, too: the many pets beloved by Hayley and her acquaintances.

I suppose Ms. Burdette needed one more twist, and she found it.

A hurricane is barreling toward Key West, making the work of the police even more difficult than it would be on the tourist-packed island in fine weather.

It certainly handicaps the murder investigation.

The author is quite skillful at tracing the stages of the giant storm and its impact on Key West residents and visitors.

Building upon the suspense already generated by the main plot line and its complications, this dreaded storm is one more tension-generator.

The news is at cross-purposes about whether to hunker down or evacuate.

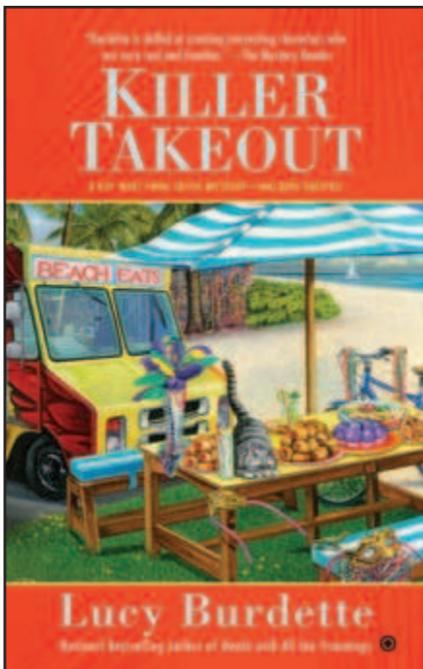
We watch people make their individual decisions and preparations, and we feel the threat that they feel.

For all of the negative excitement, “Killer Takeout” remains a loveable piece of escape fiction.

Not only is Hayley so caring, she’s surrounded most often by others who care — sometimes too much.

One more thing: Don’t miss the recipes at the back. ■

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



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BY THE NUMBERS:

1.2

Million people living in the U.S. with HIV.

13

Percent of people living with HIV who do not know it.

44,000

The number of cures for HIV infection is zero. However, effective antiretroviral drugs can control the virus and help prevent transmission so that people with HIV, and those at substantial risk, can enjoy healthy and productive lives.

0

People are newly diagnosed with HIV every year. This is down 19 percent over the last 10 years.

3

Florida's ranking of new HIV diagnoses in the United States in 2014, behind California and Texas.

SOURCES: FLORIDA DOH, CDC, THE KAISER FAMILY FOUNDATION, WORLD HEALTH ORGANIZATION

Living with HIV and AIDS

in the know

Where to get an HIV screening

Federal guidelines recommend routine HIV screening for people ages 15 to 65. Florida Department of Health officials recommend getting tested once a year if you're sexually active, during a routine physical or at local clinics. Tests are simple and usually take 20 to 30 minutes to get a result. Many clinics have free testing days for HIV and other sexually transmitted diseases. Call for more information.

Palm Beach County Health Department

Walk-in HIV testing is available at four Palm Beach County locations.

West Palm Beach Health Center
1150 45th St., West Palm Beach, 33407
561-514-5300

Lantana Health Center
1250 Southwinds Drive, Lantana, 33462
561-547-6800

Delray Beach Health Center
345 S. Congress Ave., Delray Beach, 33445
561-274-3100

C.L. Brumback Health Center
38754 SR 80, Belle Glade, 33430
561-996-1600

No longer a death sentence for most people, the human immunodeficiency virus remains a life-altering infection with medical and social complications



“You can’t really look at a person and tell whether they’re positive or not like you could back in the early ’80s or ’90s.”

— Lorenzo Robertson, who provides education and outreach through the West Palm Beach-based Ujima Men’s Collective.

BY EVAN WILLIAMS

ewilliams@floridaweekly.com

“I’VE LOST A LOT OF CLOSE FRIENDS,” SAID DERALD Robertson, recalling the early 1990s in Detroit. They got HIV and started to die of AIDS before he found out he also was HIV-positive, not long after breaking up with his boyfriend at the time. He was 17 and doctors didn’t expect him to live past 21.

Seventeen years later, he has beaten the odds and lives in Coconut Creek with his husband, Lorenzo Robertson. Both are active in providing support for people with HIV and AIDS in South Florida, which has some of the highest rates of new infections in the country. The consequences of contracting the virus have changed dramatically since the deadliest days of the epidemic in the ’80s and ’90s, but attitudes and stigma surrounding HIV are for some still frozen in the past.

It is no longer a death sentence, and patients can avoid the end result of full-blown AIDS. With better medication, HIV is an increasingly manageable chronic illness — though one that is life altering medically and socially, close to a normal life span if not always a normal life. And there is still not a cure for HIV. As people live longer with the virus it can exacerbate many other health problems such as a heart condition or diabetes.

“You push toward a bunch of other illnesses at an earlier age than you normally get them,” said Dr. Bob Schwartz, a Fort Myers physician who worked with HIV/AIDS patients for more than 30 years before retiring in 2012.

There also remains a persistent and complicated stigma surrounding the virus that is tied up with thorny issues all their own such as sex, sexual orientation, race, gender and religion. Care providers and researchers believe these are key factors in what they say is a lack of prevention and education, and in driving an increase in new HIV cases in the state.

“Southwest Florida, though care is progressive, I would say the community is not as progressive,” said Amalia Amy Zamot, prevention director at McGregor Clinic in Fort Myers, which serves about 1,200 HIV/AIDS patients. “Our clients face rejection, stigma, ignorance... especially if they are gay or bisexual.”

Dr. Schwartz asked “Is there a stigma? You bet your

ass. But there's a bigger stigma with being gay. And there's another stigma with being caught with a venereal disease."

Telling close friends and family members can be one of the most difficult parts for people who have been diagnosed.

"I think the hardest part was telling my mom," Mr. Robertson said. "I think she took it harder than I took it, at that time."

Annette, a Fort Myers resident who tested positive in 2008, said even close family members, such as a sister, didn't want her to be around their kids at first.

"She told me she loved me but she appreciated it if I didn't come to her house anymore," Annette said.

That changed over time, along with Annette's initial reaction, considering suicide and losing herself in drugs and alcohol. Now because of antiretroviral medication she takes, one pill each day in the evening, the virus is undetectable in her system. Like others living with HIV, the regimen requires strict adherence and health monitoring, including for most patients visits to the doctor at least four times a year.

It's also a financial burden for many. Patients get help paying for treatment through Medicaid, Medicare and the federal Ryan White Program funded at about \$2.2 billion per year, if they meet income requirements. But co-pays and taking time off work can end up being costly.

Now family members often give Annette a hug and a kiss when they gather, though not everyone.

"I will always have those issues, have some people in the family give me that certain look, walk around me," she said.

Dealing with HIV at work also poses difficulties, said Scott George, director of publicity for Sarasota-based Community AIDS Network, a nonprofit that runs 23 clinics throughout Florida.

That includes explaining time off taken for medical check-ups or sick leave, since the virus makes patients more susceptible to other illnesses.

"It just makes for a difficult relationship when you're living with this thing in your head," Mr. George said, adding that it exacerbates depression. "I think that's one of those things that people don't realize is that there is a constant awareness of you being HIV-positive and the possibility of getting full-blown AIDS and getting sick and so people with HIV live with that in their heads."

At the same time, many people living with HIV otherwise appear fit and healthy.

"You can't really look at a person and tell whether they're positive or not like you could back in the early '80s or '90s," Mr. Robertson said. "So the medication has come a long way, but unfortunately once that stigma is there it's very hard to break it. I think it takes generations and generations to pass for people to start coming around and for people to start viewing it differently."

For many, having HIV is a "huge secret," Mr. George said. "That's still where HIV is, 30, 35 years later..."

"It's not like cancer where everybody surrounds you and wants to help you."

The first cases of what would become known as part of the HIV/AIDS epidemic were recognized in the United States in 1981.

Valerie Wojciechowicz, who has lived with HIV for 30 years, reported in the Winter 2016 newsletter for the Community AIDS Network that because of her condition she has been "fired from a job, turned away from medical treatment and I've been told 'AIDS is God's way of weeding out the population.'"

An estimated 1.2 million people in the U.S. and



COURTESY PHOTO

Derald Robertson (right) found out he was HIV-positive at 17; doctors didn't expect him to live past 21. Seventeen years later, he has beaten the odds and lives in Coconut Creek with his husband, Lorenzo Robertson (left).

126,000 people in Florida are living with an HIV infection.

Almost 13 percent of them don't know they're infected, the Centers for Disease Control estimates, and 61 percent fail to keep up with HIV care that can reduce the viral load and decrease the risk of infection.

The actual number is not quite that high, said Dr. Robert L. Cook, professor of epidemiology and medicine at the University of Florida. Better HIV surveillance methods, such as state-to-state information sharing, show it may be inflated.

"We're actually discovering that not as many people are out of care than the original estimates," he said.

While people infected with HIV usually do not face premature death if they stay on antiretroviral medication and follow treatment guidelines, many still fail to get treatment for a variety of reasons, including feeling ashamed about having the virus and denial. In 2014, 874 people died from HIV or AIDS in Florida.

"There are a lot of people who have been diagnosed and are not in care and there are a range of reasons, but stigma continues to be a big one, and denial," Dr. Cook said.

While the virus affects all races, genders and socioeconomic groups, minority communities have been hit hardest.

The CDC projected in February that about half of gay or bisexual black men and a quarter of gay or bisexual Latino men will get HIV during if current diagnosis rates stay the same. The lifetime risk of HIV diagnosis in the U.S. is 1 in 99.

Blacks made up only 14 percent of Florida's population in 2014, but 41 percent of adult HIV infection cases, a figure similar to the U.S. as a whole. Young African-American men who have sex with men are among the most at risk groups for contracting HIV.

Lorenzo Robertson, who helps provide education and outreach to gay and bisexual black men through West Palm Beach-based Ujima Men's Collective, has found that starting conversations about HIV can be difficult. That's for a number of reasons including religion in African-American communities, he said, and the idea that HIV is "God's punishment for your aberrant behavior."

"We're looking at HIV, especially in black communities, as it was in 1985," he said. "It's still the same mindset."

Rates are also high among Hispanics, a group that accounted for 26 percent of new cases in 2014 while making up 23 percent of the population.

"Many of our clients come from countries where safer sex and HIV education are nonexistent," wrote Stephen J. Fallon, executive director of Miami-based Latinos Salud, which provides testing and treatment, in an email. "If they are gay/bisexual men, they may also carry internalized homophobia, and related to that, a fatalism about inevitable HIV infection."

At the same time, from 2005 to 2014, the number of HIV cases decreased 9 percent among blacks in Florida, while there were small increases for whites

and Hispanics during the same time.

Mr. George attributed that at least in part to black churches and communities in the Sarasota area being open to discussions about HIV.

"I must say that a lot of the African-American churches in our area are very open to helping their young and often ask us to come when they have a big event or something with our testing van," he said.

There are more than 44,000 new HIV infections diagnosed in the U.S. per year, with some of the highest rates in the country in South Florida. Miami-Dade has the highest number of new infections in the state by a large margin, followed by Broward, Orange and Palm Beach counties. Lee and Collier counties have higher rates than the state as a whole while Charlotte County's rates are lower.

"There clearly are many more new infections emerging in Florida than there could be because it is a preventable condition," said Dr. Cook.

That includes a daily pill that has proven effective at preventing HIV called PrEP or Pre-Exposure Prophylaxis. Condoms are still considered the best way for most sexually active people to prevent HIV and a range of other STDs.

Prevention should also include providing better instruction in public schools, said Patti Kelly, a case manager at AIDS Healthcare Foundation-Island Coast AIDS Network in Fort Myers and mother of three teenagers. Florida's official "abstinence only until marriage" sex education policy means most educators only teach abstinence. People age 13 to 24 accounted for about 1 in 5 HIV diagnosis in the U.S. in 2014.

"I think the lack of education in the school system doesn't help," she said.

Ms. Zamot with McGregor Clinic in Fort Myers said they may not be as knowledgeable about HIV and AIDS because they didn't live through the early days of the epidemic, and have a youthful sense of indestructibility.

Sam, a 55-year-old Fort Myers man who has lived with an HIV diagnosis since 1989 and mentors youth who have the virus, said education about it should start at home. Some people in their teens or 20s with

HIV have circles of friends they don't trust enough to tell, so they end up staying away from treatment altogether.

"It's like the ostrich syndrome," he said. "Instead of talking to somebody about it, they hide their head."

The rates of new HIV infections are higher in Florida, especially in urban areas and in some South Florida communities, than the United States as a whole. Researchers point to systemic social factors such as poverty, employment, education, access to health care, and stigma, as well as Florida's historically high HIV rates and budget cuts within its public health system.

It is hard to know which is the greatest factor, wrote Dr. Robert L. Cook, professor of epidemiology and medicine at the University of Florida, in an email.

"Florida in general has not done a great job with pushing HIV prevention in the public health system," he wrote, "although they are much more aggressive on HIV prevention this year."

The virus is contracted most by men having sex with men, followed by heterosexual sex and injection drug use. Communities that have long had higher HIV rates often continue to have them.

"Florida has historically been among the top states in terms of HIV cases, thus the community viral load is greater

er than in other areas of the country," wrote Rik Pavlescak, Ph.D., chief operating officer of FoundCare. "When you look at Florida overall, you'll see a much larger portion of the cases in South Florida versus the rest of the state. This area tends to be more urban, and may attract some populations that are more greatly impacted by the social determinants of health." ■

in the know

HIV/AIDS 101

The human immunodeficiency virus can lead to the most serious stage of HIV infection, acquired immunodeficiency syndrome. The virus attacks the body's immune system so that eventually it can't fight off other infections and disease.

While there is no cure for HIV and the body can't ever be rid of the virus completely, it can be controlled with antiretroviral therapy medication. Most people who stay on treatment can live long, quality lifespans. It also reduces the risk of transmission to others. If left untreated, however, people with AIDS usually live for about three years.

It is not easy to spread HIV. It is most often spread through unprotected anal or vaginal sex, as well as syringe use. HIV is not transmitted through casual contact such as using the same toilet, touching, drinking fountains or silverware. It is extremely rare for HIV to be transmitted by oral sex, blood transfusions or kissing. HIV cannot be spread through saliva, only through blood, semen and pre-seminal fluid, rectal fluids, vaginal fluids and breast milk.

More information: AIDS.gov

New HIV infection cases by county in 2014

- >> **Miami-Dade:** 1,198
- >> **Broward:** 694
- >> **Orange County:** 382
- >> **Palm Beach:** 320
- >> **Lee:** 83
- >> **Collier:** 33
- >> **Charlotte:** 8
- >> **Florida:** 24
- >> **United States:** 16.5

*per 100,000 people as of 2014
Sources: Florida DOH, CDC,
The Kaiser Family Foundation



BETTY WELLS / FLORIDA WEEKLY

HIVcare.org billboard signs across Fort Myers encourage patients to get care, and those at risk to get tested.

WATER

From page 1

depends on its mere presence: marinas, hotels, restaurants, and many supporting businesses.

Especially on the coasts — at Sanibel and Stuart — “brown water” releases from Lake Okeechobee hit the bottom line for a thriving winter tourist business this year by devastating marine environments east to west.

But the effect on commerce may not have been as severe as many feared, and water wasn't the only problem.

A *Florida Weekly* glance at the economic hit delivered by heavy January rains (as much as 12 inches in places that normally expect about 2 inches) and polluted overflow released from the lake shows that businesses closest to the water suffered, but others fared well or at least well enough, according to owners and the heads of chambers of commerce.

“A couple paddle board rental places — they packed up, they're done,” explained Joe Catrambone, president and CEO of the Stuart-Martin County Chamber of Commerce. “Who's going to go out and rent a paddle board in that toxic water?”

“But in general, we've had a good year. And it hasn't slacked off. I've been here since 1989 and we never had a busier summer. In the past we could have opened three days a week, but now it's every day. Our membership is up — we're 22 percent ahead of budget, so we're having a great year.

“And it makes me think: How good a year could we have had without all those dirty water releases?”

The media in general, as well as brown water, deserves some of the blame for reporting so extensively — but not always accurately — on the winter water, says Jeremy Lund, owner of New Wave Kiteboarding at the Sailfish Marina of Stuart.

“I will say this, the (brown water and rain) did affect us. It cost me at least \$10,000 in revenue in January and February.”

But more careful reporting by print and electronic media might have reduced the impact, he added.

“The only time I had a problem was when the media blew this up and generalized the whole area, inaccurately. For example, on bad days the (St. Lucie) river itself might have been affected, but out in the lagoon the water was just fine.”

Butch Bailey, owner of Sailfish Marina, advertised as the “closest marina to the St. Lucie Inlet on the protected waters of the Manatee Pocket,” noted that “a considerable number of people here stopped using their boats because



COURTESY OF NEW WAVE KITEBOARDING

When water in the St. Lucie is brown or dirty, New Wave owner Jeremy Lund moves into the lagoon, where it is often clearer and cleaner.



COURTESY PHOTO

Marie and Christian Vivet, owners of Blue Rendez Vous, were among many business owners affected by brown water last season.

the water was so bad. They put them on trailers to go north or south.”

But other years have been worse, he added. “All in all, we've had a tremendously good season.”

On the other side of the peninsula, meanwhile, where the Caloosahatchee River provided the most arresting images of dirty brown water rolling westward through Fort Myers and out to kiss the turquoise blue of the gulf in the Charlotte Harbor saddle between Sanibel Island and Fort Myers Beach — two jewels of the west coast — some people took greater notice of water than others.

At Joe's Crab Shack in the Fort Myers River District, with outdoor decks overlooking the mile-wide river

just a few miles above its mouth, manager John Sickles hardly noticed dirty water floating about 12 feet beneath his restaurant.

“We ran about the same numbers this year as last — and I can't share those. So I didn't really even notice. I just concentrate on my business.”

But on upscale Sanibel, Marie and Christian Vivet, owners of the highly lauded Blue Rendez Vous restaurant, were intimately aware of the water assault on the bottom line.

“When you're going across the causeway it was dramatically noticeable — and very well publicized by the press. We did feel it caused a large drop in tourism,” explained Madame Vivet.

“Today (May 5) is our one-year anniversary and we just won the New Business of the Year award from the Sanibel Chamber of Commerce — but we felt the pinch. Everybody is feeling it.

“Like (in Hobe Sound) we had the dead fish on the beach, too. I don't know if that was the result of a natural occurrence or dirty water, but the timing was bad: the fish on the beach, the brown water and it was very rainy. So that contributed to a lag not only in restaurants but for my hotel friends.”

In the bigger picture, a problematic season — especially for short-term hoteliers, for example, but not so much condominium rentals — resulted from more than just water, suggested Bud Nocera, president of the Fort Myers Beach Chamber of Commerce.

“It was the fact we had such a wet and

“When you're going across the causeway it was dramatically noticeable — and very well publicized by the press. We did feel it caused a large drop in tourism. Today (May 5) is our one-year anniversary and we just won the New Business of the Year award from the Sanibel Chamber of Commerce — but we felt the pinch. Everybody is feeling it.”

— Marie Vivet, Blue Rendez Vous

cold January, and then the brown water, and then road construction on the beach (only a single two-lane road traverses Fort Myers Beach from north to south, and construction slowed traffic sometimes for as much as several hours in a six-mile stretch, visitors and residents complained).

“I don't have empirical evidence, but anecdotally we were hearing that January itself was down around 20 percent in the retail and restaurant sectors. Part of that is we have a lot of outdoor restaurants and we had a very wet January.”

Add to that the Zika virus emergency, and you have, if not a perfect storm, a perfectly frustrating arrangement of misfortunes that seemed to strike at small, more vulnerable businesses.

“We have vendors who deliver to hotels — baby equipment, beach strollers, cribs, that kind of thing. Their businesses suffered a great deal even though there were no cases even caught here in Southwest Florida,” Mr. Nocera said.

On Sanibel, where Ric Base serves as president of the Sanibel-Captiva Islands Chamber of Commerce, “we're feeling the water was the least of our concerns this year,” he said.

“Condominium (rentals) were up in business. Hotels were pretty flat, and a couple of things affected this. One was the warm weather up north. In the previous year, by January, we had 80 feet of snow in Boston. But this year it was warm up north, and people didn't have to get out.

“Also, we came off the biggest year we ever had last year, and if you were expecting a 10 percent increase on that, you didn't get it. If you were expecting flat, you're happy.”

Perhaps Mr. Nocera's comment from Fort Myers Beach echoes the thinking of many, both east and west: “The good news is, we had a tough January but things improved dramatically and markedly. The water is back to being its beautiful blue green color.” ■

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Patients celebrate recovery on Trauma Awareness Day

BY STEVEN J. SMITH
ssmith@floridaweekly.com

On March 21, 10-year-old Jaden Rivera fell off his bike while not wearing a helmet and hit his head on the street near his West Palm Beach home.

"He normally wears a helmet, but the one he had didn't fit," said Jaden's mother, Tiffany Rivera. "His bike went over a sewer grate. The wheel got stuck and he wound up tipping over to the side and fell. His only complaints at the time were scrapes on his knee and his elbow."

Two days later, though, things took a turn for the worse. When Jaden woke up in the morning, he was noticeably lethargic.

"He didn't want to move and didn't want to eat," Ms. Rivera said. "After looking him over, I saw he had a slight bump on his right temple. When I touched it, it didn't feel like a hard knot. It felt squishy. I decided to take him to the hospital. The moment I got him in the car, he started vomiting."

Luckily for Jaden, the hospital was St. Mary's Medical Center, which has a trauma center. A CT scan was performed and his diagnosis was a right temporal fracture of the skull with epidural hematoma — in which a buildup of blood occurs between the dura mater (the tough outer membrane of the central nervous system) and the skull.



Jaden Rivera required 2 ½ hours of surgery to save his life after suffering a fractured skull when he fell off his bike.

"The doctors explained to me that my son needed emergency surgery within the hour to try and save his life," Ms. Rivera said. "The chances of him making it were 50/50."

Two and a half hours later, Jaden's surgery was over and he was out of danger, thanks to the efforts of neurosurgeon Dr. Brett Osborn and his surgical team.

"We got to him in time and now his prognosis is very good," Dr. Osborn said. "He'll regain full function. He probably has some post-concussive symptoms right now — headaches and such — but these things tend to resolve quickly in a child's brain. Kids are very resilient."

Within a day or so of his surgery, Jaden wanted to be up and around once more — and to share his newfound passion for bicycle safety.

"It was scary," Jaden said of his experience. "I never even knew I hit my head when I fell off my bike. All I knew was I hurt my arm and knee. I remember the doctor said I needed to have surgery and that really scared me. I learned from this that when I ride my bike, I should always wear a helmet along with my elbow pads and knee pads."

St. Mary's Medical Center celebrated Trauma Awareness Day on May 17 by reuniting former trauma patients like Jaden with the doctors who saved their lives.

Dr. Robert Borrego, trauma medical director at St. Mary's, said the annual



COURTESY PHOTO

Today, life for Jaden Rivera and his mom, Tiffany, is back to normal.

event is an offshoot of Trauma Awareness Month, which was instituted by the American Trauma Society.

"We try to get a group together of trauma survivors, their families and our medical staff, which this year is about 77 people," Dr. Borrego said. "These are tough cases where the patients have done really well and gotten back to society and their own lives."

During the event, everyone was to share stories.

"We're celebrating the 25th anniversary of our Level 1 Trauma Center this year, which is the highest level possible," he said. "When St. Mary's first opened its doors in 1991, there were just two trauma centers in Palm Beach County — Delray to the south and us to the north. Our surgeons specialize in trauma care, plastic surgery, neurosurgery and orthopedic surgery. We also have trauma nurses and operating rooms that offer ancillary care to any-

one who gets injured and meet certain criteria due to the nature of those injuries such as a car crash, gunshot wound, stabbing or a fall from a great height."

Dr. Borrego said St. Mary's trauma center is involved in community outreach, education and research.

"But if you really want to know what trauma is about, you need to talk with someone who has survived a severe, traumatic, life-threatening injury," he said. "Some of these people were not expected to survive. Being a trauma surgeon or nurse is a tough job and when we see patients come back from their injuries, it's really rewarding. That's why we do it."

Tiffany Rivera believes everyone on the trauma team at St. Mary's is a hero.

"They are the only reason my son is alive," she said. "They saved my son's life."

To learn more about St. Mary's and its trauma center, visit stmarysmc.com. ■

Research finds genetic links to educational attainment

THE NATIONAL INSTITUTES OF HEALTH

An international team of researchers has identified 74 areas of the human genome associated with educational attainment. It is well known that social and other environmental factors influence education, but these findings, reported by the Social Science Genetics Association Consortium, suggest that large genetics analyses may be able to help discover biological pathways as well.

The genome-wide association study, referred to as GWAS, was supported by the National Institute on Aging and the Office of Behavioral and Social Sciences Research, both part of the National Institutes of Health. It was reported in

the May 11 issue of *Nature*.

"This is an interesting development in behavior genetics," said NIA Director Richard Hodes, M.D. "It extends our understanding of the connection between the genetic components of cognition and years of formal education."

The SSGAC, led by Daniel Benjamin, Ph.D., of the University of Southern California, found 74 separate areas (loci) on human chromosomes that are associated with more years of education. These loci are also associated with other areas that correlate with increased cognitive performance and intracranial volume, decreased levels of emotional instability (neuroticism) and decreased risk of Alzheimer's disease.

The researchers conducted the GWAS on almost 294,000 people of primarily European descent from around the world. Genetic samples were obtained from several ongoing studies, including many funded by NIA: the Health and Retirement Study; the Age, Gene/Environment Susceptibility Reykjavic Study; and the SardiNIA Study of Aging, as well as dozens of other cohorts. The team replicated these findings in an independent sample of over 111,000 people from the UK Biobank study.

Previous research has shown that genetic factors account for about 20 percent of variation in educational attainment. In this study, 74 single nucleotide polymorphisms, or SNPs, were identi-

fied. The investigators note that, as a group, these SNPs only account for a very small portion (0.43 percent) of the variation across individuals in the sample; individually, each SNP has a very small influence.

The study team regards this study as preliminary and exploratory.

"These study results will enable us to ask more refined questions about the genetic and environmental underpinnings of educational attainment and their health consequences," said Jonathan King, Ph.D., program director in NIA's Division of Behavioral and Social Research, which supports the SSGAC.

For more information on research, aging and health, go to nia.nih.gov. ■

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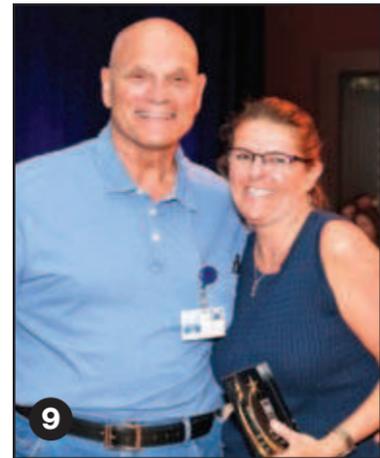
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5 THINGS EVERY STROKE HERO SHOULD KNOW

Someone in the U.S. has a stroke every 40 seconds, but stroke is largely preventable and treatable. You don't need superpowers to be a Stroke Hero, you just need to know the risk factors and warning signs.

1. **EVEN SUPERHEROES ARE IN DANGER.** Stroke risk increases with age, but young adults, children, and even babies in the womb can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at 3x the risk of suffering one yourself.
2. **HIGH BLOOD PRESSURE IS STROKE'S PUBLIC ENEMY #1.** Three out of four people who suffer first strokes have high blood pressure. 140/90 is too high. Lowering your systolic number by 10 or your diastolic number by 5 can cut your risk of stroke death in half.
3. **ANYONE CAN HAVE A STROKE, BUT SOME ARE AT INCREASED RISK.** Blacks have nearly twice the risk for a first-ever stroke as whites.
4. **STROKE IS LARGELY TREATABLE.** Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to recover without permanent disability.
5. **FRIENDS USUALLY SAVE FRIENDS FROM STROKE.** Learn to recognize the warning signs of stroke - **F.A.S.T.** - **F**ace Drooping, **A**rm Weakness, **S**peech Difficulty, **T**ime to call 911.

A HERO IN disguise

When Stefan Reich was asked to model for the American Stroke Association's Stroke Hero campaign, his first thought was that they were asking the wrong guy. "I'm not a hero," he said. "But luckily, I know some people who are."

The Accident

The 911 call came in as a single-vehicle traffic accident; a suspected drunk driver. The EMT approached the driver and asked if he had been drinking or doing drugs. Then he asked him to smile. Stefan clearly remembers what the EMT said to him next. "I think you're having a stroke, buddy, we're going to get you some help."

Help for a Severe Stroke

First responders took Stefan directly to a comprehensive stroke center where he was quickly evaluated and diagnosed with a massive clot in a large artery in his brain, affecting his entire left side.

Staff administered a clot-busting drug and determined it wasn't going to be enough. Fortunately, Stefan was in the right place at the right time. He was a candidate for a procedure where a specialist threads a catheter from groin to brain and removes the clot with a stent retriever.

Awake the entire time, Stefan clearly remembers what the medical team said - and how they said it - after they pulled out the offending clot. "We've got movement!"

A Hero in Disguise

Stefan isn't a traditional "hero" but that's the point of the American Stroke Association's campaign: "You don't need superpowers to be a Stroke Hero, you just need to know the signs of stroke and what to do. After all, stroke is largely treatable."

"People can learn from my stroke story that someone having a massive stroke doesn't have to die or be paralyzed. There are advances in technology that can save someone's life, like mine," he said.

Unless they read the fine print, people will assume Stefan is just a model who had the right look for the gig. Like a real superhero, only an observant few will know there is more than meets the eye for the man with super speed.



SPOT A stroke



Become a Stroke Hero at StrokeAssociation.org/StrokeHero
 Featured: Stefan F. Reich, Stroke Survivor
 American Heart Association | American Stroke Association | Together to End Stroke™
 Medtronic

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eer salute in West Palm Beach



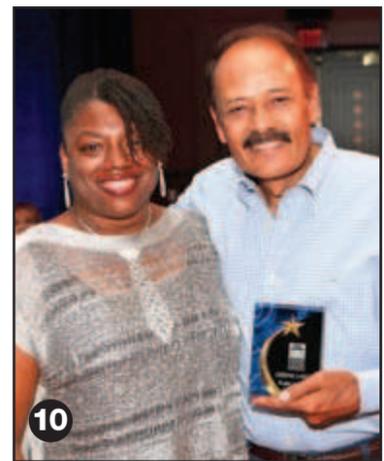
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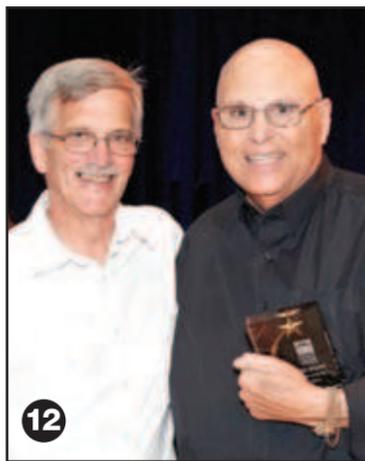
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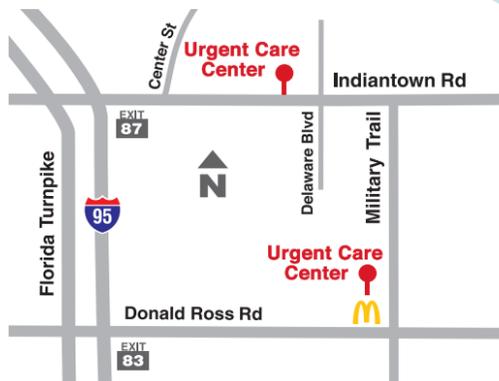
1. Deepak Laroia, Dalhia Perryman, Mary Bowman, Judy Mitchell, Marietta Ray, Armund Dezii, Fred Spilove, Paul Kaufman, Alexandria Buitrago, Ali Rehm, Emily Johnstone and Amy Joy
2. Barbara Escowitz, Sidney Escowitz and Sandy Steur
3. Elizabeth Corsi, Miranda Hawkins, Tracy Butler, Amy Joy and Ali Rehm
4. Seated: Lauren Wahl, Arthur Nathanson, Merrily Ansell, Kathy Mahoney. Standing: Jon Stewart, Sandi Stewart, Linda Birdsey, Mary Bowman and Brandon Newman
5. John Jenkins and Jesse Jenkins
6. Cassidy Diana
7. Amy Joy and Emily Johnstone
8. Ali Rehm and Alexandria Buitrago
9. Armund Dezii and Marietta Ray
10. Dalhia Perryman and Deepak Laroia
11. Judy Mitchell and Mary Bowman
12. Paul Kaufman and Fred Spilove

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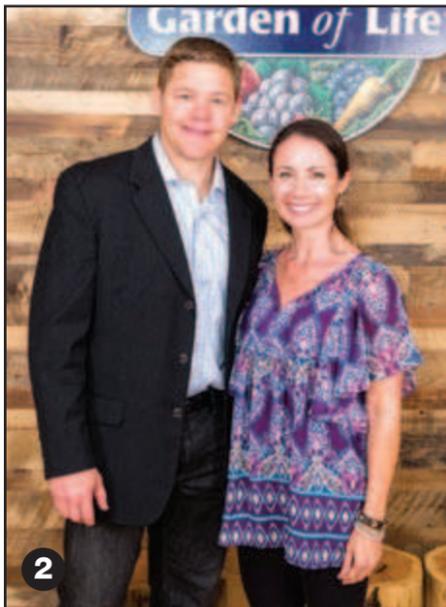
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SOCIETY

Garden of Life welcomes Special Olympics in Palm Beach Gardens



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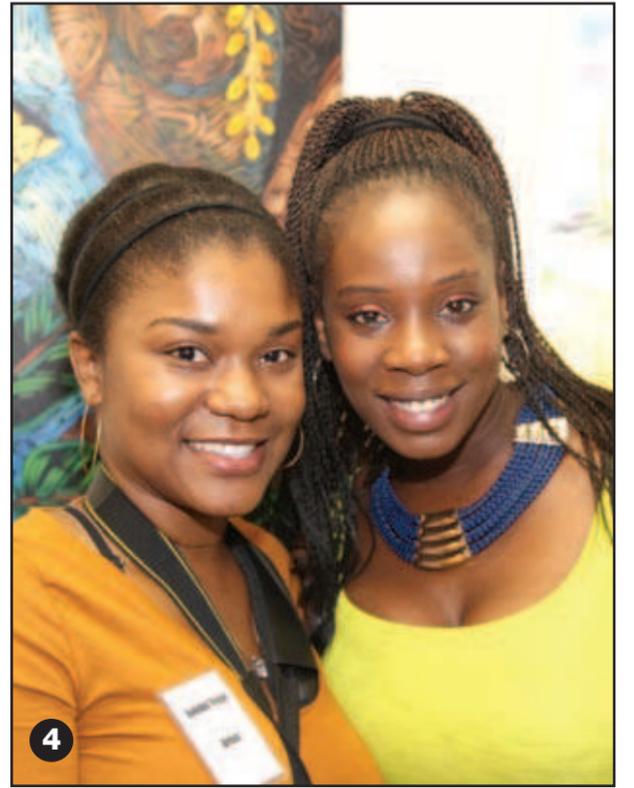


7

1. Rich Fleming, Carrie Bertram, Brian Ray, Melody McCauley, Brad Davis, Matt Cousins, Rhonda Price and Lisa Gallo
2. Matt Cousins and Carrie Bertram
3. Brian Ray and Rich Fleming
4. Teresa Miller, Kent Keyser and Lyne Brousseau
5. Brian Ray, Melody McCauley, Rich Fleming and Brad Davis
6. Melody McCauley and Brad Davis
7. Matt Cousins, Brian Ray, Melody McCauley, Brad Davis, Rich Fleming and Jeff Brams
8. Rhonda Price and Lisa Gallo

SOCIETY

Artistic Vision Women's Art Exhibit at Iconic Eye Care, Palm Beach Gardens



1. Marc Allen Brown, Adam Ramsey and Seth Crapp
2. Chrissi Williams and Angela Williams
3. Angela LaToya Williams
4. Tracy Guiteau and Angelina Stewart
5. Deborah Neal, Elizabeth Pitts, James Pitts and Edith Pitts
6. Brieana Salter and Karlisha Vice
7. Joyce Amora, Adam Ramsey and Arlene Hagley
8. Dalia Perryman and Amanda Lake
9. Tracey McKelton and Grant Johnson
10. Maria Martinez and Jennifer Plaza

ANDY SPIOLOS / FLORIDA WEEKLY

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BUSINESS

WEEK OF MAY 19-25, 2016

PALM BEACH COUNTY COMMERCE

First class, secondhand

St. Vincent de Paul store caters to rich, poor communities of Jupiter area

BY STEVEN J. SMITH
ssmith@floridaweekly.com

The Society of St. Vincent de Paul opened a new thrift store in Jupiter on May 2 and manager Donna Bryan called it "Jupiter's newest shopping experience."

"It really is different," Ms. Bryan said, just prior to the opening. "It's a boutique of rooms and each room is a different department. We're trying to make it upscale, because if you know Jupiter, thrift stores are really prevalent here. There are probably seven or eight in the north part of the county alone."

Ms. Bryan said there are two types of thrift store shoppers: those who do it as a hobby and those genuinely looking for a bargain.

"Our mission is twofold," she said. "We want to help people who are of a lower socio-economic class get affordable clothing and housewares and things — or even parents who are trying to furnish their kid's apartment for college — and middle class people who enjoy 'thrifting,' which is buying nice things at a reasonable price. It really is fun, because you do find treasures when you least expect it. You never know what you're going to find."

One room of the new thrift store, at 250 W. Indiantown Road, Suite 108,



PHOTOS BY SCOTT SIMMONS / FLORIDA WEEKLY
Manager Donna Bryan sorts women's clothing at the new St. Vincent de Paul store in Jupiter.

features upscale women's clothing lines such as Lilly Pulitzer and Chico's. Another room is dedicated to sporting goods — golf clubs, baseball gloves, ten-

nis racquets, etc. The linens room offers comforters, pillows and bedroom décor.

"Then we have a children's room, which is really adorable," Ms. Bryan said. "It looks like a little children's consignment shop with toys, wagons, books, all sorts of clothing and shoes, all at very affordable prices. We also have an extensive current book collection, DVDs, jewelry, glassware, home furnishings, accessories, pictures and home décor."

Ms. Bryan said merchandise donations come in from the congregations of six churches in the area: St. Jude's in Tequesta, St. Peter's in Jupiter, St. Paul's and St. Claire's in North Palm Beach, St. Patrick's in Palm Beach Gardens and St. Francis of Assisi in Riviera Beach.

"And all of the clothes we get are like new," she said. "They are in very good condition. Also, being in Jupiter, we hope to benefit from donations and volunteerism from its affluent residents. We need volunteers. The ones we have are fantastic. I've been blown away by how committed they are, with their energy and expertise. Their motive is to help the poor, so they want to see this be a success from the start. But we can always use more."

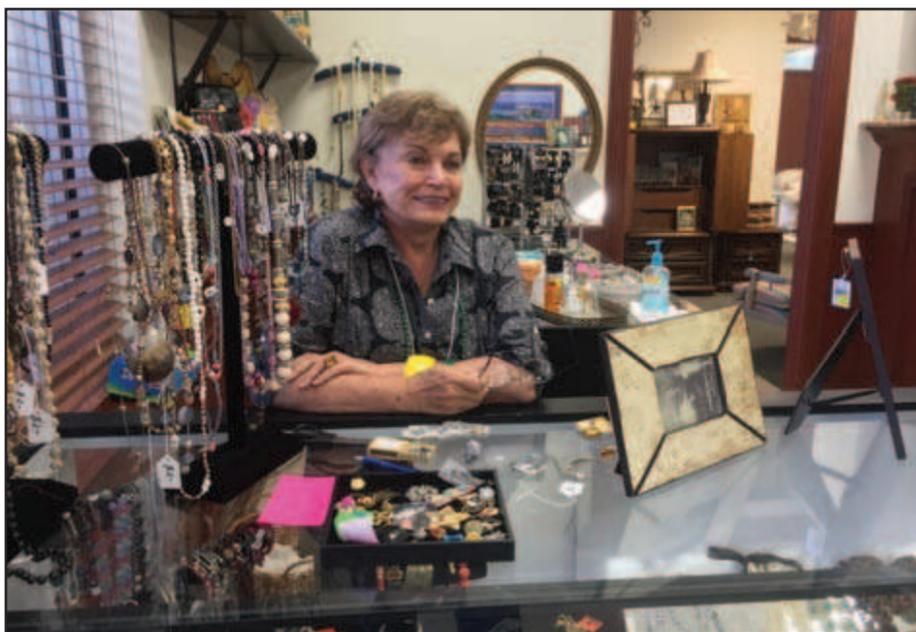
Those donations and volunteers go a long way toward helping the Hispanic population in the area, Ms. Bryan added.

"Jupiter especially has a higher percentage of the Guatemalan community," she said. "That makes Jupiter such an interesting town, because it's got the affluent along with a contrast of various other classes that all get along very well. And again, our goal is to provide affordable merchandise and clothing for the community that's located right behind our shop, on Hepburn Avenue, which is primarily Guatemalan and Mexican."

Ms. Bryan maintained the Society of St. Vincent de Paul, a 501(c)(3) nonprofit organization, uses the earnings from its thrift stores to support its programs to aid the poor and suffering.

"It is a national and, I believe, international organization that devotes 92 cents of every dollar earned at the stores to helping the less fortunate," she said. "The reason I took this position is that we really do help people in Palm Beach County. A lot of charities that have a national presence have administration buildings and overhead. This is predominantly a volunteer organization. When people give something to it, it turns into a benefit for the poor. It's not utilized to cover expenses or administrative costs."

Those wishing to donate items to the St. Vincent de Paul Thrift Store may come by and do it in person or arrange pickup of larger items. For more information about the thrift store or to volunteer, call 401-9585 or visit the Society of St. Vincent de Paul's website at svdp-palmbeach.org. ■



Volunteer Kathe Bannigan discovered an antique cameo that had come in amid costume jewelry at the St. Vincent de Paul store in Jupiter.



A selection of linens and other items at the new St. Vincent de Paul store in Jupiter.



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MOVING ON UP

“We get our hands dirty every day getting the best product we can.”

— **Lynn Rundle,**
CEO of J&J Family of Farms

Name: Lynn Rundle
Title: CEO of J&J Family of Farms
City of business: Loxahatchee

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

Lynn Rundle has been immersed in agriculture since he began working on his father's dairy farm in Kansas more than three decades ago. Today, Mr. Rundle, 57, is CEO of J&J Family of Farms, one of the most innovative agribusinesses in Florida.

He has unique expertise organizing farmer-based supply chains that connect directly to customers.

“I enjoy working with farmers,” said Mr. Rundle. He has worked closely with farmers over the years as an educator, entrepreneur and as an executive for various producer associations.

In 1978, he founded and was CEO of 21st Century Grain Processing, a specialty grain-based ingredient manufacturer. By 2010, he sold the company for \$90 million. He joined J&J as chairman of the board in 2012 and became CEO last August.

All his varied positions in agriculture were good training for what he does today, he said.

J&J Family of Farms, based in Loxahatchee, grows vegetables (peppers, cucumbers, eggplant, tomatoes and squash) and operates packing and cooling facilities in Florida, Georgia, Tennessee, North Carolina and Mexico.

“As a long-time advocate of the agriculture industry, it's exciting to be at the helm of a well-respected, multigeneration company like J&J,” Mr. Rundle said. “This is a dynamic time in the produce industry that shows promise for limitless opportunity — especially driven by



COURTESY PHOTO

Lynn Rundle remains committed to children's literacy, and regularly returns to Kansas City to read to kids.

such a qualified and dedicated team of employees and farmers.”

He said consumers aren't aware of the rigor that goes into bringing food to their tables and how careful his company is about providing the high quality food.

“Food safety and security are among our highest priorities,” he said. Farmers in the network follow a rigorous food safety program with internal monitoring and annual food safety audits.

“We get our hands dirty every day getting the best product we can,” he said. “We take care of our workers, including getting them shade and making sure they have enough breaks.”

One of Mr. Rundle's passions outside of work is helping kids through a program he and his late wife (she died in 2014) started called Lead to Read KC,

an organization of 750 members who read to children in grades one through four in the urban schools in Kansas City. Even though he moved to Florida a year ago, he returns to Kansas City often to take part in the program.

The father of two also enjoys spending time with his grandkids in Boise, Idaho.

Where I grew up: On a dairy farm in Axtell, Kansas. I had a happy, healthy childhood.

Where I live now: Juno Beach.

Education: Bachelor's and master's degrees from Kansas State in agricultural education.

What brought me to Florida: I was named chairman of J&J Family of Farms in July 2012. It's headquartered in Loxahatchee, so we made the move to Florida. I was previously the company's operating partner. Last summer I was named CEO.

My first job and what it taught me: When I graduated from college, I worked as a vocational agriculture instructor for seven years. I loved coaching, mentoring and developing leaders through the Future Farmers of America program. My unofficial first job was really a dairy farmer, where I learned about the value of a hard day's work, investing my time wisely and the mindset of entrepreneurs.

A career highlight: I started four value-added farmer owned cooperatives from 1995-1999 through the development of a new organization called 21st Century Alliance. One of the companies was a grain-processing cooperative owned by 375 of the farmer mem-

bers. The company launched in 1998 and through organic growth and a few key acquisitions grew to \$120 million sales over 13 years. The cooperative was purchased by Viterra in 2010 for approximately \$90 million. I was the founder and CEO of the company for its duration.

What I do when I'm not working: When I'm not working, you can find me cycling — road and mountain biking. I also enjoy basketball, church leadership, and I'm an avid history reader. I lead a program called Lead to Read KC, an organization of 750 readers who read to first- through fourth-grade students weekly in the urban schools in Kansas City.

Best advice for someone looking to make it in my field: Be a great partner and find great partners who have integrity, passion, wisdom and endurance in the agribusiness and food industry.

What I learned from my mentors that made a significant difference in my career:

I have had many mentors along the way. A few tidbits I've picked up from each include:

■ Major on the majors and minor on the minors.

■ Learn to live for the long pull of life.

■ Invest deeply in people and build relationships that last a lifetime.

■ Always be accountable.

■ Get your priorities aligned in this way: God first. Family second. Business third.

■ Life is not about being a success but living for significance.

■ Hug your bride every day (if you have been fortunate enough to have one). ■

Mighdoll named full-time senior associate at Kitroser law firm

SPECIAL TO FLORIDA WEEKLY

Kitroser & Associates has announced that Preston Mighdoll is now a full-time senior associate at the west Palm Beach County law practice. Mr. Mighdoll has been with Kitroser on a part-time basis since August. With the transition of Mr. Mighdoll to full time, the firm has changed its name from Mitchell I.

Kitroser, P.A. to Kitroser & Associates.

“Assisting family members in disputes relative to the estates and trusts of their loved ones is rewarding,” said Mr. Mighdoll. “Being a part of the multidisciplinary team that Mitch is building is essential in meeting the needs of our clients at their point of need, irrespective of where they are in life's cycle.”

As chief of the Economic Crime and

Crimes Against the Elderly Unit for the Office of the State Attorney in Palm Beach County from 1993 to 2012, Mr. Mighdoll led a staff of attorneys prosecuting complex financial cases and protected the rights of elderly victims. Following that, he was in private practice, specializing in probate, estate and trust litigation, until joining Kitroser & Associates. ■

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MONEY & INVESTING

Looking to invest in biotech companies? Be cautious

ericBRETAN

estaterick@gmail.com



I know it is very easy to get discouraged about the world, especially during an election season.

Terrorist attacks, natural disasters, corrupt leaders, political finger-pointing and economic stagnation are just some of the things that can make us question just where the world is heading.

But there is one area that should make us all feel hopeful and optimistic about the world — modern medicine. It truly is just astounding how far our ability to heal the human body has come in the last few decades and I believe that this progress will accelerate even faster in the decades to come.

Not surprisingly, then, one of the hottest sectors in the stock market over the past several years has been the biotech sector.

From March 2010 to March 2015, the I-Shares Biotech ETF increased by over 550 percent.

Investors believed that life-altering, billion-dollar discoveries were right around the corner and were fighting to fund the companies making these breakthroughs.

But then in late 2015, the biotech sector looked like it was topping out and since then has been in freefall.

In the last year, the biotech index is

down over 35 percent. So what caused this fall in the biotech sector and should investors be entering the market now?

Two related events last year are seen as the primary catalyst for the plunge in biotech stocks.

First, a little known drug company named Turing Pharmaceuticals increased the price of an HIV drug by over \$5,000. Lawmakers and average citizens alike were horrified and forced the company to cut its prices. Then, Hillary Clinton tweeted that if she were elected president that she would take on this kind of “outrageous” pricing.

All of a sudden, investors and analysts started looking at the biotech sector a little more closely.

How much of the earnings growth experienced by these companies was due to new blockbuster drugs and treatments and how much was just due to price hikes on existing drugs and financial engineering?

And if politicians stopped price increases, could organic earnings growth justify sky-high price/earning multiples?

Their worst fears seemed to come true as a poster child of the health care boom, Valeant Pharmaceuticals, started to collapse as it was accused of booking false revenues and other accounting manipulation.

Investors rushed to the exits as no one knew which biotech company had “real” earnings and which were the next Valeant or Turing. It was reminiscent of the Internet bubble of the late '90s,

when companies like Amazon and Microsoft were getting slaughtered along with the likes of pets.com and webvan.com.

Small biotechs with just the promise of a breakthrough down the road were hit the hardest, with the stock prices of many of these companies falling 50 percent or more.

So what is an investor to do now?

I would give two pieces of advice.

First, many analysts are saying that the market reaction is overblown and the biotech sector is due for a rebound. Maybe that is true. But with such a volatile sector, I would recommend caution at this point, until it shows some sign of stability.

I would be less afraid of missing the first 10 percent of an increase in the sector than getting in too early, where it can fall another 20 percent.

My second piece of advice involves how to invest in this sector when it does start to turn around, and this actually runs contrary to my overall philosophy of investing — which is do not buy individual stocks but instead purchase passive ETFs or mutual funds.

In this case, I would not buy a biotech ETF or fund.



By buying the fund, you are buying every company in the industry and I think there is still another shoe to drop here and marginal players to fail.

So why would you want to own the whole sector?

Instead, I would spread my money among a few of the strongest players with real earnings that are being unfairly punished along with the bad seeds. Examples of such companies include AMGN, GILD, CELG and SHPG.

I believe that these companies have proven pipelines, real earnings, capital reserves and great growth potential, which should enable them to take advantage of the anticipated medical breakthroughs in the years ahead. ■

BEHIND THE WHEEL

The S60 Inscription: more Volvo courtesy of China

mylesKORNBLATT

mk@autominded.com



Volvo has been trying to add excitement to its image of safety, reliability and practicality. But the model that fits the stereotype of a solid and sensible car is arguably the most significant. The importance of the 2016 Volvo S60 T5 Inscription is less about what it is and more about from where it came.

The S60 Inscription was built in Chengdu, China, and represents the first Chinese automotive export to the U.S. This might seem shocking at first, but not once you learn some background info.

First, Volvo has been wholly owned by the Chinese car firm Geely since 2010. It has done a good job of keeping the Swedish carmaker well financed, and has kept most of the production centralized to Scandinavia.

But China has unique automotive tastes. Wealthy Chinese prefer to be chauffeur driven. Rather than buy long-wheelbase “L” versions of the BMW 7-Series or the Audi A8, they have asked for unique stretched versions of smaller sedans such as the BMW 3-Series and Audi A4. It’s easy to create cars specifically for China because by law all international firms must partner with a local company and have local production. Volvo is just going one step further.

The bread-and-butter S60 sedan is built primarily in Europe, but the Chengdu factory is the only one with an extended wheelbase model in production. Volvo would like to increase sales any way pos-

sible, and offering something unique to Americans seems quite appealing. So, the only factory with the extended wheelbase S60 added the chic Inscription name and started sending these sedans across the Pacific.

That might seem like a long way to go for an extra 3.1 inches, but by getting a car from a new place, we are getting a taste of the old Volvo.

It is nearly impossible to distinguish the S60 and the S60 Inscription from the outside without a side-by-side comparison. Some owners might not be pleased that no one can tell the difference when their Inscription’s \$38,900 base price is \$4,850 higher.

Inside, the added wheelbase goes directly to the rear legroom. The S60 Inscription grows by three inches, which moves the feeling from somewhat compact to downright spacious. Plus there are seat heaters, large vents, a power sunshade and enough light wood and metal trim to open a small Ikea. So the back seat is no longer a demotion.

The driver is often secondary in China, but it doesn’t feel that way here. There are plenty of luxuries, and even more of that Nordic wood. (While it does look and feel nice, the older control layout reminds us the S60 line is due for a redesign soon.)

Volvo has needed to creep up the premium scale over the last quarter-century. At one time it just sold safety and peace of mind. Today it’s adding real wood interiors and sport suspensions to get closer to Mercedes and BMW.

But the Inscription rekindles the old Volvo feeling. The extended wheelbase rides a little easier than the standard S60, and the car is specifically built to be comfortable for its backseat owners. Because



horsepower isn’t a priority, the smaller T5 2.0-liter turbocharged motor is the only one offered. At 240 horsepower it’s no slouch, but the feeling is far more easygoing than the 302-hp T6 that’s available on other models.

Instead of speed, this just has the solid feeling of Volvos from years ago. The seats still have oversized headrests (now as part of whiplash protection). Airbags are everywhere. There are even some nifty technology items such as low speed collision avoidance, drowsy driver detection, multiple blind spot monitors and red lights on the windshield that glow brighter the closer traffic gets. It is like driving the equivalent of a vigilant mother persistently looking after her newborn.

Honestly, though, there’s more backseat room for less money in the Honda Accord



or Ford Fusion.

The S60 Inscription won’t be a runaway success, but the company isn’t betting all of its lutefisk on this one. Instead, it’s a niche car that will add some sales by providing that old Volvo feeling. The company just had to pick it up from the Orient Express. ■

NETWORKING

Northern Palm Beach County Chamber awards breakfast, Gardens Marriott



1. Laura Morse and Ed Tancer
2. Joseph Lee, James Gavin, Marisa Salvador, Alison Wetterman, Kelly Chaes, Samantha Kanach, Danielle LaBonte and Ken Montgomery
3. David Middleton and Marcie Tinsley
4. Andrea Abramowitz, Beth Kigel and Kayla Abramowitz
5. Donna Goldfarb, Abby Brennan and Bob Goldfarb
6. Barbara Scarlata, Shana Sheptak and Jean Wihbey
7. Barb Kozlow, Dale Kessler, Debbie Naylor and Judy Roy
8. Josh Guittap, Graham Davidson, Shana Sheptak and Michael Alvarez
9. Kathy Davis, Larry Clawson and Colleen Iannitti
10. Sandy Lembo, Tony Lembo and Alyssa Lembo
11. David Zelter and Ettie Feistmann
12. Susan Dennett, Edward Howell and Ariana Eraze
13. Chip Armstrong, Abby Brennan and Don Hearing
14. Suzanne Holmes, Don Hearing, Sarah Alsofrom and Charles Bender



ANDY SPILOS / FLORIDA WEEKLY

"Like" us on Facebook.com /FloridaWeeklyPalm Beach to see more photos. We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover. Send us your society and networking photos. Include the names of everyone in the picture. Email them to society@floridaweekly.com.

NETWORKING

Palm Beach Day Academy breaks ground on new education center



Lyanne Azqueta and Lian Azqueta

1. Chuck Schumacher, Amanda Schumacher and Lew Crampton
2. Frances Fisher and Bill Fleming
3. Will Matthews, Grace Macfarland and Jean Louise Macfarland
4. Nicole Munder, Jessica Koch and Andrea Kosoy
5. Jeri Muoio and Edwin Gordon
6. Julie Cummings and Francesca Rafferty
7. Amy Middleton and Christina MacFarland
8. Juliana Gendelman and Hope Alswang
9. Becky Van der Bogert, Scott Johnson and Griffin Johnson
10. Lois Frankel and Gail Coniglio
11. Sherri Gilbert and Matt Lorentzen

FLORIDA WEEKLY
REAL ESTATE

WEEK OF MAY 19-25, 2016

A GUIDE TO THE REAL ESTATE INDUSTRY

| A21



COURTESY PHOTOS

Townhome offers waterfront luxury

SPECIAL TO FLORIDA WEEKLY

This exquisite luxury townhome on the Intracoastal Waterway is designer decorated and furnished.

It has 3,110 square feet, with three bedrooms, plus a study, five baths, a two-car garage and a shared pool.

The unit has a deeded private 50-foot dock. It's just 5 miles to the Palm Beach Inlet.

This residence feels like a single-family home.

The lower level offers beautiful living and dining rooms and a chef's kitchen. The study has custom built-ins and a full bath.

The upper level has a large master suite with a separate sitting area, a large screened porch plus his and hers master baths.

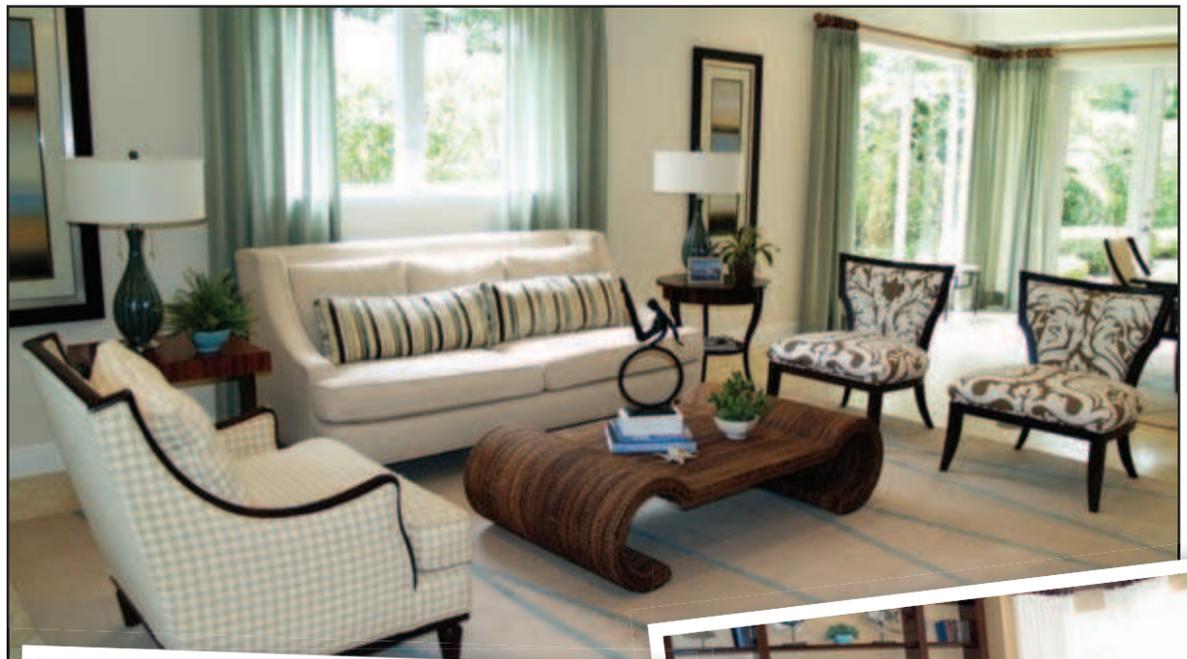
Each of the two guest suites has a private bath and a walk-in closets. An upstairs laundry completes the second level.

The residence has Impact windows and doors, a private elevator, and the 50-foot dock makes this the perfect "lock and leave" home for a boat owner.

Dock and furnishings are included in the sales price.

It's nestled on the PGA Boulevard corridor, in an area of rapid development just one-third of a mile from the Aqualina Luxury Condos (slated to break ground summer 2016

Lang Realty has this Ellison Wilson Landing home offered at \$1,475,000. The agent is Dixie Scott, (561) 346-2849, dixiescott@bellsouth.net. ■





216 Angler Avenue, Palm Beach, Florida
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Ashley McIntosh 561.685.0861
Steve Davis 561.379.2928

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KOVELS: ANTIQUES

Vintage, painted iron sprinklers can shower collectors with cash

BY TERRY KOVEL AND KIM KOVEL

Unusual vintage figural garden sprinklers have become expensive objects wanted by technology and gardening enthusiasts. The first sprinklers were invented after the 1870s. Water was saved in a large rooftop water tank and could be delivered to a fire with the pressure created by letting the water fall down into the hose. At first sprinklers and hoses were only available for public buildings, then farms, then public landscaping.

About 1900, lawn sprinklers were available in fanciful shapes. Many of the iron sprinklers were made by the same companies that made doorstops, hardware, bookends or even fountains.

Early painted iron sprinklers in excellent condition — shaped like a mermaid, frog, monkey, turtle, alligator, squirrel, rancher with a lasso or a duck — can sell for over \$1,000. During the past five years, an iron monkey sprinkler auctioned for \$9,000 and a mermaid for \$8,000. A 13-inch-high English wood duck painted in original colors and marked “Nuydea, Patent D-8 3091” is for sale at Frank & Barbara Pollack’s American Antiques & Art store in Highland Park, Ill. Prices have come down a little, but those with original paint are expensive — unless it is a lucky find at a garage sale.

Q: I have had a cook-

ie jar shaped like W.C. Fields for about 35 years. There are no markings on the bottom, so I don’t know who made it. It’s never been used and is like brand new. The cookie jar is about 11 inches to the top of the cover and 7 inches wide. I’d like to know what it’s worth.

A: Your cookie jar was made by McCoy Pottery in Roseville, Ohio. The company made cookie jars from about 1940 until the pottery closed in 1990. Its W.C. Fields cookie jar was made from 1972 to 1974. The company called it a “snack” jar. Most McCoy cookie jars are marked, but some, like yours, are not.

Cookie jar collecting became enormously popular in the late 1980s after Andy Warhol’s collection of 175 cookie jars sold at Sotheby’s in 1988 for more than \$240,000. Many vintage jars that sold for hundreds of dollars during the 1990s can now be had for a fraction of their former price. In the late 1990s, W.C. Fields cookie jars sold from \$700 to \$950. Now,

while presale estimates can be as much as \$350, they sell for under \$100.

Q: I have an old 32-ounce silver-plated coffee pot with the TWA logo etched on the side. The name International Silver Co. is marked on the bottom. After seeing the movie “Aviator” about Howard Hughes and his connection to the airline, I was wondering what its value is as a collectible.

A: TWA was in business from 1925 until 2001. It became TWA in 1930 when Transcontinental Air Transport and Western Air Express merged. Howard Hughes held controlling interest in the airline from 1939 until 1965. The company filed for bankruptcy in 2001 and was bought by American Airlines. There are collectors who specialize in airline collectibles. Coffee pots like this are listed for sale online for \$25 to \$50.

Q: How much is a Raggedy Ann doll in the original box worth? Printed on the box is “Knickerbocker’s Original Raggedy Ann Doll, Style No. 0001” and “Character created by Johnny Gruelle, Knickerbocker Toy Co., Middlesex, N.J., Made in Taiwan.” The box isn’t in perfect condition, but the doll appears to be in good shape with the original clothes.

A: Raggedy Ann dolls, based on stories by Johnny Gruelle (1880-1938), have been made for almost 100 years. Mr. Gruelle received a design patent for Raggedy Ann in 1915. The Knickerbocker Toy Co. made the dolls from 1963 to 1982. The company started in Albany, N.Y., and moved to Mid-

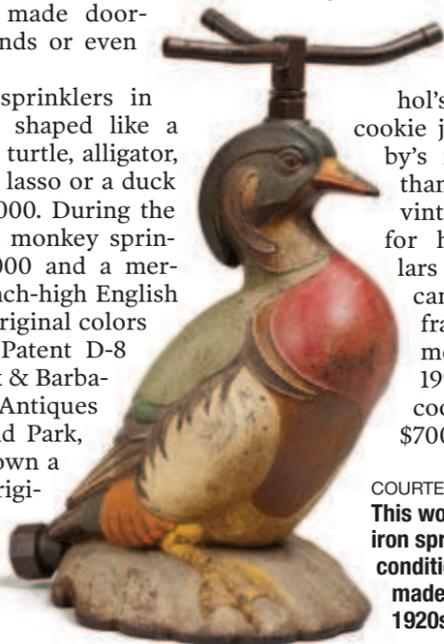
dlesex, N.J., in 1968. The box proves your doll is not very old, because it mentions New Jersey and Taiwan. The original dolls were made in the U.S. A 15-inch tall No. 0001 sold recently online for \$70.

Q: We have a 1950s Kodak Brownie 8 mm movie projector. Is there any value to it? Does anyone collect projectors?

A: Kodak invented the Standard 8 film format in 1932. It ushered in the era of “home movies” for amateur filmmakers. Both 8 mm cameras and projectors were affordable and widespread by the 1950s. The Brownie 8 mm Movie Camera was introduced in 1951, and the Brownie 8 Movie Projector was added in 1952. It was compact, lightweight and fully automatic, and it had about a 200-foot reel capacity for 15 minutes of viewing. It sold for about \$55. Collectors of vintage cameras and projectors can be found online. But Kodak Brownie projectors were made in large quantities and don’t sell for more than about \$45 to \$75.

Tip: Remove stains from plastic dishes with paste silver polish. ■

— 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 Kovels, (Florida Weekly), King Features Syndicate, 300 W. 57th St., New York, N.Y. 10019.



COURTESY PHOTO
This wood duck-shaped iron sprinkler is in excellent condition. It probably was made in England in the 1920s or '30s.

Sotheby's

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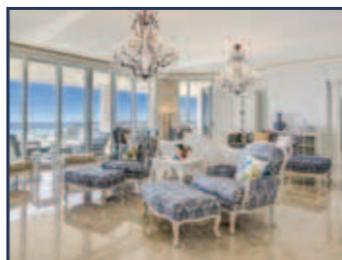
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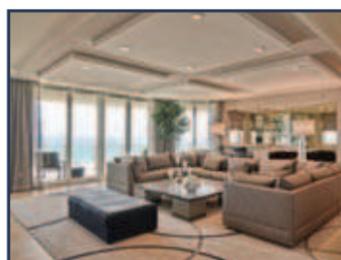
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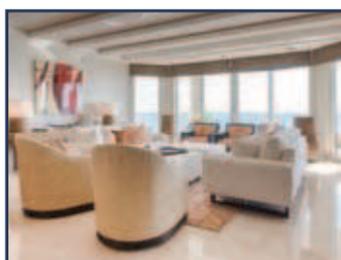
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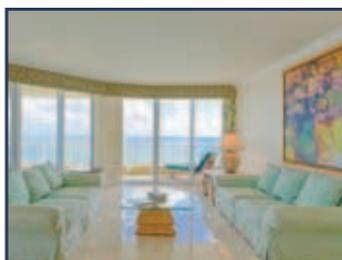
Ritz Carlton Residence 2401A
3BR+DEN/3.5BA - \$3,750,000



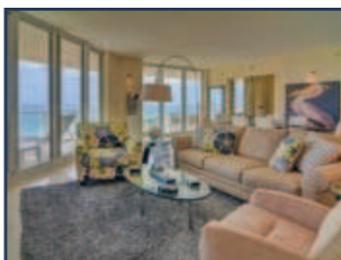
Ritz Carlton Residence 1804A
3BR+DEN/3.5BA - \$3,685,000



Ritz Carlton Residence 1904A
3BR+DEN/3.5BA - \$3,500,000



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



Ritz Carlton Residence 2104B
2BR+DEN/2.5BA - \$1,699,000



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

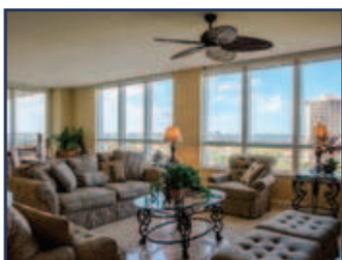


Ritz Carlton Residence 705B
2BR+DEN/2.5BA - \$1,650,000

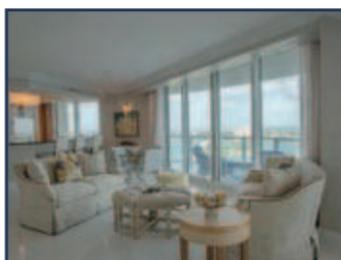


The Resort-Marriott 1651
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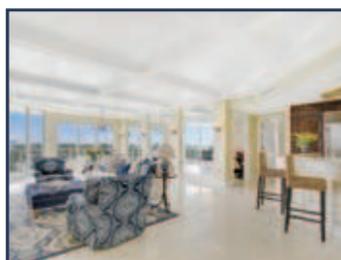
The Resort-Marriott 1251
3BR/3.5BA - \$1,399,999



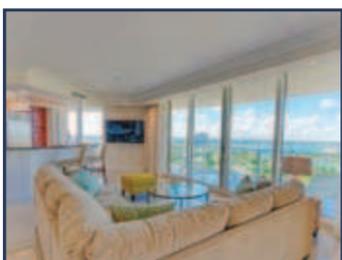
Ritz Carlton Residence 2506B
2BR+DEN/2.5BA - \$1,395,000



Beach Front 1603
3BR/3BA - \$1,250,000



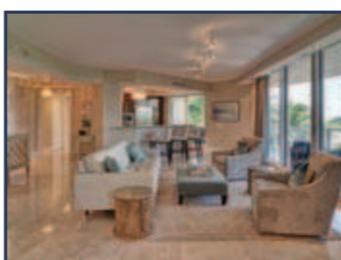
Ritz Carlton Residence 205B
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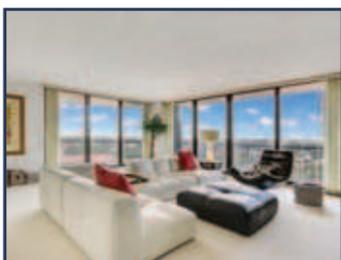
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2BR+DEN/2.5BA - \$1,185,000



Ritz Carlton Residence 1506B
2BR+DEN/2.5BA - \$1,125,000



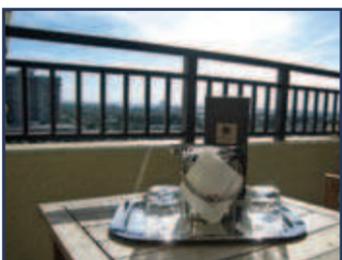
Ritz Carlton Residence 306B
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ARTS & ENTERTAINMENT

WEEK OF MAY 19-25, 2016

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

"Dancers are kind of the perfect people to photograph. They are physically beautiful and they're also fierce and creative and they're used to telling stories with their bodies"

— Jordan Matter,
Photographer

EVERYDAY

BALLET



PHOTOS COURTESY OF JORDAN MATTER

Dance photographer captures Miami City Ballet members off-stage

BY LUCY LAZARONY
Florida Weekly Correspondent

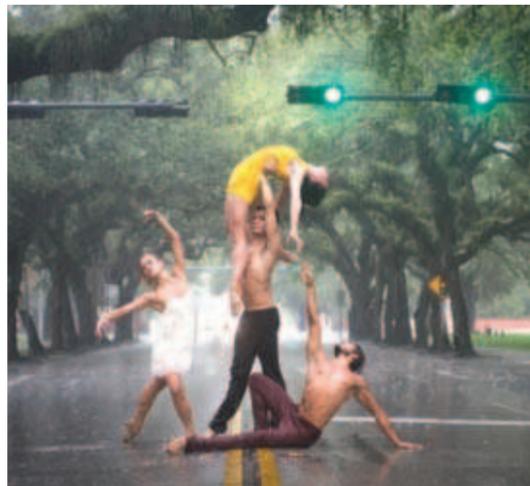
ACLAIMED ARTIST AND PHOTOGRAPHER Jordan Matter has teamed up with dancers from the Miami City Ballet for a dynamic series of portraits on the sands, streets and skylines of Miami.

The "Dancers Among Us" exhibition runs through June 4 at the Cultural Council in Lake Worth.

Mr. Matter is a *New York Times* bestseller for his photography book "Dancers Among Us," a collection of photographs of dancers in everyday situations around the world.

"Dancers are kind of the perfect

SEE BALLET, B13 ►



Torre baseball tourney comes to Roger Dean

BY SALLIE JAMES
Florida Weekly correspondent

The late baseball great Frank Torre Sr. loved to play ball and loved to give back to the community.

This month, about 1,000 young athletes will honor his memory and charitable giving May 20-22, when the fourth annual Torre Invitational Baseball Championship kicks off at Roger Dean Stadium. The event is sponsored by the Student Athlete Community Service Network, or SACS.N.

Spectators are encouraged to donate pet supplies and canned goods in lieu of a gate fee.

"(My father) always taught me that it's equally important to stand out on and off the playing field," said the baseball player's

son, Frank Torre, a high school teacher and coach from North Palm Beach. The tournament is the "combination of incorporating an elite competition and community service" in one inclusive event, Mr. Torre said.

Frank Torre Sr. played for the Milwaukee Braves (1956-1960) and the Philadelphia Phillies (1962-1963). The older brother of Baseball Hall of Fame member Joe Torre, Mr. Torre Sr. batted and threw left-handed. He died Sept. 13, 2014.

His namesake tournament offers up a stand-out competition among top high school athletes with a unique venue to collect canned goods and pet supplies for animal rescue.

SEE BASEBALL, B13 ►



COURTESY PHOTO

Action from a Torre baseball tourney last year at Roger Dean.

HAPPENINGS



COURTESY PHOTO

Rose Max and Ramatis

Norton plans bossa nova, looks to summer

BY JANIS FONTAINE
pbnews@floridaweekly.com

Art After Dark, 5 p.m.-9 p.m. May 19 at the Norton Museum of Art, has an Enchanted Evening theme, and the museum has planned a variety of activities with that in mind.

At 5:30 p.m., a tour called "Flowers, Fruit and More" highlights still-life paintings in the museum's collection. At 6:30 p.m., a docent will lead a tour of "Mid-Century Modern Masters."

From 5:30 p.m. to 8:30 p.m., the BBC Four documentary on the life and art of Pablo Picasso, "Picasso: Love, Sex, and Art," will be screening in the Schwartz Theater. Hear Picasso's peers and colleagues, friends and lovers, reveal what they know and feel about one of the 20th century's most influential artists. Learn about the man behind the artist, who was known for his polarizing reputation.

Up in the Reynolds Classroom, you become the artist in "DIY: Still Life to Real Life," where you design your own flower to take home. Drop in anytime from 6 p.m. to 8 p.m.

Beginning at 7:30 p.m., the Brazilian duo Rose Max & Ramatis performs. Rose Max is a stunning vocalist with a repertoire suitable for an enchanted evening, from lively jazzy sambas to romantic ballads to a rhythmic bossa nova. Mr. Ramatis' guitar playing is the perfect balance.

On May 26, Art After Dark will "Spring into Summer" with an evening focusing on love. At 5:30 and 7:30 p.m., a docent leads a tour of "Monet and Friends." At 6:30 p.m., take a tour they're calling "Love Stories." All tours begin in the Shapiro Great Hall.

The Terrace Room will screen a video program called "Toujours L'amour," featuring international animated shorts about love. Artists of all levels are invited to join in creating a wall painting in the Reynolds Classroom from 6 p.m. to 8 p.m.

At 7:30 p.m. a concert called "Freedom in the Groove" takes place in the Schwartz Theater, which will be transformed into an after-hours lounge with comfy couches, low lighting and a bar. Freedom in the Groove, described as "hip hop meets the conservatory," features vibraphone master Drew Tucker

SEE HAPPENINGS, B11 ►

COLLECTOR'S CORNER

Using and appreciating antiques may make it easier to let them go



Letting go never is easy. One of my dealer friends often will tell a potential seller that the items he is buying are just merchandise. Once he's bought something, it's his right to do with it as he sees fit — he can sell it, paint it, strip it or scrap it. But all the same, you hate to see things destroyed. We've seen a lot of that lately, with the wholesale scrapping of silver — flatware, tea sets, baskets and platters all got melted down when silver prices rose to around \$40 an ounce a few years ago. Another dealer friend remembers the clatter as dealers destroyed antique silver pieces 35 years ago at Scott's Antique Market in Atlanta, when silver prices jumped to more than \$100 an ounce and tens of thousands of heirloom items got scrapped. It was a pity, but the original owners of the pieces had gotten their good from them, and had moved on. That's why it's important to enjoy our treasures while we have them. I thought about that recently after selling a Victorian iron table to someone

who wanted to use it outside, on a patio. That would be great use of the table, except for one thing: It had a large, 19th-century top that was made from a single, solid board. Most tabletops are made of pieces joined together to form a larger surface. This piece of hardwood was fabulous, but the person who bought the piece was going to remove the wooden top. It gave me pause, but it really wasn't my concern — after all, the piece was about to belong to someone else. By rights, the new owner of that piece can do what he or she wants with the object, and I can't complain. That's how it should be. When we let something go, none of its value to someone else lies in how we relate to it or to our memories of it. We can't put a price on memories or on our perceptions of an heirloom or other object. But memories are what we keep when we let go of an object. I took a photo. I loved the table but did not have room for it at my house. It's a beauty with its original top, and it will remain beautiful with glass or stone on it. And I'm lucky because the man who bought the table liked it as much as I did. That's the best any of us can ask for when we sell an object. I hope he enjoys it, however he uses it. ■

LOOK WHAT I FOUND

THE FIND:

A midcentury Paul Hanson lamp in the shape of an urn

Bought: Teen Challenge Super Thrift of Southwest Florida, 15631 San Carlos Blvd., Fort Myers; (239) 267-5433.

Cost: \$15.
The Skinny: The only thing that would have been better than finding one of these Paul Hanson urn lamps would have been scoring a pair.

The lamp's design is inspired by a classic Baccarat crystal lamp. Alas, this is not Baccarat. But it is made from high-quality, light-grabbing glass that would look good with any décor. A Baccarat lamp might be priced in the thousands; this Paul Hanson certainly would be a few hundred bucks in the right shop.

It underscores a point I make every week: You never know what you will find, or where you will find it. That is the thrill of the hunt. Let this lamp light your way. ■

— Scott Simmons

— Write to Scott at ssimmons@floridaweekly.com.

SCOTT SIMMONS / FLORIDA WEEKLY
Paul Hanson lamp probably dates from the 1950s or '60s.



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UPCOMING EVENTS
AT THE SOCIETY OF THE FOUR ARTS

All Media Painting Workshop with Steven Rogers
Begins Wednesday, June 1, 2016 at 10 a.m. | Dixon Education Building | \$300 for six classes

SUMMER BOOK DISCUSSION
"Beyond: Our Future in Space" by Chris Impey
 Tuesday, June 7, 2016 at 5:30 p.m. | King Library | *No charge; no reservations*
 Facilitated by Brendan Byrne, WMFE-FM's Space Reporter and NPR contributor

TEEN.BOOK.CLUB.
"The Strange Case of Origami Yoda" by Tom Angleberger
 Thursday, June 23, 2016 at 2 p.m. | King Library | *No charge; reservations required by June 19* | First 10 signed permission forms receive complimentary copy of the book

The Renaissance of Classical Cuisine: Four Outstanding Palm Beach Chefs Pay Tribute to the Legacy of Auguste Escoffier
 \$75 per lunch or \$250 for the four-part series | *Reservations required, call (561) 805-8562.*
 Jean-Pierre Leverrier of Chez Jean-Pierre Bistro - June 23, 2016 at 12:30 p.m.
 Gianluca Branca, Executive Chef of Trevini - July 21, 2016 at 12:30 p.m.

Major Art Movements Across the Centuries, with Joan Lipton, Ph.D.
 Part 1 - Tuesday, June 28, 2016 at 11 a.m. | Dixon Education Building | Includes morning session, lunch and afternoon session | \$60

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CALENDAR

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

THURSDAY 5/19

Clematis By Night — 6-9 p.m. at the West Palm Beach Waterfront, Flagler Drive at Clematis Street, downtown West Palm Beach. A free, weekly concert featuring a variety of bands and musical styles. Info: clematisbynight.net.

■ **Future Prezidents** — May 19. A unique reggae band.

"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 5/20

"Six Women Inspired" — Opening reception 6-9 p.m. May 20, Artisans On The Ave., 630 Lake Ave., Lake Worth. Meet the artists and see the work of Barbara Bailey, Susan Peck, Mary Ellen Dohrs, Ebba Tinwin, Doris Gilden, and Edrian Thomidis. Free. Refreshments. Info: 762-8162 or 582-3300; ArtisansOnTheAve.com.

SATURDAY 5/21

A Celebration of Conrad Pickel's Historical And Cultural Imprint — 8 a.m.-1:30 p.m. May 21, Boynton Beach City Library, 208 S. Seacrest Blvd., Boynton Beach. Historical tours, presentations and an exhibit will honor stained glass artist Conrad Pickel, his imprint on South Florida's art and culture, and his contribution to the arts community. A bus tour begins at 8 a.m. and will visit four points of interest. A glass art demonstration takes place at 12:30 p.m. Pre-registration is required for the bus tour, which is narrated by Janet DeVries. Call 742-6066.

BunFest — 10 a.m. - 4 p.m. May 21, Flagler Place, 201 SW Flagler Ave., Stuart. A celebration of rabbits and guinea pigs with the people who love them with a critter spa, bunny playground, Flip Flop Critter Lounge, a Hop and Flop Shop (specialty items for rabbits and guinea pigs), adoptable critters, glamour photos, a kids' zone, raffles and silent auction and a Rainbow Bridge Memorial Wall. Admission: \$5; free for age 10 and younger. Your healthy bunny, properly harnessed or in a carrier is welcomed. A fur lice/mites inspection is required prior to entry. Info: 772-708-9668 or e-mail Skyle@hstcl.org, or visit hstcl.org.

Armed Forces Day — 11 a.m.-2 p.m. May 21, on the lawn of the Johnson History Museum at the historic 1916 courthouse, 300 N. Dixie Highway, West Palm Beach. A color guard kicks off this colorful celebration of Palm Beach County and the nation's military history and honors all veterans. Displays and presentations will illustrate the county's role in American war efforts and local battles fought on native soil. This free family event features a front-line camp; reenactors of the Seminole War, Civil War, World War II, and Vietnam War; a display of vintage and modern military vehicles, a medal collection, and collectible weapons and a historic weapons demonstration at 12:30 p.m. Kids can decorate cards to be mailed to soldiers overseas and take docent-led gallery tours. Info: 832-4164, Ext. 103, or historicalsocietypbc.org.

Sip & Shop — 11 a.m.-6 p.m. May 21, J. McLaughlin at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. Fifteen percent of sales will benefit The Arc of Palm Beach County. Info: arcpcb.org.

Dreyfoos SOTA Senior Class Exhibiton — May 21-30, Armory Art Center, 1700 Parker Ave., West Palm Beach, in Montgomery Hall, and the Greenfield and East galleries. An opening reception will be held from 5-7:30 p.m. May 21. Info: 832-1776, Ext. 33; armoryart.org.

MONDAY 5/23

The Arc Pantry Project — Drop off donations of nonperishable food, household and pet items through May 23 at The Courim Center, 1201 N. Australian Ave., Riviera Beach. Adult program participants will organize and create pantry bags with the donated items, and then they will be distributed to client families in need during the summer when kids aren't getting school meals. Info: 842-3213, Ext. 128; cblomeke@arcpcb.org.

LOOKING AHEAD

Clematis By Night — 6-9 p.m. every Thursday, at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Info: clematisbynight.net.

Summer In Paradise Kick-off — May 26. No Clematis, but celebrate summer downtown.

Boynton Beach Food, Wine and Brew Festival — May 26, Benvenuto Restaurant, 1730 S. Federal Highway, Boynton Beach. A showcase of Boynton Beach cuisines. This annual event features 30 of Boynton's finest restaurants and lounges, along with wine and craft beer tastings. Info: Boyntonbeach.org.

Putting the care back in long-term insurance — 1 p.m. May 26, Juno Beach Civic Center, 340 Ocean Drive, Juno Beach. The first of the center's three-part series of minilectures. Chris Banker of Patriot Insurance and Saad Qazi of Nationwide will speak. RSVP at 630-5778.

AT THE COLONY

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

Royal Room Cabaret: The Colony's new Young Stars Summer Residency Program — See many of Manhattan's hottest rising cabaret stars every weekend until Labor Day. \$120 per person for prix fixe dinner and show; \$60 for show only.

Jeff Harnar — May 20-21 and May 27-28. Michael Feinstein called Harnar "One of the premiere interpreters of the Great American Songbook."

Wayne Hosford — June 3-4 and June 10-11

Spencer Day — June 17-18 and June 24-25

Ariana Savalas — July 1-2, 8-9, 15-16, 22-23 and 29-30

Carole J. Bufford — August 5-6, 12-13, 19-20, 26-27 and Sept. 2-3

ONGOING MUSIC:

Motown Fridays with Memory Lane performing everyone's favorite Soul City/

Top 40 hits from the '60s through today. 9:30 p.m. to 12:30 a.m.

Saturday Late Night with the Dawn Marie Duo — 9:30 a.m.-midnight, music and dancing, plus cameos by Royal Room headliners and other celebrity performers.

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.

"Satchmo at the Waldorf" — Through June 20. A dramatic play based on a recording made backstage before Louis Armstrong's final gig. Armstrong reminisces about his life, his career, and his life challenges just months before his death in 1971.

AT THE EISSEY

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

Symphonic Band of the Palm Beaches — 7:30 p.m. May 20. Program: Marching Down Broadway, a patriotic extravaganza featuring pianist David Crohan. Tickets: \$18. Info: 832-3115; SymphonicBand.org.

Cut It Up Def and Dream House presents Palm Beach Pin Up Party — 7 p.m. May 27. A musical romp through the history of the American Pin-Up. Food and drinks, vintage-style pin-up girls and classic cars followed by the musical "The Art Of The Pin-Up Girl," a combination of short films, a live original musical score and on-stage performances. Tickets: \$45, includes the pre-party, performance and the meet-and-greet after the performance. Info: 939-9725; palmbeachpinupparty.com.

Memorial Day In Remembrance Concert — 8 p.m. May 28. The Indian River Pops Orchestra welcomes guest vocalists, the 100-member Robert Sharon Chorale, in this tribute to veterans and those fallen. Tickets: \$25 general, \$10 for veterans and their spouses. A portion of the proceeds will benefit the "Will Play for Food Foundation" whose mission is ending childhood hunger. Info: 207-5900.

"Laughter is the Best Medicine," starring Wil Shriner — 7 p.m. June 2, hosted by Legends Radio 100.3. The stand-up comic, who cut his teeth at the Improv and the Comedy Store, brings as a special guest comedian Peter Fogel. Tickets: \$20 orchestra / \$15 balcony at legendsradio.com or at the Eissey Campus Theatre ticket office.

AT FOUR ARTS

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

Yin Yoga: Wellness Classes with Rassika Sabine Bourgi — 9 a.m. May 23, 26. Philip Hulitar Sculpture Garden. Check in at Dixon Education Building. \$15.

Keep Calm and Color On — 1:30 p.m. May 19 and 26, King Library. Join the latest craze: coloring for adults. Bring your own supplies.

Pilates: Wellness Classes with Rassika Sabine Bourgi — 9 a.m.

May 20, 27, Philip Hulitar Sculpture Garden. Check in at the Dixon Education Building. \$15.

Hatha Yoga: Wellness Classes with Rassika Sabine Bourgi — 9 a.m. May 25. Philip Hulitar Sculpture Garden. Check in at the Dixon Education Building. \$15.

The Renaissance of Classical Cuisine: Lunch with Andrew Schor, executive chef of Palm Beach Grill — 12:30 p.m. May 19. Four outstanding Palm Beach chefs pay tribute to the legacy of Auguste Escoffier. \$75. Tickets to the four-part series are \$250.

AT THE KRAVIS

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

"Hair" — May 20-June 5. The beloved tribal rock musical is led by director-choreographer Kimberly Dawn (KD) Smith, with Paul Reekie serving as musical director. The 20-person cast includes veteran performers Mike Westrich (George Berger), Michael Scott Ross (Claude) and Alexa Baray (Sheila), Sean A. Dora-zio and Nicole Kinzel. The show will have three previews followed by 20 performances. Opening night is May 20.

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, May 25 and June 1, 8, 15, 22, 29. Time varies by sunset. \$15 members, \$20 nonmembers.

Lighthouse Moonrise Tour — June 20.

Hike Through History — 8:30-10:30 a.m. the first Saturday of the month. A 2-mile trek through the topography and natural history of Jupiter's National Conservation Lands historic site. Minimum age 5, ages 13 and younger must be accompanied by an adult. Future dates: June 4, July 2, Aug. 6, Sept. 3, Oct. 1, Nov. 5, Dec. 3.

Twilight Yoga at the Light — 7-8 p.m. May 23, 30 and June 6, 13, 20, 27.

Lighthouse Story Time & Crafts for Kids — 10:30-11:15 a.m. monthly in the Seminole chickee hut for story time and a craft activity. Ideal for kids ages 8 and younger. Bring a small beach/picnic mat. Free. Upcoming dates: June 7.

AT MACARTHUR PARK

John D. MacArthur Beach State Park, 10900 Jack Nicklaus Drive on Singer Island, North Palm Beach. Info: 776-7449; macarthurbeach.org.

Sea Turtle Talk & Walk — Register now for walks take place Monday, Wednesday and Friday except July 4 from June 6-July 29. Members call 776-

CALENDAR

7449, Ext. 102. Nonmember registration takes place online at macarthurbeach.org. Tickets are \$10 and are nonrefundable.

Intro to Snorkeling — 11 a.m. May 21 and 28. Learn the basics of snorkeling in this land-based course. Free with park admission. Reservations required at 624-6952.

AT MOUNTS

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

Creative Vertical Gardening: Growing Up — Register now for this seminar on vertical planting for small spaces from 5 to 6:30 p.m. May 19. Speaker: Joel Crippen, Mounts horticulturalist and garden writer. Fee: \$20 members; \$25 nonmembers.

Beautify Your Yard with South Florida Native Plants — 10-11:30 a.m. May 22, in Exhibit Hall A. Learn about the selection and placement of Florida native plants To add texture and color and minimize the use of water and pesticides. Speaker: Jeff Nurge, Florida Native Gardening & Native Choice Nursery.

Introduction to Jewelry Making 3D Pen — 10 a.m.-4 p.m. May 22, Mounts Auditorium. Make jewelry using the newest 3D technology: the 3D Scribbles pen that they get to keep. Participants will also have two pieces cast in sterling silver, finished and polished. Taught by Joseph Ciardullo & Jeff Kingan, Renaissance Gems Design Studio. Fee: \$225 members; \$250 nonmembers.

AT THE IMPROV

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

Carlos Mencia — May 19-22

Rachel Feinstein — May 26-29

AT THE FAIRGROUNDS

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

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.

The Funky Biscuit — 303 SE Mizner Blvd., Royal Palm Place, Boca Raton. Info: 465-3946; funkybiscuit.com.

Guanabanas — 960 N. A1A, Jupiter. Age 21 and older. Info: guanabanas.com.

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

Palm Beach Hibiscus Bed & Breakfast's Backyard Bar — 213 S. Rosemary Ave., West Palm Beach. Info: 833-8171; palmbeachhibiscus.com.

Arts Garage — 180 NE First St., Delray Beach. Info: 450-8367; artsgarage.org

Alchemy - The Open Mic/Talent Showcase — 8 p.m. May 24. Calling local artists, musicians, actors, spoken word poets, comedians, dancers, and madmen. \$10.

Sean Chambers Band — 8 p.m. May 27. Blues/rock. \$25-\$45.

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

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.

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.

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

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

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

ONGOING

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

Adolph & Rose Levis Jewish Community Center — 9801 Donna Klein Blvd., Boca Raton. 852-2512; levis-jcc.org.

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.

The Armory Art Center — 1700 Parker Avenue, West Palm Beach. Info: 832-1776; armoryart.org.

Annex Studio Residents Collective — Through May 20, 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.

The Celestial 2016 Exhibit Images of the Heavens — Through June 30. Opening reception 5-8 p.m. May 20.

The Atala Chapter of the North American Butterfly Association

#SFL TOP PICKS

05.21

■ **Armed Forces Day** — 11 a.m.-2 p.m. May 21, on the lawn of the Johnson History Museum at the historic 1916 courthouse, 300 N. Dixie Highway, West Palm Beach; 832-4164, Ext. 103, or historicalsocietypbc.org

#LETTHE SUNSHINE

LET THE SUN SHINE IN

■ **"Hair"** — May 20-June 5, Kravis Center; 832-7469 or kravis.org

#GETPATRIOTIC

05.20-21

■ **Symphonic Band of the Palm Beaches** — 7:30 p.m. May 20, Eissey Campus Theatre; 832-3115 or SymphonicBand.org

■ **Jeff Harnar** — May 20-21 and May 27-28, The Colony's Royal Room, Palm Beach; 659-8100 or thecolonypalmbeach.com

meets — Monthly at the Pine Jog Environmental Education Center, 6301 Summit Blvd, West Palm Beach. Sandy Koi will speak about imperiled butterflies. Guests welcome. Info: nabapalmbeach.org.

The Audubon Society of the Everglades — Meets monthly and hosts bird walks. Contact Sue Snyder 627-7829 roysue@bellsouth.net. Info: auduboneverglades.org.

The Boca Raton Museum of Art — 501 Plaza Real, Boca Raton. Free for

members, students with ID, and age 12 and younger; adults \$12; seniors (65+) \$10; students (with ID) \$5. Info: 392-2500; bocamuseum.org.

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

■ **Alyssa di Edwardo Solo Exhibition** — Through June 4. Abstract Expressionist painter. Info: alyssadiEdwardo.com.

CALENDAR

■ **“Dancers Among Us: Jordan Matter Exhibition”** — Through June 4. Matter’s photos the Miami City Ballet dancers in everyday situations.

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

■ **“Something Out of Nothing”** — Through May 21.

■ **Recipient of Dina Baker Fund for Mature Female Artists** — Through June 4.

■ **The Delray Beach Playhouse** — Several shows coming up the theater. Info: 272-1281 Ext. 4.

■ **“Black Coffee”** — May 21-June 5. A murder mystery by Agatha Christie. \$35.

■ **“Words . . . Alive!: Bridge Game”** — 2 p.m. May 26. A comedy centered on the game as a pastime for bored housewives in the 1950s. \$25.

■ **“I’ve Heard That Song Before”** — May 30-June 8. A celebration of the jukebox musical from “The Jersey Boys” and “Mamma Mia!” to “Beautiful: The Carol King Musical.”

■ **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 age 13-17 with adult; \$3 age 6-12 with adult; free for younger than 6. 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.

■ **Trail Blazers Baseball at Roger Dean Stadium** — 6 p.m. May 19, at the stadium, 4751 Main Street, Jupiter. Enjoy local baseball with your fellow trail blazers. Call John at 586-350-3235.

■ **Okeeheliee Park Stroll** — 7:30 a.m. May 21, Nature Center, 7715 Forest Hill Blvd., West Palm Beach. Call Paul at 963-9906.

■ **Hike in Apoxee** — 8 a.m. May 28, 3125 N. Jog Road, West Palm Beach. A moderate paced walk of nine miles through urban wilderness. Bring plenty of water. Call Joe at 859-1954.

■ **Jupiter Ridge Natural Area Hike** — 7:30 a.m. May 29, 1800 S. U.S. 1, Jupiter. Hike five native Florida ecosystems in one leisure-paced walk. Call Alan at 586-0486.

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

■ **Generation Stand Up’s Music Fest** — June 4 in the amphitheater. The theme is “Hardwired for Happiness.” Presentations regarding social and emotional issues chosen by Stand Up’s high school members followed by performances by Palm Beach County artists. In partnership with John Denney, MA, Performance Coach and AustinBlu Foundation. Info: 772-263-3974; standupfoundationfl.org.

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

■ **Armed Forces Day** — 11 a.m.-2 p.m. May 21. Displays and presentations, a front-line camp; re-enactors of the

Seminole War, Civil War, World War II, and Vietnam War; a display of vintage and modern military vehicles, a medal collection, and collectible weapons and a historic weapons demonstration at 12:30 p.m. Kids can decorate cards to be mailed to soldiers overseas and take docent-led gallery tours.

■ **“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.

■ **“ArtCalusa”** — Through Aug. 27, in the third floor courtroom gallery. A colorful exhibit that introduces our pre-historic neighbors in Southwest Florida.

■ **Jonathan Dickinson State Park** — 16450 SE Federal Highway, Hobe Sound. Exhibiton: “A Trip Down the Loxahatchee.” The work of more than 50 artists whose works captured the beauty of the Loxahatchee River and which was used in Jim Snyder’s coffee table book is on display in the Kimbell Center until June 10. Park entry is a suggested donation of \$5. Info: 745-5551 or email friend-sjdsp@gmail.com.

■ **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.

■ **46th Annual K-12th Grade Community Student Exhibition** — Through May 25.

■ **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; mycitylibrary.com.

■ **Free Computer Skills Workshops and E-book Classes** — 9:30 a.m.-4:30 p.m. daily. Librarians and subject experts will be available by appointment to provide personalized help in computer basics and in Microsoft Word, Excel, and PowerPoint. This free service is also available in Spanish. It’s part of their “We Can Help with That!” program. Info: 868-7760; wpbc-citylibrary.org.

■ **Free Tai Chi Classes** — 11 a.m.-noon Fridays. Beginners welcome. In the library’s Auditorium. Donations accepted. No registration required.

■ **The Morikami Museum and Japanese Gardens** — 4000 Morikami Park Road, Delray Beach. Info: 495-0233; morikami.org.

■ **Sushi & Stroll Summer Walk Series** — A garden stroll, a summer breeze, a cold drink, a taste of Asian history and culture, and a stunning sunset are on the menu at this annual summer series. From 5:30-8:30 p.m. the second Friday of the month through September. Cost: \$8 age 11 and up, \$6 ages 4-10, free for age 3 and younger. Free for museum members.

■ **Demonstration of Sado: The Way of Tea** — noon, 1 p.m., 2 p.m. and 3 p.m. May 21. Cost: \$5 with paid

museum admission. No reservations. First come, first served.

■ **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.

■ **Old School Square** — 51 S. Swinton Ave., Delray Beach. Info: 243-7922; old-school.org.

■ **First Friday Art Walk** — 6-9 p.m. the first Friday of the month, Cornell Art Museum and downtown Delray Beach. Begins at the museum viewing its exhibitions, then make your way to artists’ studios in the neighborhood. \$5 suggested donation.

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

■ **New Member Orientation** — May 25. All new and existing members are invited to this get-acquainted meeting focusing on the chamber’s services and opportunities as well as the benefits of membership — Listings in Palm Beach Guide and the chamber’s website; monthly breakfast at The Breakers with colleagues; networking events; workshops; social media collaboration; discounts; and sponsorship opportunities. Professional members age 21-40 can join the Palm Beach Young Professionals group.

■ **The Palm Beach Photographic Centre** — 415 Clematis St., West Palm Beach. Info: 253-2600; workshop.org.

■ **“Pulitzer Back Stories”** — Through Aug. 6. Also features special events, lectures and panel discussions by Pulitzer Prize winners. See workshop.org for details.

■ **Call for entries:** The 19th annual Members’ Juried Exhibition is open for submissions. The deadline is June 25. The exhibition takes place Aug. 27-Oct. 29. Opening reception: 6-8 p.m. Aug. 26. See workshop.org for details.

■ **The Palm Beach Gardens Historical Society Enrichment Pro-**

grams — Programs are held at Christ Fellowship Church on Northlake Blvd., Palm Beach Gardens at 7 p.m. on the second Wednesday of the month. Info: 622-6156 or 626-0235; PBGHistoricalSociety.org.

■ **A Day at Palm Beach Kennel Club:** June 18.

■ **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; sfscenter.org.

■ **The Spady Museum** — 170 NW Fifth Ave., Delray Beach, FL 33444 (279-8883; spadmuseum.com.

■ **“Bahamian Reflections”** — Through May 31. More than 40 photographs taken between 1870 and 1938 that depict the pristine nature, cultural lifestyle, regional landmarks, characteristic architecture and indigenous plant life, mainly of Nassau before the advent of modernization. \$10.

■ **Sets in the West Neighborhood Block Party and Florida’s Emancipation Day** — 5-9 p.m. May 20, along NW Fifth Ave. in front of the Spady Museum, Delray Beach. Celebrate the beginning of summer with entertainment from Pocket Change and Cohen Robinson and graffiti artist Jay “Remote” Bellicchi, who will paint live. A Kids’ Corner and a performance by Alkebulan Belly Dancers of the Nile are planned. Food from Tom’s BBQ and Dilly Dally Italian Ice food trucks. For Florida’s Emancipation Day: A screening of the documentary “African American Neighborhoods of Old Delray.” Also planned: kemet yoga demonstrations, African drumming and belly dancing by Cultural Expressions; a drowning prevention information table; kid’s story time on the Williams Cottage front porch. Info: setsinthewestdelray.com.

■ **Delray Speaks: A Community Conversation** — 7 p.m. May 25. Topic: Dr. Virgil Norris, Delray Beach’s first resident black surgeon. How did a local black doctor empower a community? \$5 suggested donation.

■ **Taste History Culinary Tour** — Learn about the flavors, culture and history of local cities on a four-hour guided tasting tour. This family friendly walking and bus tour boards at Macy’s (East Entrance) at Boynton Beach Mall. Reservations required. Tickets: \$45-\$65. Free for younger than 14. Benefits the non-profit Museum of Lifestyle & Fashion History. Info: 243-2662; tastehistoryculinarytours.org.

■ **May 21 and 28: Delray Beach/Boynton Beach**

■ **West Palm Beach Antique & Flea Market** — 8:30-2:30 p.m. Saturdays in the 200 block of Banyan Boulevard (cross street is Narcissus Avenue) in West Palm Beach. Dozens of vendors display an eclectic mix of vintage, antiques and collectibles with contemporary clothing, jewelry and accessories. 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. ■

AREA GREEN MARKETS

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

■ The West Palm Beach GreenMarket — On the West Palm Beach Waterfront, downtown West Palm Beach. Nearly 80 local community vendors selling fresh produce, exotic plants and flowers, herbs and spices, baked goods, gourmet and specialty foods, coffee and teas. Also offers unlimited mimosas for \$10, free kids' activities, live music and monthly chef showcases. Pet-friendly. Parking is free in the Banyan and Evernia city garages during market hours, 9 a.m. to 1 p.m. Saturdays through May 28. Info: wpb.org/greenmarket.

■ The Delray Beach Green Market — 9 a.m. to 2 p.m. Saturdays at Old School Square Park on Northeast Second Avenue, a half block north of Atlantic Avenue, in downtown Delray Beach. Info: delraycra.org/greenmarket.

■ The Palm Beach Gardens GreenMarket makes its annual summer move to cooler quarters undercover at STORE Self Storage and Wine Storage, 11010 N. Military Trail, Palm Beach Gardens. The market will be open from 9 a.m. to 1 p.m. Sundays through Sept. 25. Fresh produce, breads, seafood, cheeses, sauces, honey and handmade crafts under the large breezeway, plus a few outdoor vendors with plants and flowers, as well as covered seating to cool off with a cold



COURTESY PHOTO

The Palm Beach Gardens GreenMarket has moved to STORE Self Storage and Wine Storage for the summer.

drink. Rain or shine. Info: 630-1100, or email recinfo@pbgfl.com.

■ Jupiter Green & Artisan Market at Riverwalk Event Plaza — 10 a.m.-2 p.m. Sundays, 150 S. U.S. 1, under Indiantown Bridge, Jupiter. This year-round market is set along the Intracoastal Waterway. Find produce, specialty food products, apparel, accessories, jewelry, arts and crafts, plus entertainment and special activities. Pet friendly. Info: 203-222-3574; harrysmarkets.com. jupitergreenmarket.com.

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

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- 1. Art NeJame, Karen Roberts, Fatima NeJame and Mark Roberts
- 2. Belma Andric, Darcy Davis, Sean Davis and Rick Roche
- 3. Lauren Arias, Tara Kraver, Edwin Melendez and Julie McPherson
- 4. Darcy Davis and Walter Johnson
- 5. Lynne Childress, Leslie Streeter and Mariane Guiliani
- 6. Angel Pachkowski, Rosemary Diehl and Heather Storm
- 7. Sheryl Kittrell and Matt Ferrer

ANDY SPILOS / FLORIDA WEEKLY

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JOURNEY & BON JOVI

JUNE 10TH ROD STEWART EXPERIENCE

JUNE 17TH PEAK JAM

JULY 1ST PARROT HEADS UNITE! CARIBBEAN CHILLERS
JIMMY BUFFET TRIBUTE BAND

JULY 8TH STING / POLICE

JULY 22ND PETTY HEARTS & STONE TEMPLE PLUSH
ULTIMATE TOM PETTY AND STONE TEMPLE PILOTS TRIBUTE

JULY 29TH BRITISH

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5. Zachary Lee Williams, Catherine Zeng, Lylybell Zhou, Karen Copeland and Giancarlo Llerena

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THEATER REVIEW

The spirit of Armstrong comes alive in Dramaworks' 'Satchmo'

BY BILL HIRSCHMAN

Florida Theater On Stage

Even in this era of tell-all memoirs and talk show confessionals, we wonder who the real person is under a manufactured persona powered by practiced sound bites.

You yearn to hang with them in a bar away from spotlights and discover what they really think about who they are, what haunts them and sustains them.

Terry Teachout's maiden play "Satchmo at the Waldorf" comes close to allowing that communion with the unvarnished, uncensored and complex human being beneath the sunny, grinning creation that the world adored as "Louie" Armstrong.

Barry Shabaka Henley's appealing performance at Palm Beach Dramaworks as the proud, genial, troubled Louis (not Louie) quietly seduces the audience without any histrionics until late in the play. It's as if Armstrong is sharing reveries with a new friend visiting backstage.

The 2013-14 play catches the ailing 69-year-old Armstrong in his dressing room after what may be his last performance in 1971.

Armstrong was known in his late career more as a mainstream entertainer crooning "Hello, Dolly!" and "What A Wonderful World." But as any musician knows, his lasting contribution was inventing and popularizing huge portions of America's singular contribution to world culture — jazz. And he was among the courageous African-Americans whose popularity with white audiences battered away at segregated venues and hotels, providing unifying ground in the love of music.

During this one-actor evening, Armstrong's reminiscences are interrupted with Henley's convincing depictions of Armstrong's longtime white Jewish manager from Chicago, the bluntly pragmatic Joe Glaser, and the young Turks of music, Miles Davis and Dizzy Gillespie, who admired his musicianship but decried what they viewed as pandering to white audiences.

Armstrong gets out of his tuxedo, slips into a bathrobe and slippers, and finally into street clothes. The visit is laced with copious amounts of humor as well as locker room language and frank discussions of sex.

There are snatches of the "West End Blues" that he plays back on a tape recorder, he quietly murmurs a Shab-bos song he learned in his youth from a Jewish family, he derisively croons a few lines from "Hello, Dolly!," for which he had little respect, there's a New Orleans jazz funeral snatch of "A Closer Walk With Thee," and his reveries are often accompanied by faint trumpet lines echoing in the deep recesses of his mind. But if you're looking for a greatest hits evening, you are out of luck.

The kicker in Dramaworks' production is that it marks the first professional at-bat as a director for Mr. Teachout, best known as theater critic for *The Wall Street Journal* and author of acclaimed biographies of artists like Armstrong.

There is not even a hint in this production that he lacks a track record. Mr. Teachout has absorbed lessons from watching hundreds of theater works, reading books on the subject and getting advice from three directors who have helmed other productions of "Satchmo," which has had nine prior productions and has three more scheduled. Under

Mr. Teachout's hand, the 95 minutes move so smoothly both in pacing and staging as to be almost invisible.

In the New York production two years ago, Armstrong just lurched into his dressing room, destroyed by his efforts on stage. But in Mr. Teachout's Dramaworks version, we first see an elegantly tuxedoed Armstrong through a scrim finishing off the last glorious licks of his Waldorf finale. And then, pulling back the metaphorical curtain, Armstrong stumbles in, his entire body shaking from a hacking cough that forces him across the dressing room to a bottle of oxygen that hisses with life-giving air.

Mr. Henley has worked hard to adopt a gravel quarry voice and shambling gait that disappears when he plays Glaser or Davis. But this is not a Las Vegas impersonation; he looks more like the aging Dizzy Gillespie and sounds a bit different than Armstrong. He wipes his forehead with a handkerchief, but that million-watt grin for the customers is absent. That is not a drawback. The goal is to catch the man beneath the image, and any attempt to mimeograph the icon would distract from that.

Three key elements are laced throughout. First is the relationship with the paternal and paternalistic Glaser who guided Armstrong's career. Glaser was, to Armstrong, as close a friend as possible whom he trusted to run the business and who constantly pushed him to backpedal the esoteric jazz for the pop sound. When Glaser seemingly betrayed Armstrong at his death by leaving him nothing from their business partnership, Mr. Henley and Mr. Teachout depict the profound emotional maiming. Armstrong, who has been pretty good-natured throughout even when describing grievous racism, explodes for the first time.

The second element is the racism. There is the recitation of incidents in which Armstrong was not even allowed to eat in the same venues he played in. It's not a new story anymore, related times in such outings as "Lady Day at Emerson's Bar & Grill." But Mr. Henley is more effective in exposing less dramatic woundings. Armstrong is still surprised when colleagues like Bing Crosby credit him with teaching them everything they know about jazz, yet never invite him over for dinner.

The third successful element, and the one most elusive in most of these efforts, is Armstrong describing his relationship with the music and performing it. Whether these are his words from interviews or Mr. Teachout's imagining of them, they are a crystallization of an artist's feelings.

The unsung hero is sound designer Matt Corey. It's not just the subtle sound effects such as the air rushing out of the oxygen tank or the low rumbling when Armstrong slips deep into a reverie. It's the use of music, the subtle then growing sound of a mournful trumpet as if being summoned from the recesses of Armstrong's memory (some of it courtesy of local trumpeter Jim Hacker).

It's well worth the chance to sit down and visit with the inner soul of a man who we thought we knew, but didn't. ■

— "Satchmo at the Waldorf" runs through June 12 at Palm Beach Dramaworks, 201 Clematis St., West Palm Beach; 514-4042 or palmbeachdramaworks.org.

— Bill Hirschman is editor of Florida Theater On Stage. Read him at florida-theateronstage.com.



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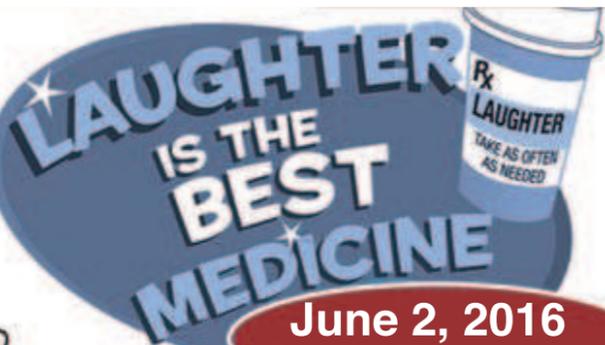
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HAPPENINGS

From page 1

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“Pairings” is back

Foodies should prepare to bank some extra calories for May 26, when the fifth annual Pairings Food & Wine Event takes place at restaurants and retailers in downtown West Palm Beach.

From 5:30-9 p.m., ticketholders can visit nearly two dozen local businesses where they'll enjoy signature bites, specialty cocktails, giveaways, and live entertainment.

Pairings is presented by the West Palm Beach Downtown Development Authority. Participating business include Bar Louie, CStreet Café, Duffy's Sports Grill, ER Bradley's, Ganache Bakery Café, Hookah Inn Lounge, Hullabaloo, Leila, Les Rendez-vous, Liberty Bookstore, Longboards, Oh My Chocolate, O'Shea's, Palm Beach Dramaworks, Palm Beach Segway Tours, Rocco's Tacos, Sanctuary Salon & Spa, Starbucks, Tin Fish, and Ultima Downtown.

Tickets are \$25 in advance, \$30 the day of the event. A portion of the proceeds benefits Families First Palm Beach County. Buy tickets in person at the DDA at 301 Clematis St., No. 200, at the SunFest office, 525 Clematis St., West Palm Beach, or online at downtownwpb.com. For more information, call 833-8873.

Baby Boomers, 'Hair' returns!

The award-winning rock musical “Hair” returns to the stage in West Palm Beach when MNM Productions stages a run of 20 performances from May 20 to June 5 at the Kravis Center's Rinker Playhouse in West Palm Beach.

This is MNM's third production, and co-founders Marcie Gorman and Michael Lifshitz again handed the reins to director-choreographer Kimberly Dawn (KD) Smith, who had directed MNM's production of “A Chorus Line.” Paul Reekie reprises his role as musical director, which he played in last summer's production of “Side By Side By Sondheim.”

The show brings some of South Florida's best known performers back to the Rinker Stage, including veterans Mike

Westrich, Michael Scott Ross, Alexa Baray and Fo'i Meleah.

A special preview performance of “Hair” takes place at 7:30 p.m. May 19, and all proceeds benefit Adam Hewko, the 28-year-old North Palm Beach resident who suffered a serious brain injury in a car accident last year, for his long-term medical care and physical therapy. Tickets are \$75.

For the rest of its run, show times are 7:30 p.m. Tuesday through Saturday, with matinees at 1:30 p.m. Wednesday, Saturday and Sunday. Tickets are \$45.



Rose Max

COURTESY PHOTO

Call 832-7469 or visit kravis.org.

Cast announcement

Palm Beach Dramaworks recently announced the cast of its upcoming production of “1776.” The award-winning musical will run July 1-24 at the Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach.

The cast will feature James Berkeley, Gary Cadwallader, Clay Cartland, Michael Collins, Dennis Creaghan, Kevin Healy, Laura Hodos, Matthew Korinko, Mallory Newbrough, Nicholas Richberg, Troy Stanley, Sandi Stock and Shane Tanner.

Craig D. Ames is the musical director, and Michelle Petrucci is choreographer and assistant director. Scenic design is by Michael Amico, costume design is by Brian O'Keefe, lighting design is by John Hall, and video design is by Sean Lawson.

Performances will take place at 8 p.m. Wednesday through Saturday, with matinees at 2 p.m. Wednesday, Saturday, and Sunday. Tickets are \$65. Tickets for the specially-priced previews on June 29 and 30 are \$45. A limited number of student tickets are available for \$10.

For more information, call 514-4042 or visit palmbeachdramaworks.com.

PUZZLE ANSWERS

A	F	L	A	M	E	A	L	P	H	A	B	I	G	F	E	L	L	A	
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May 13 - June 12, 2016

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- ACROSS**
- 1 Blazing
 - 7 Greek vowel
 - 12 Alternative to "mac" or "bud"
 - 20 One offering hush money
 - 21 Tons
 - 22 Mayonnaise, butter or mousse
 - 23 Thing pushed by a flight attendant [left hand]
 - 25 Unimportant matter
 - 26 Atop, to poets
 - 27 Not keep in
 - 28 Plant that's a drug source [right hand]
 - 30 Dog-paddles [left hand]
 - 35 Upfront stake
 - 36 Date steadily
 - 37 "How Do I Live" singer
 - 38 Full of frost
 - 40 — chi
 - 43 Sore
 - 46 Mama's man
 - 48 One on the same squad
 - 53 Ziploc product [left hand]
 - 56 Fashion designer with the "3.1" label [right hand]
 - 58 Greene of "Bonanza"
 - 59 People
 - 61 Dial and Zest
 - 62 "That's —" ("Negative")
 - 63 Minnelli of "Cabaret"
 - 65 "... — gloom of night ..."
 - 66 Double curve
 - 67 Hand over formally
 - 69 Typing (and the theme of this puzzle)
 - 74 Orient
 - 78 Charlotte of sitcoms
 - 80 Telecast
 - 81 Excavates
 - 83 "No noise!"
 - 84 Rigging poles
 - 87 Spike heels
 - 91 Autumn bloomer
 - 93 University in San Marcos [left hand]
 - 95 Hit song from a Leslie Caron film [right hand]
 - 97 Recorded in advance
 - 98 Light beams
 - 100 English Channel swimmer
 - 101 Gertrude
 - 102 Vote in favor
 - 102 Fast WWW hookup
 - 103 Astronomer Tycho who coined the term "nova"
 - 105 Tennis unit
 - 108 Manage OK
 - 111 "What I think is ..." [right hand]
 - 117 Strike zone, say [left hand]
 - 121 Boat blades
 - 122 Livy's 1,006
 - 123 Software clients
 - 124 American violet [right hand]
 - 129 Diverges
 - 130 Develop
 - 131 Bassett of "Notorious"
 - 132 Thin quality
 - 133 See 29-Down
 - 134 Limy cocktail
 - DOWN**
 - 1 Chief monk
 - 2 More relaxed
 - 3 Book, in Nice
 - 4 1860s prez
 - 5 Sea, in Nice
 - 6 History topic
 - 7 Sci-fi hominid
 - 8 Lawful
 - 9 Entrée holder
 - 10 The woman
 - 11 Re
 - 12 Country in West Africa
 - 13 Folder's call, in poker
 - 14 Dull bluish-gray color
 - 15 Freak (out)
 - 16 Bygone U.S. gas brand
 - 17 Some speech flaws
 - 18 Jeweler's magnifier
 - 19 Not bat —
 - 24 Ball dress
 - 29 With 133-Across, amounts that rise with raises
 - 31 Non-earthing
 - 32 Actor Washington
 - 33 Very wise
 - 34 Put a tear in
 - 39 Hostage holder, e.g.
 - 41 Wrong
 - 42 Force (upon)
 - 43 Insurer with a duck icon
 - 44 Witchy woman
 - 45 Judean king
 - 46 Hole number
 - 47 Epoch
 - 48 Cravat, e.g.
 - 49 Lofly trains
 - 50 Carte lead-in
 - 51 Gratuity
 - 52 Letters before ens
 - 54 Bulldoze
 - 55 Donkey's cry
 - 57 Bovine bunch
 - 60 Kind of drum
 - 64 1950s prez
 - 66 Nest nugget
 - 68 Galley goofs
 - 70 Angling need
 - 71 NHL team
 - 72 Revered one
 - 73 Not yet final, in law
 - 75 In motion
 - 76 Snail coverer
 - 77 Piercing pain
 - 79 Appraise
 - 82 Gave a quick greeting
 - 84 Indy sponsor
 - 85 Part of mpg
 - 86 Log chopper
 - 87 — -Foy, Que.
 - 88 Iota
 - 89 "Love — neighbor ..."
 - 90 "— a shame"
 - 92 Actor Martin
 - 94 Watch a sports event
 - 96 Vault
 - 99 Liston fighter
 - 102 Poor grade
 - 103 "77 Sunset Strip" actor
 - 104 Edd
 - 104 Optimistic
 - 105 Earring types
 - 106 Studio prop
 - 107 Fountain in Rome
 - 109 Caravan layover sites
 - 110 Iron
 - 112 Perfectly pitched, in baseball
 - 113 Parson's estate
 - 114 Motivate
 - 115 Future seed
 - 116 Bite gently on
 - 118 Forbidding
 - 119 "My People" writer
 - 120 Abba
 - 120 Partially open
 - 125 "... — mouse?"
 - 126 Spree
 - 127 One: Prefix
 - 128 "Gigi" studio

SEE ANSWERS, B11

HOROSCOPES

TAURUS (April 20 to May 20) Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.

GEMINI (May 21 to June 20) Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.

CANCER (June 21 to July 22) Unsettling news creates a difficult but not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.

LEO (July 23 to August 22) Lick your wounded pride if you like, but it's a better idea to find out why your suggestions were rejected. What you learn could help you deal with an upcoming situation.

VIRGO (August 23 to September 22) Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.

LIBRA (September 23 to October 22) Taking time out of your busy schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.

SCORPIO (October 23 to November 21) Insist on full disclosure by all parties

before agreeing to be part of a "great deal." What you learn should help you decide whether to go with it or not.

SAGITTARIUS (November 22 to December 21) Your decision to protect the secret that was entrusted to you might irk some people. But it also wins you the admiration of those who value trust and loyalty.

CAPRICORN (December 22 to January 19) Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice from someone experienced in this area.

AQUARIUS (January 20 to February 18) If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.

PISCES (February 19 to March 20) A workplace situation could get stormy. But stay on course until there's a solution that meets with everyone's approval, and things finally can calm down.

ARIES (March 21 to April 19) Although you would prefer to move forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.

BORN THIS WEEK: You keep an open mind on most matters, making you the confidante of choice for people who need your honest counsel. ■

By Linda Thistle

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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

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BALLET

From page 1

people to photograph. They are physically beautiful and they're also fierce and creative and they're used to telling stories with their bodies," he said by phone from Los Angeles.

He only had a short time with the dancers.

"All those were taken in one weekend and are a testament to the amazing skills of the dancers," Mr. Matter said. "There was no plan. I would look at the location and I would find inspiration for the photo in the environment and with the dancers themselves. It was a very collaborative experience."

The weekend was in July, with "drenching horrible heat all day," he recalled.

But you would never know it by the photographs. The dancers look flawless. The only clue of the heat, the brightness of the sun reflected off the water.

The Miami skyline, South Beach and Vizcaya and the Wynwood art district are the familiar Miami scenes featured in the photos.

And there is much humor as well. One dancer leaps over a little girl on a scooter on a boardwalk, another is astonished by catching a fish off the coastline.

"There should be humor in dance and there should be humor in photography," Mr. Matter said. "We're always looking for a story and a fun one, something that's very relatable to everybody's life."

A family of three, including a very tiny dancer doing an arabesque, read a book together in a book store, three ladies stroll the avenue after shopping, brightly colored shopping bags in hand, two friends spend time on a beach boardwalk on a bright and sunny day smiling at something wonderful in the distance.

And in another photo, an elegant lady carries a drink in her hand during an evening stroll. Her dress is delicate and demure but her legs show the prowess and strength of an athlete.

"That was a very elegant Miami party kind of scene," Mr. Matter said. "Her calf muscles were crazy."

For the photograph of the dancer leaping over the little girl on the scooter, there was also a bit of "serendipity" involved.



PHOTOS COURTESY OF JORDAN MATTER

Miami City Ballet dancer Andrei Chagas in an image by Jordan Matter.

Mr. Matter saw the little girl and asked the dancer if he could leap over her.

"He nailed it. He jumped and she was right in the center," he remembered.

"They did the shot 10 more times, but "it was never as good as that first one."

In one of the first photos of the shoot, Mr. Matter captures a blond, female dancer doing an arabesque in the water at sunset, a trail of water behind her.

"There's only a moment before it's done," Mr. Matter said of the sunset photo.

What sets the Miami City Ballet dancers apart from the other dancers he has worked with?

"I've shot around the world now. What I love about the Miami City Ballet, they are a particularly beautiful, and particularly enthusiastic and collaborative company," Mr. Matter said.

And the dancers worked for free.

"Some would stay for the entire day," Mr. Matter said. "They were overly enthusiastic to the point that they inspired me."

in the know

>> **What:** Photographer Jordan Matter's "Dancers Among Us"

>> **When:** Through June 4. The gallery is open Tuesday through Saturday from 10 a.m. to 5 p.m.

>> **Where:** The Cultural Council of Palm Beach County, 601 Lake Ave. in Lake Worth.

>> **Cost:** Free

>> **Info:** 471-2901 or palmbeachculture.com.

"It was an exciting, magical weekend where we all understood we were trying to create something special," he said.

The dancers' energy and enthusiasm are evident in the photos.

"Jordan captured the essence and spirit of the ballet company, as well as the individual essence of each dancer — their energy, grace and beauty," said Nichole Hickey, manager of artist services at the Cultural Council.

The city of Miami also is a character of sorts in these images.

"He really does capture Miami with these photos, with the vibrance and the colors and the way the sun hits in the day scenes," Ms. Hickey said.

Of the 20 Jordan Matter photos provided to the Cultural Council, Ms. Hickey chose to exhibit 17 photos with the most sun-soaked beach and city scenes and brilliant skies at sunrise and sunset.

"They are so individual in themselves," she said of the 17 photos showcased in the exhibit. "But you can see the artistic vision. They're very fun and very accessible pieces and very affordable."

Proceeds from Mr. Matter's collaboration with the Miami City Ballet benefit the ballet's Career Transition Fund, which aids dancers who have devoted a significant portion of their careers to the ballet company with financial support as they move to the next stage of their lives and careers. ■

BASEBALL

From page 1

The combination of charity work and athleticism is all about getting sports-minded kids more involved in giving back, tournament organizers say.

According to Marty Gonzalez, who runs the tournament, participation has grown from about 12 teams the first year to an expected 50 teams this year. Mr. Gonzalez is the national recruiting director for SACSNS.

"It's cool to see it grow," Mr. Gonzalez said. "Last year we had teams come from as far as Jacksonville. This year we have teams from Palm Beach, Broward, Martin and Dade counties."

Participating teams this year include the FTB Rockets, Palm Beach Select, Scorpions South, Palm Beach Prime and PBC Elite, among others.

Doing things that mattered outside the baseball diamond was of great importance to Frank Torre Sr., which is why this tournament focuses on community giving, Mr. Gonzalez said.

"We started SACSNS and it has really blossomed. The Torre tournament is part of it," Mr. Gonzalez said.

Frank Torre said the tournament's goal is to motivate today's youth to get involved.

"Each year we see more and more involvement with the families and the players. We hope ... that the kids come



COURTESY PHOTO

Action at a past Torre baseball tourney at Roger Dean Stadium in Jupiter.

away with an experience which helps build character and leadership."

The event helps local causes like the Peggy Adams Animal Shelter, the Palm Beach County Food Bank and also promotes such SACSNS program messages as "Athletes Don't Bully" and "I choose not to abuse," Mr. Torre said.

"It's been win-win," Mr. Torre said. "Great facilities, thanks to the support of Roger Dean Stadium and Alex Inman, and great competition thanks to prestigious summer

programs such as the Scorpions, FTB Rockets, Palm Beach Select, Palm Beach Shockers and SF Clippers, to name a few."

Martha Ann Kneiss, spokeswoman for the Palm Beach County Food Bank in Lantana, said food donations that come from events like the baseball championship are critical. The Food Bank distributes approximately 5 million pounds of food annually in Palm Beach County and still falls short, she said.

"The food we receive is distributed to

in the know

>> **What:** Fourth annual Invitational Torre Baseball Championship

>> **When:** 3:30 p.m.-10 p.m. May 20, 8 a.m.-10 p.m. May 21 and 8 a.m.-4 p.m. May 22

>> **Where:** Roger Dean Stadium complex, 4751 Main St., Jupiter

>> **Admission:** Free, with suggested donation of pet supplies and canned goods

>> **Info:** 301-2765 or torrebaseball.org.

more than 105 agencies in Palm Beach County so all of it stays right here in Palm Beach County," Ms. Kneiss said.

And for organizations like the Peggy Adams Animal Rescue League, the much-needed donations help save animal lives.

"We are extremely grateful they have included Peggy Adams Animal Rescue League in this event," said Rich Anderson, the group's executive director and CEO. "Any food that is donated to us will be used in our food bank — Peggy's Pantry — and that program in 2015 alone benefited more than 10,000 pets in our community."

The pantry is a free pet food bank available to pet owners when they are struggling financially to get by and can't afford food for their pets, Mr. Anderson said.

"It's a very important program in our community because often people have to choose between keeping their pet or giving it up because they can't afford to buy food. The program helps keep animals out of shelters." ■

FLORIDA WEEKLY CUISINE

Jardin cultivates lunch, plus dining in Delray, brew passes



Jardin, the new Clematis Street eatery from newlywed chefs **Jordan Lerman** and **Stephanie Cohen**, is now open for lunch from 11 a.m. to 2 p.m. Dishes from the dinner menu transitioning to lunch include the crispy hummus with shaved chorizo and lemon aioli and the crispy cauliflower, served with maple yogurt, Vadouvan cashews, and grapes. Lunch-time exclusives include salmon tartar and the tomato and burrat mini-salad.

Soups — cucumber gazpacho and tomato soup with gruyere toast — and salads — roasted spring salad or the steak salad garnished with fries — can go light or decadent.

Sandwiches include the duck choripan, the crispy chicken sandwich, the pork belly BLT and the 330 burger.

Late night diners can stop by for “after-hours grub” from 10:30 p.m. to 2 a.m. Thursday through Saturday.

Jardin is at 330 Clematis St. in downtown West Palm Beach. Info: 440-5273 or jardinrestaurant.com.

Tryst marks American Craft Beer Week

Through May 22, **Tryst** is planning some giveaways and food specials to celebrate **American Craft Beer Week** with its partners, **Saltwater Brewery** and **Funky Buddha Brewery**. A nightly Happy Hour lasts until 7 p.m. They’ll



COURTESY PHOTO

Banko Cantina has opened on South Olive Avenue in downtown West Palm Beach.

also be serving rarer brews, like Dogfish Head 120, called the king of hoppy beers with an 18 percent alcohol content.

Tryst is at 4 E. Atlantic Ave., just east of Swinton Avenue, in Delray Beach. Info: 921-0201 or trystrestaurant.com.

Gnocchi, anyone?

Chef **Nick Morfogen** of **32 East** will step out of the kitchen for a “gnocchi cooking demonstration and dinner.” The tasting begins with hors d’oeuvres that include crispy shrimp with arugula, citrus aioli and fresno chile and wood-fired prosciutto-wrapped medjool dates with Swank upland cress, crucolo cheese, spiced gastrique and barbecued pecans.

The chef will prepare the “gnocchi alla Sorrentina” while you watch and serve

it as the first course. For the second course, diners have a choice of three dishes — one fish, one chicken and one beef. Dessert is chocolate hazelnut mousse, candied hazelnuts and chocolate crunch.

Chef Morfogen says these “pop-up classes” are a lot of fun. Tickets are \$75. Reservations required; 276-7868. 32 East is at 32 E. Atlantic Ave., Delray Beach.

Get your Brew Pass

Discover The Palm Beaches is offering the new **Discover Brew Pass**, which allows you to sample a glass or pint of beer at five destinations — **Accomplice Brewery & Ciderworks**, **Barrel of Monks**, **Due South Brewing Co.**, **Tequesta Brewing Company** and

Twisted Trunk Brewing — for \$15 per person. The pass must be used within 14 days of its first use. Get yours at palmbeachfl.com/discover-brew-pass.

New restaurant a slam dunk?

Former NBA superstar **Michael Jordan** is one of 13 owners investing in a 325-seat restaurant on the Loxahatchee River expected to open by the end of 2017. Other investors include **Ira Fenton**, and former **New York Giants** running back **Tucker Frederickson**.

The 18,000-square-foot restaurant will be built on the former **Charley’s Crab** and **Brix** site, just north of Burt Reynolds Park, and will be called **1000 North**. It will have outdoor seating overlooking the **Jupiter Inlet Lighthouse** and accessible by car and boat. A dock and boat slips are planned.

Banking on Mexican in WPB

Banko Cantina, a Mexican restaurant and tequila bar, has opened at 114 S. Olive Ave. in downtown West Palm Beach, in a 1921 landmark building that once was home to the American National Bank.

The three-level, 13,000-square-foot restaurant has a rooftop bar, lounge, private dining space and 130 seats in the main dining room.

Chicago restaurateur **Sam Sanchez** co-owns Banko Cantina. Chef **Seth Kirschbaum** serves as the executive chef, with **Eddie Estevez** serving as general manager.

The owners of Banko Cantina also own **John Barleycorn**, **Moe’s Cantina** and **Old Crow Smokehouse**. Visit bankocantina.com. ■

VINO

France’s Guigal family aim to make high quality, organic wine



In many ways, winemaking can be very much of a family business. A lot of people get born into it, like Piero Antinori in Italy, whose family has been making wine for over 700 years, and who owns an impressive chunk of downtown Florence. The Mondavis are another good example.

We might not be that familiar with family dynasties in other countries, but in France, the Guigals should certainly come to mind.

In a recent interview, Phillipe Guigal told me a bit about his family’s (fairly recent) history. But because they have their name on a hilltop in the Northern Rhône, and they produce wines at prices that run from great values to you gotta be kidding me, the wines, and the people who make them, deserve our attention.

“We are a relatively young company,” says Phillipe.

The story begins with his grandfather, Etienne Guigal, who founded the firm in 1945. Later, he handed the company over to his son Marcel, Phillipe’s father, who celebrated his 55th vintage last year.

In the Northern Rhône, the major traditional red grape is Syrah, and pretty much only Syrah, from vineyards in Côte-Rôtie, Saint Joseph, Hermitage and Crozes-Hermitage. The Guigals make

whites from the heritage Viognier, Marsanne and Roussanne grapes. Phillipe is adamant that the family makes wine only in this region.

“We feel that we could not control the quality in the way that we want if we tried to make wine in another region in France, let alone another country.”

At the age of 22, Phillipe took over as winemaker for the family business. That was almost 20 years ago, and he carries on what he calls his grandfather’s “simple vision”: to make the highest quality wines possible, farming organically and without pesticides.

And even though many of the Guigal single vineyard offerings, like La Turque, La Mouline and La Landonne (known in the wine world as “The La-Las”) will hit you for over \$300 a bottle, many others, like those reviewed below, are available at extremely attractive prices.

“We are the birthplace of two of the great red grapes in the world: Syrah and Grenache,” states Phillipe. “These have been brought to other parts of France and the world, and we love many versions and interpretations, but truly the Rhône Valley is the home of these grapes.”

While Bordeaux has Cabernet and Merlot, and Burgundy has Pinot Noir, the Rhône Valley has its own unique traditional varietals that age beautifully, but can be enjoyed at a young age as well.

Unlike many producers, the Guigals tend to hold their wines for quite a while before releasing them.

Says Phillipe, “When you have great

material, time is the key for the elements to come together, and for complexity to develop. Our wines are drinking at an optimum level when they are released. That is one of the major reasons consumers come back to our wines again and again.”

I’ll come back to these wines as long as you’ll let me ...

■ **E. Guigal Côtes du Rhône Blanc 2014** — The Northern Rhône is most famous for its Syrah-based reds, and whites represent a mere 2 percent of all production. But the whites from this area have their own special attraction. This example is 65 percent Viognier, with touches of other traditional (though somewhat obscure) white varietals like Clairette and Bourboulenc. There are tropical notes of kiwi, honeysuckle and white pear, balanced by pronounced minerality. WW 90. A steal at around \$10.

■ **E. Guigal Côtes du Rhône Rosé 2014** — Based on Grenache and Cinsault, this wine is very fruit forward for an Old World style, with flavors of light red fruits, like strawberry and raspberry. Extremely refreshing, so stock up for summer. WW 89. About \$12.

■ **E. Guigal Côte Rôtie Brune et Blonde** — This wine comes from the heart of the Northern Rhone, however space does not permit me to tell the whole story of why the area has such a strange name. If you’re interested, write and ask me. This is a full-bore Syrah,

enhanced with just a touch (4 percent) of Viognier. A very well-balanced wine with bold black fruit, a hint of characteristic black pepper, along with smoke, vanilla and caramel notes that come from the 36 months the wine spent in oak. A favorite. WW 94. \$50

Ask the Wine Whisperer

Q. Why do some red wines make my mouth feel all dry and puckered?

— Steve P., Fort Myers

A. Red wines have a component called “tannin,” which comes from the skins, stems and seeds of the grapes when they’re crushed. Tannin is not a flavor; it’s a critical wine component that provides structure. But tannic young red wines — and even older ones — may make you feel (in the words of W.C. Fields) like the Russian army marched through your mouth in stocking feet. Tannins diminish and integrate into other flavor components over time, which is why we cellar the big reds. You can also minimize that “puckery” feeling by decanting the wine, pouring it through an aerator, or accompanying it with salty foods. ■

— Jerry Greenfield is *The Wine Whisperer*. He is creative director of Greenfield Advertising Group, and his book, “Secrets of the Wine Whisperer,” is available through his website or on Amazon. Read his other writings on his website, winewhisperer.com.

FLORIDA WEEKLY CUISINE

In the kitchen with...

MARIA ABBENANTE, Lynora's, West Palm Beach

BY STEVEN J. SMITH
ssmith@floridaweekly.com

There is virtually nothing Maria Abbenante doesn't know about Italian cuisine and as chef and owner of Lynora's in West Palm Beach, she brings her family's culinary traditions to the table every day.

"I knew I wanted to do this since I was a little girl," she said. "I started out making homemade pasta with my grandmother, Lynora, when I was about 6 years old. She had a family restaurant and I worked with her until I came to America."

Originally from the tiny Italian island of Ponza, Chef Abbenante and her husband, Raffaele, immigrated to New York City in 1972 then moved to South Florida two years later, selling pizza by the slice in Lake Worth. By 1976, the small family pizza shop evolved into an Italian dining destination in Lake Worth where Chef Abbenante used her grandmother's Italian recipes and culinary secrets of traditional Italian cooks to prepare dishes. For more than 35 years, the Abbenante family served thousands at Lynora's in Lake Worth.

In 2004, the Abbenantes closed the restaurant with the intention to retire, but in 2014, when presented with another opportunity, they opened the next generation of Lynora's with their son, Angelo, on Clematis Street in West Palm. Today, Lynora's combines its Old World recipes with new fusion dishes that Chef Abbenante still prepares by hand, redolent with the full flavors of Italy.

"Everything we use is fresh and organic," she said. "Raffaele goes shopping every day and he makes the mozzarella, the cheeses, the bread. Everything is natural. Our sauces are the way my grandmother Lynora made them and we do very little frying."

Chef Abbenante said she gets the inspiration for menu items from her family's trove of recipes, plus experiments she conducts in the kitchen on a regular basis. One signature dish is the Pasticcio Bolognese (\$22), which combines crepe lasagna, Bolognese sauce, fresh mozzarella and béchamel, baked in a wood-burning oven. Another is the Pollo Alla Lynora (\$24), consisting of



COURTESY PHOTO

Maria Abbenante, chef and owner of Lynora's, brings a lifetime of experience in the kitchen to her West Palm Beach restaurant.

sautéed chicken, ham, fresh spinach and mozzarella in veloute sauce with a side of risotto.

"We are also very well known for our meatballs," she said. "They're made with veal, beef and pork, all butchered and ground by Raffaele. The dish is called Polpetta Della Casa (\$10) and comes with classic marinara and house-made ricotta, but every Monday is Meatball Monday at Lynora's, where they are \$2 each and are served with a side of our homemade ricotta."

When she's home, Chef Abbenante admitted she cooks pretty much the way she does in her restaurant, except maybe she experiments a little more.

"Last week, I created a new pasta dish," she said. "It's a sheet pasta made with eggs and layered with escarole or romaine, with prosciutto or maybe some ham with mascarpone cheese, which I mix with gorgonzola. I put fresh mozzarella inside and I roll it, then top it with pesto made from fresh basil from my own garden. You must try it."

Maria Abbenante

Age: 57

Original Hometown: Ponza, Italy

Restaurant: Lynora's, 207 Clematis St., West Palm Beach, 899-3117, lynoras.com.

Mission: To serve homemade traditional Italian food to every guest with gracious, thoughtful service.

Cuisine: Italian

Training: Has been working in the restaurant business since she was a child.

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

What advice would you give someone who wants to be a restaurateur or chef? "You need to dedicate your life to this. It takes a lot of heart, a lot of sacrifice and a lot of hours, so you really need to love doing it." ■



COURTESY PHOTO

Cabo Flats offers Mexican and South of the Border-inspired fare at CityPlace.

SCOTT'S THREE FOR **3** Places at CityPlace A trio worth noting

1 BROTHER JIMMY'S BBQ

700 S. Rosemary Ave. No. 232, 619-5604 or brotherjimmys.com.

If the breeze is right, you can smell the smoky essence of Brother Jimmy's from just about anywhere at CityPlace. The menu promises everything from country catfish, served griddled or fried, plus barbecue ribs, wings and other casual fare. The motto is, "Put Some South In Yo Mouth!" With items like the Dixie Hoe Cake, it may just deliver.

2 CABO FLATS

550 S. Rosemary Ave., No. 160, West Palm Beach; 249-2818 or caboflats.com.

Local chain Cabo Flats closed its Palm Beach Gardens location and moved to Jupiter. It also opened in Delray Beach and at CityPlace, where it has continued its Mexican cantina theme with menu items ranging from lunch and brunch to happy hour and dinner. The Mexican grilled cheese was a winner, though decidedly north of the border, with its base of challah bread that held a blend of cheeses, bacon, roasted garlic and tomato aioli.

3 BURGER & BEER JOINT

550 S. Rosemary Ave., No. 158, West Palm Beach; 366-7188 or bnbjoint.com/westpalm-beach/

This six-restaurant chain began in Miami Beach in 2009 and opened at CityPlace earlier this year, with an emphasis on burgers, beer and fried food. You could go for the fried green beans or pickles, but we'd love to see the person who has the guts (literally) to consume a 10-pound Motherburger.

— Scott Simmons

THE DISH: Highlights from local menus

The Dish: Peel and eat shrimp

The Place: Waterway Café, 2300 PGA Blvd., Palm Beach Gardens; 694-1700 or waterwaycafe.com.

The Price: \$7 at happy hour

The Details: Happy hour at Waterway Café may be one of the best values anywhere. A group of three of us feasted like royalty on Caprese salads, pot stick-

ers and Thai-style wings.

But sometimes, the simplest items are best, especially when they're done right.

The peel and eat shrimp was a generous dish of shellfish, all cooked until tender.

It was only \$7, with enough for leftovers. There's nothing shrimpy about that. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

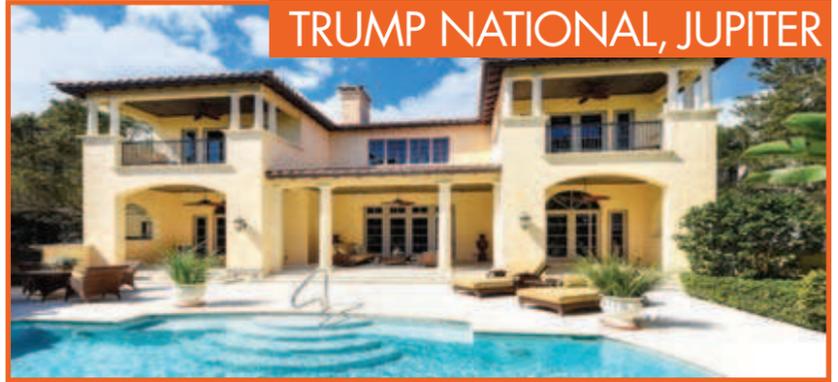
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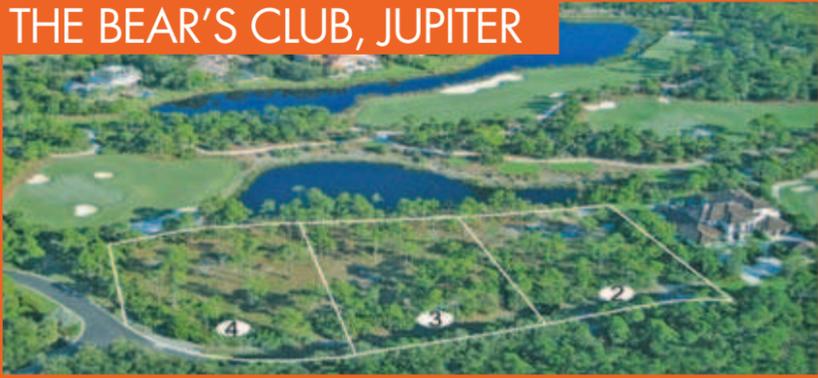
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Views of 8th Hole | East Exposure | 5BR/5.2BA | 5,479 SF | \$3.149M

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OCEANFRONT, JUNO BEACH



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

SAN MICHELE, PBG



1-Story w/Pool | Cul-de-sac | 4BR/5.1BA | 4,043 SF | \$1.350M

STEEPLECHASE, PBG



Luxury Lakefront Home | 1+Acres | 5BR/4.2BA | 5,361 SF | \$1.249M

BAY HILL ESTATES, WPB



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

BOTANICA, JUPITER



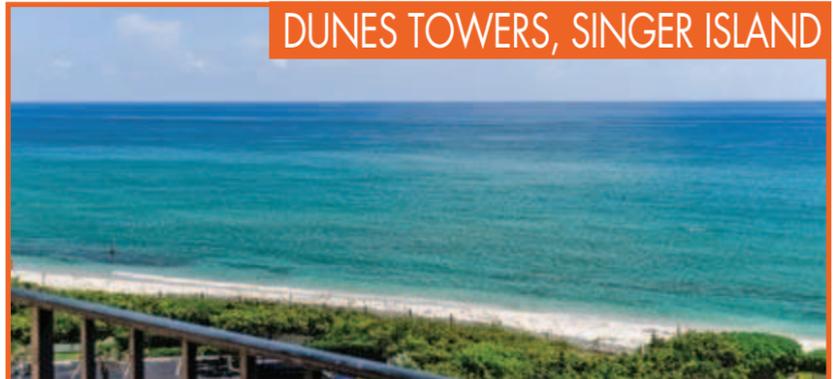
Brand New | 5BR/4BA w/Guest House | 3,685 SF | \$759,000

VERSAILLES, WELLINGTON



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

DUNES TOWERS, SINGER ISLAND



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



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MAY 2016

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

When it's time for Mom or Dad to quit driving | C2

Treatment of recurring urinary tract infections | C5

Dealing with arthritis pain | C6



COURTESY PHOTO

After a stroke patients who may have difficulty swallowing get assistance.

After a stroke

Keys to surviving and thriving



Michael
Collins, MD

MEDICAL DIRECTOR,
EMERGENCY SERVICES
JUPITER MEDICAL CENTER

SUCCESSFUL RECOVERY FROM A STROKE is all about getting the right care at the right time. Many people are not aware that only some hospitals are designated stroke centers that are equipped to rapidly identify and treat acute stroke patients. This is an important message that more Americans need to understand as it reinforces the need to get to the most appropriate hospital quickly.

Jupiter Medical Center is proud to be a Joint Commission Certified Primary Stroke Center. This certification is recognized nationwide as a symbol of quality. Hospitals with Primary Stroke Centers

SEE STROKE, C4 ►

Tips for when it's time for Mom or Dad to hang up the keys

Sometimes our parents reach a point where it is no longer reasonably safe for them to continue to drive. Diminished vision, slowed reflexes and impaired judgment can make driving hazardous —hazardous not only to the elderly driver but also to passengers, pedestrians and other drivers.



Irv Seldin
PRESIDENT,
VISITING ANGELS OF
THE PALM BEACHES
561-328-7611

In addition, when an elderly person develops cognitive difficulty and memory loss, there is a risk of getting lost in unfamiliar surroundings. We've all seen "Silver Alerts" on the highway and heard reports of older drivers found on the other side of the state or driving

until they run out of gas.

Determining when your parent should no longer drive and, equally important, persuading Mom or Dad to take that step can be challenging. Here are some tips to make the process easier.

The car is a powerful symbol.

First, recognize that for an older person the car is a powerful symbol of independence and freedom. The prospect of losing the ability to drive is often seen as a threat to self-esteem and the sense of being in control. For this reason, be very sensitive and respectful in talking with Mom or Dad about giving up driving.

Maintain trust.

Second, try to maintain a sense of



trust in your relationship. Be honest and persistent and encourage Mom or Dad to make the decision to reduce or stop driving, depending on the circumstances.

Offer an alternative.

Third, always offer an alternative solution to getting out and getting around. Your parent might fear becoming isolated and unable to visit friends, go shopping or get to appointments. Talk to other family members and friends about arranging to take turns driving your parent where they want to go. Using local transportation services can also be a substitute. Most senior home care companies in this area offer transportation services for elderly clients.

Involve a physician.

Fourth, if you can't reason with Dad or Mom, it is a good idea to get his or her physician involved. Your parent might accept the judgment of a medical professional over that of a son or daughter. This approach also has the advantage of taking a son or daughter out of the blame equation. Physicians have reporting requirements to the state if they consider a patient to be unsafe to drive.

Use technology.

Fifth, if you determine that Mom or Dad can drive safely as long as they stay on familiar routes and relatively close to home, there are new technologies that can

be installed on their car to alert you over the internet when they drive outside a defined perimeter. You can also enroll in the state's Silver Alert system at floridasilveralert.com. The Palm Beach County Police Chiefs Association and Alzheimer's Community Care are two local agencies that participate in this program.

Don't take chances.

Finally, if you genuinely believe that it is dangerous for your parent to continue to drive, do not procrastinate or delay taking action. You have an obligation not only to them but to others whom they might put at risk. ■

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Health benefits of golf come to fore

THE UNIVERSITY OF FLORIDA

The health benefits of golf are many.

Here are some of them:

■ **Exercise** — Playing once a week gets you four to eight miles of walking exercise, which is good for your heart and lungs. A round of golf burns about 1,000 calories if you carry your clubs.

■ **Bone health** — Weight-bearing exercises are good for your bones. Carry your clubs when you walk.

■ **Stress reduction** — A round of golf gets the blood flowing and increases your heart rate.

■ **Brain power** — Studies have shown

that new brain cells are created and more oxygen is pumped to the brain when you are active in some aerobic exercise. Your brain can be the best club in your bag, or it can be your Achilles heel. Give it oxygen and use it.

■ **Vitamin D** — Vitamin D is essential for strong bones and it regulates the amount of calcium and phosphorus in the blood. Your body can make all that it needs of this vitamin from sunshine. Take a walk and let your body do the work.

Golf is great game that can be played for a lifetime.

See any local PGA professional to make your game more enjoyable. ■



Find out what your annual physical may not reveal!

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Early detection is key to vascular disease protection. Warning signs of vascular disease often go unnoticed. There are simple, painless tests that can help prevent a stroke, abdominal aortic aneurysm and peripheral arterial disease. If you are over the age of 50, are overweight, have high blood pressure, high cholesterol, diabetes or heart disease, and rarely exercise, you may be at risk. Get screened.

- Stroke carotid artery – **\$80**
- Abdominal aortic aneurysm – **\$80**
- Peripheral arterial disease – **\$80**
- Vascular package: all three exams – **\$180**

For your convenience, screenings are available at:

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Appointments are required.

Call Gail Cooper-Parks, RN, Health & Wellness Navigator at 561-263-4437.

Learn more at jupitermed.com/screening-tests

STROKE

From page C1

demonstrate improved treatment times for stroke care and better outcomes. The longer treatment is delayed, the greater the likelihood of damage to the brain — damage that can lead to long-term disability or even death.

Stroke team

Our multidisciplinary stroke team includes board-certified emergency medicine physicians, neurologists, interventional radiologists, nurses, occupational therapists, physical therapists, speech therapists, case managers, social workers, dietitians, laboratory personnel, pharmacists and a stroke program coordinator. Our stroke team strikes back, 24 hours a day, seven days a week.

Rehabilitation: The road to recovery

Once the crisis has passed, the road to recovery lies ahead. Recovering from a stroke can be a lengthy process that requires patience, hard work and commitment. In most cases, recovery can begin after doctors have treated any life-threatening conditions and taken steps toward preventing further complications and another stroke. This means that rehabilitation may start during your initial hospital stay. Starting the recovery process as early as possible can increase your chances of regaining lost brain and body function.

Early evaluation and treatment by an entire rehabilitation team is critical to achieving maximum quality of life after a stroke. The team should include physical therapists who work to help the patient achieve maximal motor control and



COURTESY PHOTO

Indoor heated pool is ideal for stroke patients dealing with balance issues.

strength for walking and balance. Occupational therapists help the patient regain hand and arm functionality to manage daily activities, such as bathing, dressing, writing or cooking. They can also address safety issues in the home by suggesting changes or proper home equipment. Finally, speech-language pathologists assess cognitive and communication difficulties and help the patient regain speaking, listening and writing abilities

as well as comprehension. They also assist patients who may have difficulty swallowing after a stroke.

Jupiter Medical Center not only has a comprehensive rehabilitation team, the Medical Center offers specialized equipment and programs including:

- LiteGait is a body weight support system used with or without a treadmill. The LiteGait frees the therapist to observe gait patterns and make manual adjustments in limb placement, weight shift, walking symmetry and gait timing while keeping the patient in a fall-free environment.

- Bioness L300 is an electrical stimulation system that activates muscles of the ankle that have been affected by stroke. This functional electrical stimulation is used to assist with drop foot while walking.

- Neuro-Developmental Treatment (NDT) is a hands-on treatment approach used by physical therapists, occupational therapists and speech-language pathologists. The approach was developed to enhance function of those having difficulties in controlling movement resulting from neurological dysfunction.

- Vital Stim is an external neuromuscular electrical stimulation system that is used to stimulate inactive or weak swallowing muscles in patients with dysphagia (difficulty swallowing).

- Indoor heated pool is ideal for stroke patients dealing with balance issues.

Getting answers

A person's first stroke inevitably comes as a huge surprise. You simply don't anticipate such an event. In the initial hours and days, it can be difficult to get your bearings and make a plan to move forward. Many patients and families find themselves wondering, "So what happens next?" As part of the Primary Stroke Program at Jupiter Medical Center, we have a stroke coordinator who helps families understand recommendations for treatment and rehabilitation. The coordinator provides information to aid in making decisions about treatments and helps navigate patients and families to resources and support services along their journey to recovery.

To find out more about stroke prevention and care, visit jupitermed.com/stroke or call 263-5972. ■






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Shift manager at Good Sam joins Tenet Heroes Hall of Fame

TENET HOSPITALS

Mayda Loveland Tress, RN, unit shift manager at Good Samaritan Medical Center, was inducted into the Tenet Heroes Hall of Fame, Tenet Healthcare Corp.'s highest honor for employees, at a ceremony April 13 in Miami.



TRESS

When Ms. Tress lost her niece to breast cancer, she turned her grief into a gift of service joining forces with World Help, a humanitarian organization, to raise money for and build a 50-bed home, called "Kelly's House," in Guatemala. The house, named for her late niece, is designed to support special needs children and is Ms. Tress' way of honoring her niece's passion for caring for underserved people in other countries.

Ms. Tress became a devoted medical

mission volunteer — treating hundreds of people who had little or no medical care previously. She sponsors nine children in Guatemala and two in Uganda. On her last trip to Guatemala, she presented all nine with new bikes. She has also supported deep-well construction to provide clean, fresh water to deserving families in the area. "Our Tenet Heroes Hall of Fame inductees demonstrate our commitment to patients and the communities we serve," said Eric Evans, Tenet's president of hospital operations. "Mayda's dedication to providing care and making a difference in the lives of others far beyond her role at the hospital is truly inspirational."

Tenet Heroes are nominated by their hospital's leadership teams and selected based on their dedication to their patients, colleagues and communities.

Ms. Tress was one of 10 employees inducted into the Tenet Heroes Hall of Fame. This year's recipients were chosen from more than 130 submissions. ■

Causes and treatment of recurrent urinary tract infection

One of the common problems we see in our practice is recurrent urinary tract infections.

At least a third of women will have a urinary tract infection diagnosed by age 24. Recurrent urinary tract infections are defined as two or more in six months or three or more in one year.



Dr. Linda Kiley

561-701-2841
DR.LINDAKILEY.COM

There are many potential predisposing factors for developing a UTI, and it is also fairly common to see another condition misdiagnosed as a UTI and treated only to see the symptoms persist or recur.

New research has given us much information regarding the normal bacterial environment in the bladder (no, the bladder is not a sterile organ). For this reason, proper diagnosis and treatment is essential.

There are several predisposing factors to development of recurrent urinary tract infection. Potential risk factors include incomplete bladder emptying, menopause (with vaginal atrophy), accidental bowel leakage with or without diarrhea, improper hygiene, kidney stones or other foreign bodies in the urinary tract, and a compromised immune system, among others.

Many women discover they are prone to UTI following intercourse. When we see a woman in the office complaining of this problem, we first obtain a careful history and perform a thorough physical examination.



Making sure that a proper culture is collected every time and that the proper antibiotics are given for the appropriate amount of time is very important. The American Urological Association does not recommend ciprofloxacin as a first-line treatment for urinary tract infection. There are often better choices for antibiotic treatment. Evaluation for predisposing factors is always an important part of the plan as we try to develop an effective prevention strategy.

So what are the current prevention strategies we recommend? First, hygiene when toileting is important. Wiping from front to back and avoiding flushing the toilet while sitting is a simple first step.

Next, assuming fluid intake is adequate, we recommend regular daily intake of probiotics, which has been demonstrated in several studies to improve the immune system and help prevent infection.

We also often add a cranberry preparation (our preferred is Ellura, because it contains the largest concentration of the proanthocyanidins, which are the active ingredient in cranberries) daily to the regimen.

For our postmenopausal patients, there is good evidence that vaginal estrogen therapy (not systemic for menopausal symptoms, but local therapy in the vagina) reduces the incidence of UTI. Those who can't tolerate those preparations can

take Osphena or use vaginal laser therapy to treat atrophy. If these simple measures are not effective, we may add a nonantibiotic anti-infective medication.

Finally, some patients need to take a prolonged course of a low dose antibiotic to prevent recurrence long enough to get back to normal. Of course, a more thorough evaluation is necessary when the most conservative measures are not effective.

Often, we will discover that the problem is not a urinary tract infection at all, but another problem masquerading as a UTI due to similar symptoms. Most important — once the problem becomes "recurrent," an evaluation is needed. ■

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Dealing with arthritis pain

PALM BEACH GARDENS MEDICAL CENTER

Chances are you know someone with arthritis. Maybe your grandmother or uncle has mentioned their stiff joints, or perhaps one of your friends. That's because nearly one in five adults have arthritis, making it the most common cause of disability in the United States.

Arthritis usually causes pain or swelling in the joints that can make your body feel stiff or make it difficult to move around. There are two main types of arthritis. Osteoarthritis (OA), the most common type, affects 27 million Americans. OA is a degenerative disease related to an injury or aging that occurs when tissue in the joints becomes worn down. The other type, rheumatoid arthritis (RA), occurs when the body's immune system attacks tissues instead of protecting them from infection. RA usually affects the same joints on both sides of the body, causing pain, swelling, discomfort and fatigue.

In honor of May being National Arthritis Awareness Month, Palm Beach Gardens Medical Center would like to provide the community with some tips on how you can manage pain associated with arthritis. Some common treatment options include:

■ **Reducing stress** — Practicing relaxation techniques and positive self-talk can

distract you from arthritis pain and help you focus on what you can accomplish, rather than the limitations caused by the disease.

■ **Exercising regularly** — A carefully balanced program can actually help lubricate joints with mild to moderate exercise and even strengthen muscles around the joints.

■ **Eating a healthy diet** — A balanced diet can help keep your body weight normal and contribute to overall health and management of the disease.

■ **Learning how to protect your joints** — Wear the right shoes to protect your feet and use a cane or walker to lessen pain when walking. Gadgets are available to help open jars or turn door knobs in your house.

■ **Taking medications prescribed by your doctor** — Some medications can help ease your arthritis pain. If you have RA, your doctor may suggest certain drugs that can slow damage from the disease, reduce swelling and/or block damage caused by the immune system.

Topical pain killers may help relieve mild OA discomfort. Examples of nonprescription medications include aspirin-like pain rubs, hot/cold applications and chili pepper

creams. Pain gels and patches may be prescribed to relieve pain in the hands, wrists, elbows, feet, ankles or knees. Check with your doctor before taking any over-the-counter drugs because products that contain salicylates may not be safe if you are allergic to aspirin or are taking blood thinners. Severe OA or pain that does not improve with other medications may require a steroid injection into the affected joint.

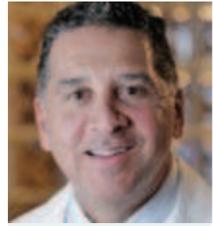
When strong medications or injections are ineffective, you may be a candidate for joint replacement surgery. This type of procedure is designed to restore mobility and relieve pain caused by arthritis and other conditions. At Palm Beach Gardens Medical Center, the hip and knee replacement team of professionals includes board-certified orthopedists, registered nurses and support staff. The hospital provides diagnostics, surgical care and follow-up care in an atmosphere designed for patient comfort and ease.

Arthritis pain should not be endured as part of the aging process. If you think you're a candidate for joint replacement surgery or would like to speak with a doctor about developing a pain management program, call 625-5070 for a free physician referral. For more information about the orthopedic services offered at Palm Beach Gardens Medical Center, visit pbgmc.com/our-services/orthopedics. ■

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Jay L. Ajmo
D.D.S., P.A.

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Dr. Jay L. Ajmo is a certified implant dentist with over 25 years of experience in cosmetic and restorative dentistry.

He is one of only 400 dentists worldwide to hold a Diplomate Certification with the American Board of Oral Implantologists and is the exclusive South Florida provider of Teeth Next Day.

All procedures are performed utilizing the most advanced tools and techniques in modern dentistry including 3D CT Scans for precision implant placement.

Dr. Ajmo is supported by his dedicated team in his state-of-the-art facility, designed for the utmost in patient comfort along with optimum cosmetic and functional results for the restoration of your smile.

How it works

The Teeth Next Day solution uses a zirconia implant bridge as the final product attached to five or six dental implants. These implants act like the roots of natural teeth and permanently anchor the bridge to the jawbone.

The permanent implant bridge used in the Teeth Next Day solution is made from zirconia, the most durable and longest lasting dental material available.

Unlike acrylic options that are offered in most dental implant centers, zirconia will never chip, crack or stain. Teeth Next Day replicates the look, feel and function of natural teeth, making it the strongest and most naturally beautiful implant supported smile treatment available in modern dentistry.

The latest technology

Not only is the Teeth Next Day solution made from one of the most advanced dental materials available, the procedure utilizes the latest technologies for precision fit and optimum design.

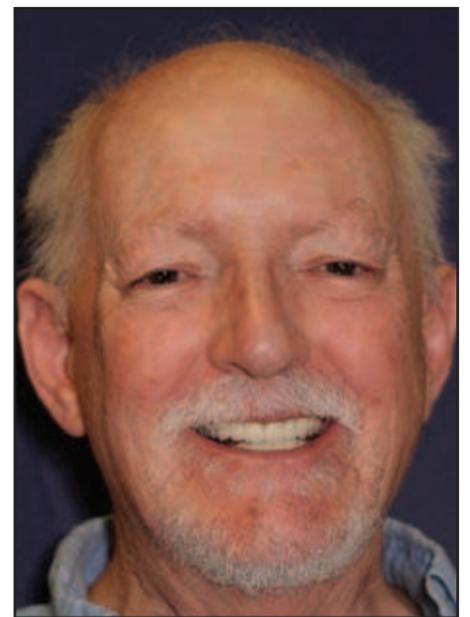
Dr. Ajmo's team uses 3D CT scans to precisely place your dental implants below the gum line.

Each zirconia implant bridge is created using computer-aided design and CAD/CAM milling for a precise fit. Every Teeth Next Day implant bridge is hand-stained to provide the most natural-looking color possible.

Each of these innovations makes Teeth Next Day the most state-of-the-



Before



After

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

Patients who have undergone Teeth Next Day have transformed their appearance and their quality of life. No longer do they hide their toothless smile or struggle to chew a meal.

Now, they have regained confidence to smile and eat the foods they love.

Are you ready for a comfortable, healthy smile? Change your smile and change your life! Call 561-627-8666 to schedule your complimentary consultation. ■

Use of e-cigarettes rising among middle and high school students

AMERICAN CANCER SOCIETY

E-cigarettes remain the most commonly used tobacco products among middle and high school students in the U.S. for the second year in a row, according to a report from the U.S. Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products.

Using the answers to questionnaires from the National Youth Tobacco Surveys, the report found that 16 percent of high school students and 5.3 percent of middle school students used e-cigarettes in 2015. That's 3 million middle and high school students who used e-cigarettes in 2015, up from 2.46 million in 2014. Students were counted as e-cigarette users if they had used one on at least one day in the past 30 days. The report was published April 15 in *Morbidity and Mortality Weekly Report*.

E-cigarettes and related products can look like regular cigarettes, pens, or other common devices. They are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled. Experts say exposure to nicotine is especially dangerous for young people because it can cause addiction, might harm brain development, and could lead to continued use of tobacco.

"E-cigarettes are now the most commonly used tobacco product among youth, and use continues to climb," said CDC Director Tom Frieden, MD. "No form of youth tobacco use is safe. Nicotine is an addictive drug and use during adolescence may cause lasting harm to

brain development."

No decline in cigarette smoking

From 2014 to 2015, there was no significant change in the prevalence of cigarette smoking among middle and high school students. In 2015, 9.3 percent of high school students and 2.3 percent of middle school students reported smoking cigarettes, making cigarettes the second most used tobacco product among their age group.

According to the report, if current smoking rates continue, 5.6 million Americans currently younger than age 18 are predicted to die prematurely from a smoking-related disease. Approximately 80 percent of adult smokers first tried smoking by the age of 18; so keeping young people away from tobacco is critical.

In addition to e-cigarettes and cigarettes, high school students reported they used other tobacco products:

- 8.6 percent smoked cigars
- 7.2 percent used hookahs (water pipes for smoking tobacco)
- 6 percent used smokeless tobacco
- 1 percent smoked pipe tobacco



- 0.6 percent smoked bidis (a type of small, imported cigarette)

Overall, the use of any tobacco product by middle and high school students has not changed since 2011. The report shows that 4.7 million of these students used tobacco products in 2015, and more than 2.3 million of them used 2 or more types of tobacco products. The FDA has regulatory authority over cigarettes, cigarette tobacco, roll-your-own tobacco, and smokeless tobacco, but has not yet finalized its rules to regulate

e-cigarettes, hookahs and some cigars.

"The FDA remains deeply concerned about the overall high rate at which children and adolescents use tobacco products, including novel products such as e-cigarettes and hookah," said Mitch Zeller, JD, director of the FDA's Center for Tobacco Products. "Finalizing the rule to bring additional products under the agency's tobacco authority is one of our highest priorities, and we look forward to a day in the near future when such products are properly regulated and responsibly marketed." ■



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