

PALM BEACH GARDENS & JUPITER

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WEEK OF JUNE 16-22 2016

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“It’s all these guys do ... It’s all they’ve ever wanted to do.” — Elton Langford, Babcock Ranch cattle manager



▲ Mothers and calves can look peaceful until they aren’t. The cowboys are never relaxed.

▼ Men, horses and dogs, all born to the life, prepare to move cows on Babcock Ranch. From the left, Casey King, Dalton Boney, Elton Langford and Dustyn Whitmir.

Giddy up

Cowboy life firmly entrenched on Babcock Ranch

BY ROGER WILLIAMS

rwilliams@floridaweekly.com

WHILE DAWN STRUGGLES TO POUR ITS first ghostly light through the stubborn shadows of a new March day, Dalton Boney lowers his long form onto a narrow bench in the open-ended pole barn of the old Babcock Ranch, north of Fort Myers.

He’s already bridled and saddled his horse, securing his rope from the pommel in front and tying his rain slicker behind the cantle, in the rear. Slipping a small tin from his jeans pocket, he pushes a pinch of tobacco into his cheek. Then he answers a reporter’s

SEE GIDDY UP, A10 ►



VANDY MAJOR / FLORIDA WEEKLY

Skipping the immigration line: EB-5 is expensive, not as easy as it looks.

BY ROGER WILLIAMS

rwilliams@floridaweekly.com

IT’S A GOOD IDEA, ON PAPER. AND FOR many it’s a good idea on the ground, one devised more than 25 years ago to bring billions of dollars of foreign money into the U.S. economy, and with it jobs for American workers and cartebanch green cards for immigrant investors,

their spouses and their children under 21. It’s called the EB-5 program.

The U.S. Citizenship & Immigration Services manages the program, which works roughly like this: A foreign national who wishes to live in the U.S. may jump to the head of the immigration line by investing at

SEE IMMIGRATION, A7 ►



INSIDE | Pulitzer images

Katie Deits explores Photographic Centre show. **B1** ►



Moving On Up

Maria Hirt has joined Eau Palm Beach Resort & Spa. **A20** ►



Chamber music

Festival looks ahead to 25th season. **B10** ►



In the kitchen

Meet Stephanie Cohen and Jordan Lerman of Jardin. **B15** ►

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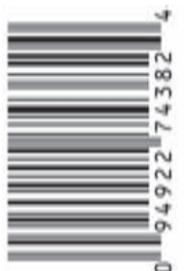
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COMMENTARY

Show me the money



leslieLILLY

lilly@floridaweekly.com

The announcement by Bill and Melinda Gates and Warren Buffett created quite a stir when it was made back in 2010. The two billionaire families jointly launched a campaign called the Giving Pledge. Its purpose was to inspire wealthy people like themselves to pony up big bucks for charitable causes. Only two things were required of those seeking membership in this exclusive club: You must be worth at least a billion dollars and you must be willing to give half of it away. The rest is easy. The choice of when to give is left up to those making the pledge. They can write the checks during their lifetime, enjoying their giving while they are living, or accomplish the task in the closet-cleaning that occurs on vacating God's waiting room.

Buffett and Gates seem not to want to make too big a deal out of something they reason is relatively uncomplicated. Pledge participants make a moral rather than contractual commitment. The philanthropic principles the pledge embodies are self-reinforcing. The integrity of the signatories is its own guarantee. The pledge is a codicil to a donor's legacy for which only they are accountable. They commit to living

a life measured not by what they have, but by what they give. Meanwhile, the super rich are enjoying a modern Gilded Age. They can afford the price of admission.

Ray Russolillo writes in "Private Wealth Matters" that using the *Forbes* list of the "World's Billionaires" provides Buffett and Gates with 1,121 probable prospects. They are working it.

Says Russolillo, at the most recent count, 154 individuals and/or couples from 16 countries have made the pledge, representing net worth of more than \$750 billion. Of this total, 124 are in the U.S. households with a combined net worth of more than \$502 billion.

Sixty-one of the families holding the bulk of the assets pledged are in just four states (California, New York, Washington and Nevada). Only six of Florida's super rich are signed up. Donald Trump, arguably one of Florida's most famous billionaires, is not among them.

Trump was asked on NBC's "Meet the Press" why he had not joined with fellow billionaires in signing the pledge. He replied he was "a little bit old-fashioned" and "... opposed to selling everything and giving it away. ... I make lots of big contributions. I like that better."

Trump is consistent about doing what is good for Trump as a guiding principle. He exploits philanthropic opportunities using the same cynical calculus that is characteristic of his business deals. To wit, the objective of the wolf is to always eat its prey. But recently, Trump fell victim to his own conceit that if he says

something, it therefore must be true — except when it is not or the veracity of his claims is questionable.

When Trump went presidential, he polished up his philanthropic creds, claiming to have made \$102 million in personal contributions over the past five years to various nonprofits. He headlined a media circus earlier this year when he opted to do a fundraiser for veterans groups instead of participating in a Republican primary debate. At the event, Trump announced he had raised \$6 million to contribute to veteran groups, which included his own personal donation of \$1 million. *The Washington Post* replied, "Show me the money."

The paper launched an investigation to verify his public statements. It found none of the \$102 million in contributions claimed by Trump were actually made with his own money. The checks were written by the Donald J. Trump Foundation, which bears his name but to which he contributes infrequently. It is in majority funded by third party donors. Why would someone give millions to a private foundation that has somebody else's fingerprints all over it? The Clintons are being asked the same question.

On the continuum of giving, Trump's philanthropy consists in majority of charitable foreplay characterized by the absence of actual cash changing hands. They are philanthropic transactions that create reciprocity between grantor and grantee, and favorable and

tied to Trump's businesses. *The Post* inventory of this category of foundation grants included "2,900 gratis rounds of golf, 175 hotel stays, 165 meals and 11 spa gift certificates." Call it in-kind booty, cause-related marketing, or a charitable marriage of mutual convenience; but transcendent philanthropy it is not — unless a billionaire's philanthropic life well-lived equals donating rounds of golf to poor people.

As for the Trump fundraiser for veterans groups, the "check is in the mail" defense did not provide cover to explain away, four months after the event, the conflicting accounts Trump and his staff gave of money raised and distributions made. No canceled check verified the personal gift was completed of the \$1 million pledged by Trump to veterans.

What's a million dollars to a billionaire? Money for the weekend. Overripe claims of generosity create an odor all their own. When evidenced in philanthropy, it is called failing to pass the sniff test. ■

— 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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Comprehensive Stroke Center
8 Years

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St. Mary's
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Palm Beach Gardens Medical Center



JULY

COMMUNITY EVENTS & LECTURES



Smoking Cessation Classes

Several One-hour Sessions

Wednesday, June 22, 29, July 6 & 13
@ 5:30-6:30pm

Palm Beach Gardens Medical Center // Classroom 4

Palm Beach Gardens Medical Center is teaming up with The Area Health Education Center to provide education on the health effects related to tobacco use, the benefits of quitting and what to expect when quitting. A trained Tobacco Cessation Specialist guides participants as they identify triggers and withdrawal symptoms and brainstorms ways to cope with them.

Reservations are required.



It's Sandal Season

Joshua Daly, DPM

Thursday, July 7 @ 6-7pm

Palm Beach Gardens Medical Center
Classroom 4

Bunion and hammertoe deformities are common in people of all ages. Unfortunately, many cases may go untreated due to the myths surrounding the correction of these issues. Join Dr. Joshua Daly, for a lecture on new techniques available to help simplify the treatment process, ease recovery and promote positive outcomes.

Light dinner and refreshments will be served.



Hands-Only Adult CPR Class

Tuesday, July 19 @ 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, July 13
@ 8-11am

Osteoporosis Screenings

Thursday, July 21
@ 9am-1pm

All screenings held at:
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3360 Burns Road

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OPINION

The very pleasant Peasantville



roger WILLIAMS

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Americans and Floridians, Republicans and Democrats, cowboys and Indians all should now rethink the wealth problem our nation faces, a problem tantamount to dangerous black ice on a winter highway.

It's lying out there mostly unseen right in the middle of our road, a deadly detriment to the healthy progress of society.

The problem is this: Less than 1 percent of Americans hold as much wealth as the bottom 90 percent, economists say.

If the rest of us can't join the 1 percent in their clubhouse — if we peasants can't also drink Armand de Brignac Brut Rose by the six pack like other people drink Budweiser, but at \$10,000 a bottle — then maybe we can convince the rich guys to join us down here in the very pleasant Peasantville, instead.

They could come to our club, in other words, instead of us going to theirs. Compelling evidence suggests that such a trend has already begun. And we have Donald Trump to thank for it.

It started in January when Mr. Trump walked into the Red Arrow Diner in Manchester, N.H., and ordered lunch. Born into extravagant wealth and accustomed to flying 1-percenter style home to sleep in his own gold-and-marble bedroom after a hard day of campaigning, he had decided to spend the night near the diner. And eat there.

The Red Arrow is a nice place if you're a peasant. They serve three squares and dessert 24-7, starting with "a breakfast so big, it takes two plates," according to the menu.

But when a billionaire sidles in and slaps his fat rear end into a seat to order a hamburger and fries, anything can happen. And it did.

Maybe it was simply that the Donald didn't just order the "Dinahmoe Burger" for \$10.99, advertised as "Two of Our Free-Form, Fresh Ground Beef Burgers, Lettuce, Tomato, Bacon, Cheese and Thousand

Island Dressing On a Triple Decker Roll, Served with Fries."

Maybe it was the fact that he also threw in a lie.

First, he ordered a macaroni-and-cheese ball and a Diet Coke to go with the cheeseburger. Then he began fabricating. He said it was his favorite food.

Sure it is, Donny. You grew up eating mac-and-cheese just like us peasants, right?

A woman named Jane wasn't having any of it. So before storming out of the Red Arrow in a fit of anger, she confronted the Don. "Enjoy your burger, racist!" she shouted, referring to Trump's proposed Mexican-border wall and Muslim-restriction policies.

Sometimes my fellow peasants embarrass me. I think Jane (so reported by *The Guardian* as the enraged woman) was way too hard on Mr. Trump, even though she was unquestionably correct in her estimation of him.

Sure, Jane, he's a "racist," a poor humble patriot pontificator on the Hate Highway just trying to find a better American way. To be one of us. To be anything other than the rich troglodyte he clearly is. So he knocked on our Peasantville door. He asked if there was one more burger at the inn. For him. Just one. With a mac-and-cheese ball and a Diet Coke. And you treat him this way?

But that was then. The Donald survived and went on to some other diners. Miss Katie's Diner in Milwaukee, for example, where his choices included meatloaf on the blue plate special, with mashed potatoes, fresh vegetables and homemade gravy accompanied by soup or salad, or coleslaw and fresh Italian.

I'm telling you it's nice in Peasantville. Others are finding out — the 1 percent. Somehow, we must be working our peasant magic on these rich guys. They keep trying to join our club.

This could save society.

Take Francis Rooney, a Neapolitan 1-percenter (that means he lives in Naples) with undergraduate and law degrees from Georgetown University who now aims to step into the rather large shoes of U.S. Rep. Curt Clawson, the Dist. 19 Republican

who likely would have been a shoo-in for another term until he announced he was through with Congress, and sticking with his father, who is elderly.

Mr. Rooney, says a friend of mine who never gets anything wrong, "has donated close to \$10 million to presidential campaigns, been awarded an ambassador post to The Vatican, lives in a place in Port Royal that could pass as an art museum (never mind the property value), runs a company estimated in the billions of dollars, etc. etc. — and he just announced his first press event at MEL'S DINER????????!!!!????!!!!!"

Yep, Mel's diner on the southwest coast where you can order "Mel's Meatloaf, baked fresh daily and served with natural beef gravy ... homemade soup and salad (and) your choice of Mel's mashed potatoes, Sun Coast rice pilaf, natural cut Idaho French fries, and seasonal vegetables," all for \$9.99.

Mr. Rooney will compete for the congressional seat with fellow Republican Chauncey Goss, son of former U.S. Rep. and CIA chief Porter Goss, perhaps a more moderate diner-shiner who has Washington experience as an administrator, and a reputation for trying to clean up water, like Rep. Clawson.

But apparently Mr. Rooney is one of us, the peasants.

"Francis Rooney is a businessman, not a politician," a recent advertisement announces. "Rooney is from the construction industry, where he's created thousand of jobs."

As a construction man, he probably knows how to swing a hammer. And eat meatloaf from the blue plate special. His ad says he will cut spending, repeal Obamacare, and protect life and our Second Amendment rights.

Could he mean the right to be bat-spit crazy, get an assault rifle and shoot up the place if the cooks start kissing or the meatloaf is bad?

"Francis Rooney will fight the fights that must be won," the ad concludes.

As opposed to the fights that are going to be lost. Like getting a bottle of Armand de Brignac Brut Rose to go with your mac-and-cheese ball. ■

A safe space from Chaucer



richLOWRY

Special to Florida Weekly

Yale English majors are demanding a safe space from Chaucer.

In a petition to the English department, Yale undergraduates declare that a required two-semester seminar on major English poets is a danger to their well-being. Never mind that the offending poets, Shakespeare, Chaucer, Donne, Milton, Wordsworth, et al., are the foundational writers in the English language. It's as if chemistry students objected to learning the periodic table.

The root of the complaint against the seminar is, of course, the usual PC bean-counting, where prodigious talents who have stood the test of time and explore the deepest questions about what it means to be human are found wanting. The petition whines that "a year spent around a seminar table where the literary contributions of women, people of color, and queer folk are absent actively harms all students, regardless of their identity."

This is a variation on the widespread

belief on campus that unwelcome speech is tantamount to a physical threat. In this case, the speech happens to be some of the most eloquent words written in the English language. One can only pity the exceedingly fragile sensibility it takes to feel assaulted by, say, "Lines Composed a Few Miles Above Tintern Abbey."

The petition's implicit contention is that the major poets are too circumscribed by their race and gender to speak to today's socially aware students, when, in point of fact, it is the students who are too blinkered by race and gender to marvel at great works of art.

The poet Maya Angelou said in a lecture once that as a child she thought, "Shakespeare must be a black girl." It was because, growing up in the Jim Crow South, a victim of unspeakable abuse, Sonnet 29 spoke so powerfully to her.

Yale's petitioners must consider Toni Morrison a traitor to her race and gender. She had an argument with a theater director years ago in which she defended "Othello," and went on to write a production based on Desdemona, the play's doomed female character. Or how about Derek Walcott, whom a Yale professor sympathetic to the petitioners suggests adding to the required course? He told *The*

Guardian newspaper a few years ago it would be absurd to say, "Don't read Shakespeare because he was white."

Anyone reading widely in the English canon will encounter supremely talented female, black and gay writers. In fact, many other Yale courses feature them. But the creative stream began with so-called dead white males. It is because of their genius that their words transcend their time and place, giving us phrases, characters and stories that are still vital today.

An official description of the major English poets seminar says the classes seek to create a heightened "curiosity about the way language works," as well as "a confidence in engaging with historically and formally diverse literary texts." This is a reasonable enough academic goal — unless the students involved are willfully incapable of curiosity or confidence.

There is an easy solution to the dilemma of the aggrieved petitioners: They shouldn't study English, or anything else that might challenge their absurdly small-minded ideological hobbyhorses. ■

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



S H BRANDT & ASSOCIATES / COURTESY PHOTO

A rendering of the KidSanctuary Enrichment Center.

KidSanctuary buys 5 acres to expand services for kids in foster care

SPECIAL TO FLORIDA WEEKLY

KidSanctuary Campus Inc., a non-profit organization with a mission to help provide safe housing for abused, abandoned and neglected children in foster care, recently acquired an additional 5-acre parcel that adjoins the existing 5.5 acres of land at its campus in West Palm Beach.

In 2009, Palm Beach County donated 5 acres of land to KidSanctuary Campus to design a neighborhood-style campus of safe housing for children in foster care who needed a safe home and were not able to be placed in traditional foster care programs due to the extreme levels of abuse and neglect. KidSanctuary Campus cleared the heavily wooded land, laid the infrastructure, built and opened three cottages that to date have provided 24-hour care for more than 300 children, complete with full-time licensed houseparents. The J.M. Rubin Cottage for Girls opened in 2012, the Dodero Family Cottage for Girls opened in 2014 and Sam's Cottage for Boys opened in 2015. This completed Phase I of the campus.

"We thank the community for helping KidSanctuary Campus keep children in foster care safe with the opening of the three cottages in Phase I," said Connie Frankino, president and founder, "and we invite everyone to join us for the incredible opportunity to be part of a legacy as we complete the campus with Phase II."

KidSanctuary Campus is launching Phase II, which includes a fourth cot-



LILA PHOTO / COURTESY PHOTO

Marlo Massey, executive director, and Connie Frankino, founder and president.

tage to be designated for boys, a two-story, 10,000-square-foot Enrichment Center, and an expansion of the campus design on the newly acquired land.

Marlo Massey, executive director, said, "The Enrichment Center will become the nucleus of the campus, offering critical services and programs for the children in foster care to meet or exceed developmental and academic standards."

Phase II will break ground in late summer and will again enlist the help of the design community and industry leaders, as well as community support from individuals, foundations and corporations.

To participate in the Phase II Capital Campaign at any level, including naming opportunities, or to learn more about KidSanctuary Campus, contact Ms. Massey at 653-8274 or marlo@kid-sanctuarycampus.org. ■



JOHN STILLMAN PHOTOGRAPHY / COURTESY PHOTO

Sam's Cottage for Boys opened in 2015 at KidSanctuary.

Fishing tourney to benefit kids, young adults

SPECIAL TO FLORIDA WEEKLY

Place of Hope's inaugural Fish for Hope Kingfish, Dolphin and Wahoo Tournament will benefit more than 265 children and young adults in need.

On June 25, teams will be fishing in support of a child in foster care; providing food, clothing, school supplies and other essentials for their team's sponsored child.

Register your team, and the team will receive the name of the child you are supporting.

Raise a minimum of \$150 for your child on your child's online fundraising page.

The team that raises the most will win a grand prize.

For more information, contact Place of Hope, 9078 Isaiah Lane, Palm Beach Gardens, 775-7195. ■

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PET TALES

Serious play

Toys are essential to keeping your cat active and happy

BY DR. MARTY BECKER
AND GINA SPADAFORI

Universal Uclick

Keeping kittens and cats busy with toys will help them learn not to play rough with family members.

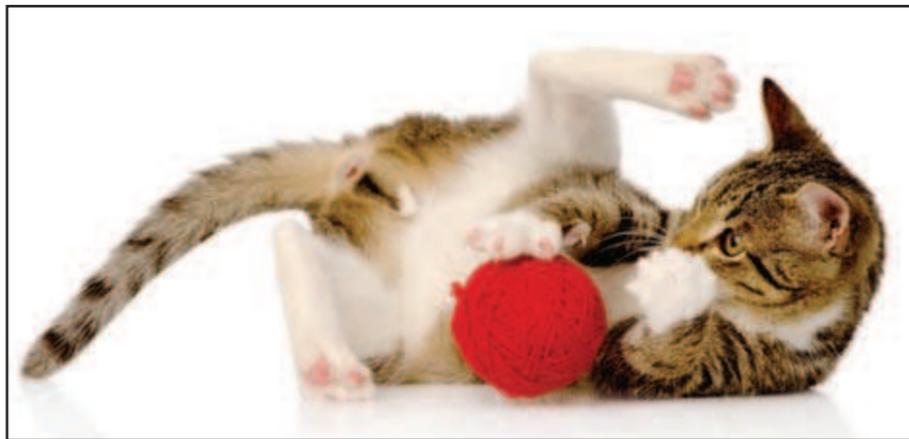
Inside every cat is a lion. Or a tiger. Or a lynx. Or, really, all of these great hunters. And in your cat's mind, he's a wild predator, too.

In fact, all cats are. They love to lurk and prowl and chase and pounce. An indoor cat doesn't have the opportunity to go after real prey (unless you have mice in your home), but he still has strong hunting instincts. This genetic coding doesn't disappear just because he lives a royal lifestyle in your home and has his meals delivered on the feline equivalent of a silver platter.

When a cat's need to hunt isn't fulfilled with live action, he turns to the next best thing: feet moving beneath the covers, hands dangling at an owner's side, arms, legs, you name it. Instead of letting a kitten believe your body parts are fair game, provide him with toys that will satisfy his urge to hunt as well as save your skin.

It's all too easy to accidentally encourage kittens to bite or scratch in play, but this type of aggressive behavior can turn into a big, painful problem as the kitten gets bigger. Never "arm wrestle" with a young cat, and keep some distance between you through play with toys that don't involve direct contact with the kitten. When kitten teeth or claws touch human skin, screech loudly and immediately walk away. Kittens learn fast that playing rough ends the game, especially when there are other things to play with.

Cats like toys they can stalk, chase,



pounce on and bite. Turn your home into an indoor hunting ground with perches for watching the outdoor world go by (such as a window-box bird feeder), scratching posts for paw marking and nail maintenance, cat trees for climbing, resting and observing, and an ever-changing assortment of toys, toys, toys.

Puzzle toys are particularly good for giving your cat an outlet for his hunting instincts and ensuring that he keeps his sleek, sinewy physique. Wands with feathers or other dangly bits and wind-up or battery-operated toys that move on their own excite a cat's chase instinct. Balls inside a track let him paw for "prey," just as if he were exploring a mouse hole. The fast, erratic motion of laser pointers and flashlights increase a cat's ability to think and move quickly. (Direct the beam up and down the stairs to give him a real workout.) And don't forget the classic catnip-filled mice for rolling and rabbit-kicking under the influence.

To keep your cat interested in his toys,

change them out every few days. If he sees the same ones over and over again, he'll get bored and look for something new to play with. Cats being who they are, it will probably be something expensive or fragile that you don't want him to treat as a toy.

Those laser pointers, flashlights and wand toys have especially high value to cats because they are just so darn much fun. Bring them out less often than other toys, and limit the amount of time your cat is allowed to play with them. For some cats these toys are addictive, and they will stand in front of the closet where the laser or wand is stored and yowl plaintively until they are brought out.

Remember, if you give in even once, you have just taught your cat exactly how to manipulate you. To help soften your cat's disappointment when these favorite toys go up, reward him with a treat afterward or give him another favorite toy, like a catnip mouse.

The word "toy" just doesn't seem to

Pets of the Week



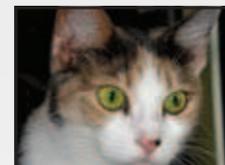
>>**Beau** is an 8-year-old, 75-pound male German shepherd that is gentle and calm, but loves to catch a ball or sit and follow a lure.



>>**Panther** is a 6-year-old male domestic shorthair cat that is friendly and sweet, and loves to be petted. He also gets along with other cats.

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



>>**Annie** is a spayed female calico, about 3 years old. She's high-spirited and gets along well with humans and other felines.



>>**Puma** is a spayed female tabby, about 3 years old. She gets along well with other cats, and loves people.

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.

cover how important these items are to our pets, especially an indoor cat. Indulge your pet with the gift of play, and you'll both be happier for it. ■

Love your special pet? Enter our photo contest

Our hands-down favorite project every summer at *Florida Weekly* is the Pet Lovers special edition that features — what else? — photographs from you, our readers, of the furry, slithery, slobbery, whiskered, feathered, hoofed, amphibious or otherwise nonhuman companions that help make your lives complete.

It's time again to grab your smartphone or camera and click away. Then email your favorite shot (one entry per person, please) to petphotos@floridaweekly.com. Be sure to tell us your full name and phone number, the name of your pet(s) and anything else you think we might want to know about

your animal friend(s).

Our pet-friendly staff will review the pictures and choose our favorites for publication in our July 21 edition. We'll also pick three top pets whose owners will receive gift certificates (\$250 for first place, \$100 each for second and third) to a local pet supply store.

Deadline for email submissions of high-resolution jpgs (300 dpi) is 11:59 p.m. Sunday, July 10. ■

Tigress and Stampy won last year's pet contest for their human, Lauren Peterson.



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IMMIGRATION

From page 1

least \$1 million in an American business that also creates at least 10 jobs, or by investing at least \$500,000 in a business that creates those jobs in a "targeted employment area," which means a less prosperous city, county or region.

Each state has regional centers — self-appointed by business interests to pool investor money, but approved, though not regulated or only loosely regulated, by the government's USCIS. Those centers track or collect investment-needy businesses and can point immigrant investors to them. Florida, for example has 85 of the nation's nearly 850 regional centers, including a Palm Beach Regional Center (palmbeachregionalcenter.com) that works through counties from Palm Beach to Charlotte; the Florida Equity & Growth Fund Regional Center out of Tampa that targets 23 Florida counties the center defines as "the high-tech corridor" of the state (eb5florida.com/); and Florida Overseas (also at eb5florida.com/), a center that "specializes in investment opportunities in Targeted Employment Areas statewide in 12 diverse industry clusters," according to its online literature.

Numbers provided by the government and compiled and reported by media outlets show that the program jumped from less than 100 EB-5 visas provided 13 years ago to more than 9,000 last year — 80 percent of those to Chinese investors.

In Florida those investments have been good for many, including Anthony Korda, a Neapolitan attorney and partner in the firm KordaBurgess who works with EB-5 investors still.

"I am an immigrant who came to the U.S. using the EB-5 program," he explained in an email. "My family and I are all now U.S. citizens but we were

all born in the UK (Great Britain). We invested in a ski resort project in Vermont. We love living in the U.S. and knew that we would stay. My family and I decided to become U.S. citizens because we had made our home here and wanted to show our allegiance to our new home country."

But the centers, and indeed the entire process managed by USCIS, have come under scrutiny and significant criticism as charges of fraud and poor management have been aimed at some projects.

American front men in Vermont, for example, allegedly took hundreds of millions in money from foreign investors enlisted in EB-5, then failed to create the resort businesses they promised, putting them in civil or criminal hot-water and creating victims of the investors. Mr. Korda's investment there paid off in his green card and the eventual citizenship of him and his family, but others did not, he says:

"I was one of the first investors in that project (and) I cannot comment beyond that as far as it affects me personally."

The matter is in litigation, he explains. "However, a number of investors (there) have been placed in a precarious position as far as their immigration status is concerned, far beyond the obvious financial implications. This is a serious blow for the EB5 industry, particularly as the Regional Center Program expires in September of this year and will be awaiting renewal."

The Department of Homeland Security also was concerned the program could be used by spies from China and Iran.

Michael Gibson, an investment adviser and managing director of the Miami-based USA Advisors (USAadvisors.org), a firm that provides specific advice on the EB-5 program and researches opportunities for investors, told *The New York Times* this month that Brazilian investors moving their money from that troubled country into an Orlando soccer stadium whose Brazilian developer sought the support of his wealthy countrymen should be more cautious.

If "cash flow" changes because teams don't win, he said, the investors might lose not only their money, but their visas.

Mr. Gibson later described his view of

the program to *Florida Weekly*, this way: "This program has increased in popularity exponentially every year. But since USCIS is not transparent, we don't know how it's being managed.

"The problem with the entire industry is USCIS. They are completely nontransparent in terms of which projects they approve, how many jobs they create, and who is behind the capital."

That shouldn't dissuade any investors from the program, he added, but it should make them hire investment advisors — not rely on immigration attorneys or the regional centers alone, for advice.

Although the program now limits visas administered to 10,000 per year — and Obama administration officials have claimed that it provided more than \$8.5 billion and more than 35,000 jobs in a five-month period beginning last fall

(those numbers are questioned by skeptics) — the program should be expanded, Mr. Gibson insists. But only if it becomes transparent.

"Why would the USCIS not do everything in its power to take steps to reduce the incidence of potential fraud?" he asks.

"I have no idea why they don't release information. They don't even say who are the owners of regional centers. You'd want to know if they had any prior felonies, any bad investments, that kind of thing.

"Up until now foreign investors have relied on immigration attorneys. But they're just as much in the dark as anybody else. They look at the immigration track record of regional centers, but the funny thing about that is, there is no way to verify if what regional centers claim, is true." ■



KORDA

Q&A

Anthony Korda, partner in KordaBurgess PA, of Naples, sat down to offer a personal view of EB-5 to Florida Weekly.

Q. Is this program becoming more popular here in the region?

A. "The success of the program cannot be overstated. It is, if anything, oversubscribed because of the numerical limits on investor visas, which are restricted to 10,000 annually. This includes the investor and all family members, so that there are approximately 2,500 to 5,000 families depending on size who will become conditional residents. More than 89 percent of all investors are Chinese and so visa wait times were imposed last year to restrict the number of visas that can be issued to Chinese nationals. However, there is a major backlog so that long delays are being experienced. Nevertheless, the program remains successful and there are a large number of EB-5 Regional Centers in Florida. Of 834 total, 85 are in Florida and are attracting investors to a large number of different projects."

Q. What is your experience with EB-5?

A. "I am an immigrant who came to the U.S. using the EB-5 program. My family and I are all now U.S. Citizens but we were all born in the UK (Great Britain). We invested in a ski resort project in Vermont. We love living in the U.S. and knew that we would stay. My family and I decided to become U.S. citizens because we had made our home here and wanted to show our allegiance to our new home country."

Q. Is the EB-5 program working as efficiently as it should be, in your opinion?

A. "There is clearly room for improvement and although this is a complex and detailed subject, here are some bullet points:

- "1. Processing times are too long at 18-24 months.
- "2. Visa wait times are too long.
- "3. More visas need to be made available or each family should count as one.
- "4. More regulation and oversight is required to ensure that projects deliver and are able to repay the investors.
- "5. The 'at risk' provisions need to be reconsidered so that investors can be repaid once the jobs have been created and sustained for the required period.
- "6. USCIS should provide more clarity as to the requirements of the program and how they interpret the regulations."

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".

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Ruth Petzold photo opening, Palm Beach Gardens City Hall



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2. Laura Mari, Pat Rutherford, Ned Rutherford and Jack Rutherford
3. Fred Galan and Ruth Petzold
4. Pascal Lecocq and Francoise Lecocq
5. Merike Saarniit, Elmar Saarniit and Ruth Petzold
6. David Randell and Ruth Petzold
7. Martha Romero, Andy Romero and Ruth Petzold
8. Maurizio Candotti Russo, Amy Tilley and Ruth Petzold
9. Lisa Keeney, Ruth Petzold and Sarah Rahilly
10. Zoe Panarites, Ruth Petzold and Tanya Burnett
11. Ruth Petzold, Nancy Jones and Jerry Campbell
12. Ruth Petzold, James Eckersley, with Benjamin, and Nathalie Eckersley
13. Ruth Petzold and Audrey Eloise Roberts

COURTESY PHOTOS

SOCIETY

Summer Rock and Roll concert, Downtown at the Gardens



1. Andy Preston and Tyler Hether
2. Barry Franzblau, Micki Lorelli and Anthony Lorelli
3. Genie Serrano, Joan Sardone and Jennifer Sardone-Shiner
4. Andrew Shumake, Carla Davis and Andrew Musiello
5. Holleigh Mutta and Samii Stuloff
6. Billy D. Lindley
7. Beth Corsi, Angela Pykosz and Teri Reid
8. Jan Rules and Chantal Vargas
9. Lisa Eakes, Matt Eakes and Ella Eakes
10. Oscar Torres, Leony Rodriguez and Lynn Dinger
11. Shaheen Hemsey and Kelly Evans
12. Zoey Schnitzer, David Schnitzer and Trish Schnitzer
13. Tony Lascasas and Tricia Lascasas

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PHOTOS BY VANDY MAJOR / FLORIDA WEEKLY

After working about 80 cows and their new calves out of a cypress head, Babcock cowboys herd them into an arrangement of sorting corrals or holding pens.

GIDDY UP

From page 1

question about moving cows.

“Yessir, I’ve been doin’ this most all of my life,” he says.

The same is true of the men around him, generally in their 20s or 30s: Casey King, Dustyn Whitmir, Clint “Catfish” Davis, Carl Langford and his cool, capable cousin, Babcock cattle manager Elton Langford. The old man of the bunch, Mr. Langford is also a DeSoto County rancher and an elected county commissioner, to boot. He turned 47 in May.

An old adage — the more things change, the more they stay the same — is no longer true at Babcock.

Now, the more things change, the more the things that haven’t changed become remarkable. For that reason, *Florida Weekly* has come to see cowboys work cows roughly the way it’s been done for a century on the Babcock Ranch.

“It’s all these guys do,” says Mr. Langford, describing his “day riders,” men who also manage or work other operations on a busy, rotating basis. “It’s all they’ve ever wanted to do.”

And it’s what they hope to keep doing on Babcock, even though major change is imminent.

Come July, there will be two ranches stretched across the 91,000 acres of the original Babcock Ranch. One will carry on under the ownership of the state of Florida, which will contract cattle or crop leases with ranchers and farmers on parts of the state’s 73,000 acres, where about 2,000 head of cattle still remain.

The other ranch is owned by Kitson & Partners, Palm Beach Gardens-based developer of the planned solar-powered town.

There, on roughly half of Syd Kitson’s 18,000 acres, Steve Smith and his cowboys, led by Elton Langford, will run about 1,200 head of cows.

A ranch-bred, University of Florida-educated Gator, Mr. Smith is vice president and general manager of Babcock Ranch Management LLC, which puts him in charge of the melon and sod fields on Babcock, along with the cow operation.

As on the state-owned land, income from cows and crops will pay for the upkeep of the green and wild places that still dominate Babcock.

“We’ve been taking care of the state side along with ours for about 10 years, but we aren’t going to continue that after July,” he notes.

Working the ranch

But he’ll continue to work cows with one foot in the new world and one foot in the old.

From early morning on, Mr. Smith’s cell phone competes in techno-chirps with warbling Osceola turkeys emerging from their night roosts in the watery cypress heads.

Taking calls from feed supply companies or representatives from ranches trying to sell him breeding bulls, he maneuvers the back roads of Babcock in a 4-year-old F-150 pickup with 150,000



Dalton Boney can ride, rope, judge the value of a calf, build or repair fence and do anything else required of a cowboy. Few can still claim those skills.

miles on the odometer and a rifle behind the seat. Most old-time ranchers carried rifles as tools to dispatch a hopelessly ill cow or a broken-legged horse, sometimes a heartbreaking necessity.

That, like the hard work of fence-building or repair, is all part of ranching here still, where generations of a unique breed — the now highly endangered and increasingly rare American cowboy — have greeted each new day relying only on themselves, on good cow dogs, and on “hard” horses.

Such animals are nothing like “apple butt” equines, as one cowboy once described the legions of well-fed leisure animals that now dot the countryside of the Southwest Florida coast.

Good cow ponies can work for hours through inhospitable terrain just like their riders, or hold the line if a rider has to rope a bull. It’s not something people or animals learn in workshops or from riding in an arena. It takes years — generations, even.

“Dalton Boney’s family, they’re four or five generations Cracker, and he’s as cowboy as they come,” Mr. Langford explains, using the term that traditionally distinguished cowmen here from those in the West: “Cracker.” It describes a man using a whip to direct unruly bovines.

Working with nervous cows from an early age atop a thousand pounds of muscled-up cow pony is how Mr. Boney learned to wheel his horse in a crowded pen, lift his rope suddenly from the saddle like a gunfighter, then spin it and throw it over the top rail of a high board fence in a single smooth motion, nailing a running calf not inside but outside the corral.

“Did you see that?” calls an impressed Mr. Smith.

Yes, a reporter saw it. For any who have ever tried such a trick, it’s talent and art in action. Not many Americans can still perform with such skill outside a rodeo arena.

The little creature had escaped only seconds earlier, 150 pounds of panicked sprinter on the hoof. While Mr. Boney’s capable horse backs up (without being asked) to hold the rope taut, Casey King quickly dismounts. In almost a single fluid motion he secures his horse and climbs the fence. Then the cowboy seizes the struggling calf, hefting it and walking it back around to a gate. Slipping the rope, he returns the animal to the herd and its now very anxious mother.

Tools and tricks of the cowboy trade

But that dramatic moment comes

later in the morning when the bawling of cows and calves moved in from months on pasture reaches a near din — when a storm of flies hover above their backs and the silent dogs wheel ceaselessly on the flanks and ends of the herd, cutting off breakouts and runaways with remarkable authority.

Back at the barn before full daylight, the cowboys prepare for such work by retrieving blankets, saddles and bridles from the bone-dry saddle room, a standard on every traditional ranch.

There are jokes and light banter as they saddle up. None wears tight-fitting designer jeans or duded-up gear — just sweat-stained Stetsons, loose shirts and working jeans over half-dollar-sized spurs fitted to boots with layered heels that will hold a stirrup in tight turns or sudden stops.

Each man slides a blanket onto the back of his pony, hefts the saddle up over the left side — the same side he will mount on — then reaches under the horse to catch the cinch strap. He belts it and pulls it tight, not once but twice, making sure the animal isn’t holding a bellyful of air before knotting it down.

Should air be expelled, the horse’s belly might shrink, leaving the cinch strap and saddle dangerously loose and

likely to slide, a potential detriment to a cowboy's continuing good health.

On this day and with three exceptional cow dogs, the men will work about 80 cows and their new calves out of a cypress head, herding them across open pasture and into an arrangement of sorting corrals or holding pens.

Mr. Langford and Mr. Smith will then use their experience and knowledge of each animal's genetics to make some quick decisions: which little heifers will be future mothers on Babcock; which males, if any, might be kept as herd bulls for breeding; which males will become steers before the morning is out (and thus good table beef down the line a year or two).

They'll be ear-tagged, branded with the traditional Babcock Crescent B if they're picked to become part of the permanent herd, castrated if necessary, and given shots by these cowboys, all before being released with their mothers back to pasture.

Crackers once ran stringy, tough little cows directly descended from Spanish imports through the palmetto scrub or the cypress and pine flatwoods, hereabouts. In those days, building a fence was against the law. Those animals rarely reached weights of more than 400 to 500 pounds. The Babcock folks still maintain about 70 head of those Cracker cows just to remember their roots, and for visitors to admire, Mr. Smith says.

"But now we are mostly Brangus (a Brahma-Angus cross) with some Braford (Brahma and Hereford)," he explains. When they reach a certain weight, maybe 600 pounds, they'll be sold either through private treaty, as they call an in-person deal for a bunch, or through video auction.

Then they'll be shipped out in possum-belly trucks that can hold a hundred or so head to feedlots in Texas or the Midwest, where they can reach weights of more than 1,200 pounds before slaughter. It's easier to truck the cows to the feed in countryside where feed grains grow prolifically nearby (not Florida) than it is to bring feed to the cows. It's a matter of weight ratios: it takes 4 or 5 pounds of grain to put a pound of weight on a fattening animal.

Dogs and horses

But none of it can be done without cowboys, men who have a significant investment in the life, both personally and economically.

Laziness is not included in the gear they bring to the job. Instead, these men come equipped with toughness, savvy, a short string of well-trained cow ponies, a couple of cow dogs bred to the life, and cheer in all weathers.

Most raise and train their own horses,



PHOTOS BY VANDY MAJOR / FLORIDA WEEKLY
Dustyn Whitmir is called "the baby of the bunch." But, like all the cowboys on Babcock Ranch, he's tough and cheerful.

and each can be worth many thousands of dollars and years of investment, explains Mr. Langford.

"Two's a plenty; most guys try to have two good horses seasoned or broke, and a couple they're training. These guys only sell one once they get one going and get a good colt coming behind. You can't keep 'em all. If they're not wore

out, you get a horse you rode since he's 2, and when he's getting to be 8 or 9 he should be good and broke by then."

The dogs are equally as important, and beloved by their owners. Rangy in appearance, they don't look like much riding in the horse trailers cowboys have to maintain to move their animals from job to job. But they're indispen-

sible in terrain such as Babcock's — brilliant as tacticians and team members in the field. A good dog can be worth thousands of dollars, cowboys say.

And they can't do it forever — maybe until they're 6 or 7 — because it's not just hard but sometimes harrowing work.

"It's in the bloodline just like them horses," explains Mr. Langford. "These dogs have been raised for years and years and years. My grandfather had dogs, my uncle, my dad — you cross your dogs with those from different guys you work with, you cross the bloodlines. These dogs are not papered, but they have (distinct) bloodlines. It's just stuff we know. We keep up with it."

Bred to the work, younger dogs learn from older ones, and they learn pretty quickly. Dangers include not just angry cows but rattlesnakes or even alligators, especially since cow dogs will take quickly to water in a pond or creek after hard work.

When cowboys spot alligators longer than about 4 feet in water bodies near cow pastures, therefore, they'll have the big reptiles captured and moved, Mr. Smith explains.

It's all in a life — the cowboy life. ■

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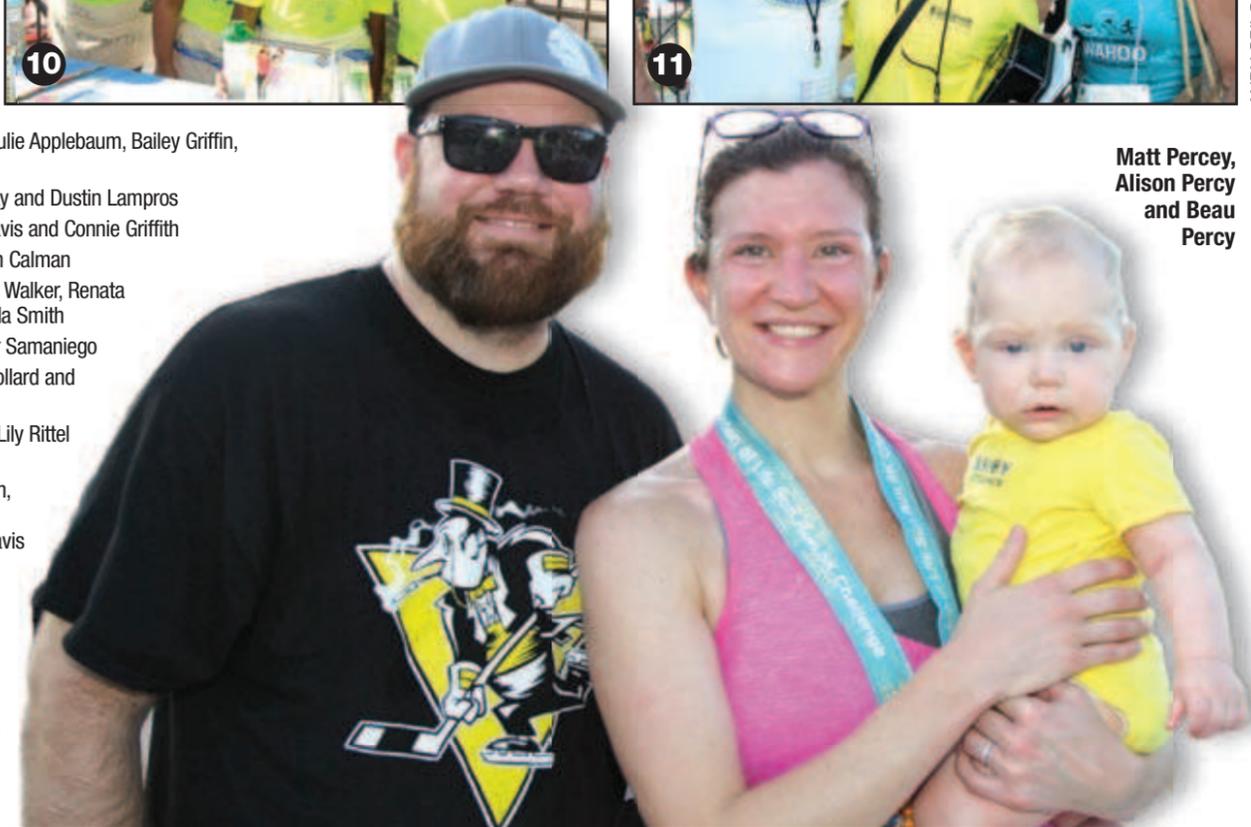
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SOCIETY

Garden of Life Sun Run 5K Challenge at PGA National



1. Brian Ray, Brad Davis, Julie Applebaum, Bailey Griffin, and Richard Fleming
2. Carl Deaton, Joseph Gray and Dustin Lampros
3. Ryan Gilbert, Carlene Davis and Connie Griffith
4. Christina Mull and Jason Calman
5. Heather Leffler, Jasmine Walker, Renata Schwedhelm and Shonda Smith
6. Denise Ruiz and Jeniffer Samaniego
7. Dalton Pollard, Barron Pollard and Skyler Pollard
8. Harry Rittel, Julie Rittel, Lily Rittel and Cliff Rittel
9. Mark Davis, Bailey Griffin, Richard Fleming, Jackie Applebaum and Brad Davis
10. Kimberly McCoy, Wanda Acevevo, Carmen Miranda and Cherrice Bethel
11. Jim Wening, Madeline Lenke and Krissi Nevell
12. Diane Lesko Pollard and Lisa Leon
13. Bobby Poe and Lisa Gallo



Matt Percy, Alison Percy and Beau Percy

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SOCIETY

Clicking In event at Seasons 52 in Palm Beach Gardens



Marilyn Murray Willison, Sonia Coop and Heather Lockett



David Click, Huntley Miller, Charles Chillingworth, Christopher Chillingworth and Bob Goldfarb



Margaret Luce, Cynthia McCallister, Marcia Pollard and Renee Plevy



Barbara Shafer, David Click and Lisette Arias



Jamie Gonzalez and Ildiko Bach



Christopher Chillingworth, Julia Nell, Traci Chmiel and Walter Smith



Lani Click

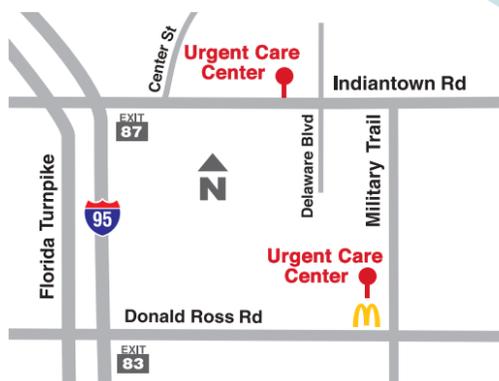
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FWC commission to consider four options on future bear hunts

SPECIAL TO FLORIDA WEEKLY

After receiving input from the general public and stakeholders, the Florida Fish and Wildlife staff released four options that commissioners will consider on how to best move forward with controlling Florida's growing bear population, estimated to have swelled across Florida over the past 10 years.

The four options range from holding a bear hunt with the identical framework as last year to no bear hunting in Florida at all. The staff recommendation is for a more conservative and account-

able hunt beginning in 2016. Floridians can visit MyFWC.com/bear to learn more about each option and provide input and feedback on each specific proposal.

"The biologists and staff at FWC value all of the input we've received throughout the development of our comprehensive bear management program and we hope more Floridians will continue to provide input on the best way to manage Florida's growing bear population. We look forward to continuing to have a transparent, accountable process where everyone has their voices heard on this

critical topic," said FWC Executive Director Nick Wiley. "We look forward to presenting this information to the commission at our June meeting, and we invite all those interested to provide feedback on options that we've prepared for the commission's consideration. Our focus will continue to be how to balance what's best for Florida's growing bear population with the safety of Florida families and our visitors."

Option one would prescribe a bear hunt in 2016 with identical framework to the hunt held in 2015, but with updated hunt objectives.

Option two is a limited hunt option allowing FWC to hold an even more conservative bear hunt in 2016 utilizing the data and information collected including the latest bear population science.

This option also puts more restric-

tions on hunters who choose to participate.

Option three would be to postpone any bear hunt in 2016 by creating a zero-hunt objective, but the commission could consider a 2017 bear hunt at a later date.

Option four would be for the commission to repeal bear hunt rules and not allow bear hunting in Florida in future years.

The commission will consider all of these options, as well as the staff recommendation in its entirety for a more conservative bear hunt on June 22 at its meeting in Eastpoint, in North Florida.

The public can provide input on all of the options at MyFWC.com/bear.

The FWC welcomes public input at all commission meetings. The meeting will be streamed live on the Florida Channel. ■



COURTESY PHOTO

Rob Matriscino, Veronica Frehm and Art Carton received the Award of Valor after rescuing visitors caught in a rip current at MacArthur park.

Three MacArthur Beach heroes receive Award of Valor

SPECIAL TO FLORIDA WEEKLY

Park services specialist Art Carton, ranger Rob Matriscino, and director of education Veronica Frehm received the Award of Valor at the Florida state parks' recent 2015 Division Award Winners meeting. They received the award for risking their lives to save two drowning visitors caught in a rip current at MacArthur Beach State Park last spring.

"We are extremely proud of and grateful for our award winners," says Cheryl Houghtelin, executive director of the Friends of MacArthur Beach State Park. "Thanks to the skills and quick thinking of our MacBeach heroes,

the two visitors were brought safely back to shore."

Also at the 2015 Division Award Winners meeting, park services specialist Lu Dodson was presented with the Joe Kenner Award for Interpreter of the Year. As park services specialist, Ms. Dodson is responsible for the interpretation and operation of the Nature Center, is the volunteer coordinator, oversees animal care and helps with the Natural Science



DODSON

Education program, teaching more than 50 students daily in the park's "outdoor classroom."

Ms. Dodson's hard work and dedication to the Park Service was not only recognized at the meeting, but she recently received a promotion to assistant park manager at Bill Baggs Cape Florida State Park. "We will miss Lu and her amazing work ethic, but we are happy for her and know she will make a great assistant park manager," Ms. Houghtelin said.

John D. MacArthur Beach State Park is situated on a barrier island between the Atlantic Ocean and the Lake Worth Lagoon. ■

Skaggs family gives \$2 million for Scripps program

SPECIAL TO FLORIDA WEEKLY

The Skaggs family has given a new \$2 million gift to support exceptional students in The Scripps Research Institute graduate program.

"I would like to thank members of the Skaggs family for their remarkable generosity, which has had a transformative effect on this institution," said TSRI CEO Peter Schultz. "This new endowment, which brings the family's total gifts to TSRI to approximately \$131 million, will help us continue to recruit the best students for advanced training at the intersection of biology and chemistry. In so doing, the gift also benefits our faculty, whose research programs will be enhanced by the efforts of these outstanding fellows."

The new gift was made through the Skaggs family's foundation, The ALSAM Foundation.

Beginning this fall, one exceptional member of the entering class will be selected by the TSRI admissions committee to be designated as a Skaggs Fellow.

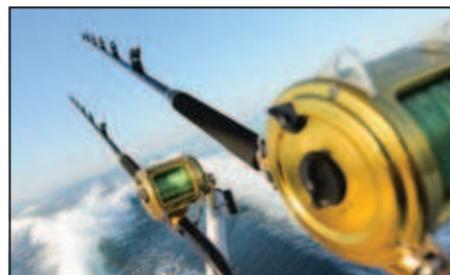
The Skaggs Fellow's first-year stipend will be paid from the new endowment funds. In addition, in subsequent years of study, the student will receive a research supplement of up to \$5,000.

For more information on TSRI's graduate program, which is consistently ranked among the top 10 in the nation in its fields of chemistry and biology, see scripps.edu. ■

Florida still leads the nation in saltwater fishing revenue

SPECIAL TO FLORIDA WEEKLY

Florida remains No. 1 in the nation in revenue and jobs supported by recreational saltwater fishing. The data, released by NOAA Fisheries, measures the economic impact of commercial and recreational saltwater fishing activities and fishing-related industries across the nation. According to the report, which covers the most recent data up to 2014, Florida is number one in the nation in



jobs supported by the recreational saltwater fishing industry at 114,898.

Florida also is among the top in the nation when it comes to dollars and jobs generated by the commercial fishing industry. According to the report, Florida's commercial seafood industry is third in the nation in numbers of jobs supported with 92,858 jobs in 2014. Florida is also second in the nation when it comes to highest sales, income and value-added impacts from the commercial industry with 18.3 billion in sales impacts. The state is also number one in the nation when it comes to sales,

income and value added dollars. The recreational saltwater fishing industry contributed more than \$7.9 billion to the state's economy in 2014. Florida also is No. 1 in number of trips taken by anglers at nearly 25 million. Florida's freshwater fisheries also supports another 14,000 jobs and has an additional \$1.7 billion economic impact.

Learn more about the NOAA report at st.nmfs.noaa.gov. To find fishing sites, identify recreational species and find fishing tips, see takemefishing.org. ■

HEALTHY LIVING

Genetic markers for depression may predict exercise benefit

UNIVERSITY OF FLORIDA

A University of Florida study has found that specific genetic markers that put people at risk for depression also predict who might benefit from exercise. The researchers found that men who were carriers of two specific genes had the most significant response to exercise. The results suggest physical activity as part of a treatment plan — exercise as moderate as walking — could help the carriers of these genes.

“I want to better understand who could benefit most from physical activity. I’d like to take the same approach to exercise that we take to medication, which is to have a personalized medicine approach,” said Vonetta Dotson, Ph.D., the study’s first author and an assistant professor in the College of Public Health and Health Professions. “If we show through systematic research that exercise has a good chance of helping a patient because of their particular characteristics, I think that might help with patients’ motivation to exercise.”

The results came from a small pilot study, so more research needs to be done before this work can be translated into clinical practice. But in the future, it’s possible that blood or saliva could be tested to determine if a person could benefit from physical activity to lower depressive symptoms.

The study used data gathered in the Lifestyle Interventions and Independence for Elders, or LIFE, pilot study. During the LIFE pilot study, 396 sedentary older adults were separated into two groups: those who received health education classes and those who were given moderate physical activity classes for 12 months.

A subsequent paper published from the LIFE pilot study found that exercise did not significantly affect depression symptoms across the whole group, but



that changed when the research team tunneled down into the data.

“When we looked at subgroups, we ended up finding significant response to exercise in men who were carriers of a specific gene,” Ms. Dotson said.

To assess the participants’ response to exercise, they took a test called the Center for Epidemiologic Studies Depression Scale, a screening test for depression and depressive disorders, at the beginning of the LIFE study’s intervention. They took the test again after the interventions ended, at 12 months. The scale assesses four factors, including symptoms of sadness and fearfulness, symptoms such as loss of appetite and concentration difficulties, and a diminished capacity to experience plea-

sure or perceived difficulties in social relationships.

The participants also underwent genetic testing before the intervention, and the researchers tested three genes: the brain-derived neurotrophic, or BDNF, gene, a serotonin transporter gene and a gene called apolipoprotein E. The researchers found the greatest decrease in symptoms such as loss of appetite and concentration difficulties in men who carried the BDNF genetic variation that predisposed them to depression.

They also saw an increase in the capacity to experience pleasure in men who exercised regularly who carried specific variations of the serotonin transporter gene.

Ms. Dotson said the study provides evidence that physical activity could be explored as an intervention for depression, but warns that this study was not done in people whose symptoms were severe enough to be formally diagnosed with clinical depression.

She said it’s also important to understand the benefits of exercise because of the impact medications may have on the brains of older adults.

“I’m trying to understand how exercise versus antidepressants affect the brain,” she said. “The next step for me is to understand from a brain standpoint who is going to benefit and how exercise is going to be beneficial in addition to or as an alternative to medication.” ■

Diet may improve function, reverse brain damage

SPECIAL TO FLORIDA WEEKLY

Attempting challenging puzzles and reading up on the theory of relativity aren’t the only ways to keep your brain at its finest.

The right diet also can do wonders, improving the brain’s function and even helping to reverse brain damage. Meanwhile, the opposite also is true. Poor diet choices not only hurt the waistline, but have a negative effect on the brain.

“When it comes to the brain, sugar is public enemy No. 1,” says Daniel Amen, M.D., a clinical neuroscientist and brain imaging expert who also is the founder of Amen Clinics, which treat patients at six locations around the country.

Sugar is pro-inflammatory, increases erratic brain-cell firings and is addictive, says Dr. Amen, author of *The New York Times* bestseller “Change Your Brain, Change Your Life.” He doesn’t hold back his disdain.



AMEN

“Sugar is insidious, sort of like heroin,” he says. “It will make you want it over and over again. It’s like dating the bad boys. You fall in love with something that beats you up.”

Sugar has company on Dr. Amen’s list of unfriendly brain foods, including a few surprises, such as corn, which has one of the worst fatty-acid profiles of any vegetable. Others on the avoid-at-all-costs list include artificial dyes, especially red dye; foods with trans fats, such as cookies, cakes and pie crusts; and low-fiber foods, which include many fast-food choices.

Fortunately, there are also great food options that can heal the brain and even help reverse brain damage, Dr. Amen

says. Those include:

- Healthy fats. Surprisingly, fat is not the enemy. That’s because there are “good fats” and “bad fats.” Some examples of good fats are olives, sunflower seeds and flaxseed. Dr. Amen also points out that 60 percent of the solid weight of the brain is fat. “So if someone calls you a fathead, you should thank them,” he says.
- Fish. Salmon, halibut, sardines, mackerel and other fish are loaded with healthy oils and healthy fat. “People who eat grilled or baked fish once a week have more gray matter in their brain,” Dr. Amen says. “You may not want gray in your hair, but gray in your brain is awesome.”

• Avocados. This nutrient-dense fruit is loaded with healthy Omega 3 fatty acids, which build brain-cell membranes, reduce brain inflammation and

promote new brain-cell formation.

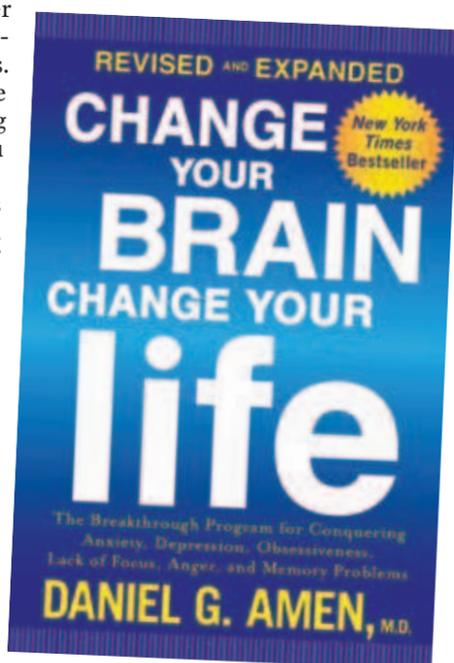
• Raw nuts. Go easy on the amount because they pack a lot of calories, but raw nuts are very healthy for the brain.

• Chocolate. Here’s another surprise. Chocolate also has been shown to decrease cravings and increase blood flow to the brain. It’s what usually is added to chocolate — sugar and dairy products — that makes it bad.

• Colorful vegetables. Green is great, but with vegetables you can branch out into such choices as yellow squash, purple carrots and orange bell peppers. “You want things that are high in fiber, that are colorful, that are really medicine for your brain,” Dr. Amen says.

“Anytime you prepare to eat something, don’t just think about the pounds you might put on,” Dr. Amen says. “Ask yourself: Is this good for my brain or is it bad for my brain?” ■

— Daniel Amen is a clinical neuroscientist and brain imaging expert who heads Amen Clinics, which are located in Orange County, California, Atlanta, San Francisco, New York City, Washington, D.C., and the Seattle area. He has written numerous books, including “The Amen Solution: The Secret to Being Thinner, Smarter, Happier” and “Change Your Brain, Change Your Life.”



NETWORKING

Northern Palm Beach County Chamber leadership awards dinner, PGA National



1. Angela Reynolds, Juan Carlos Fanjul, Emily Pantelides, Kristina Pantelides and Barbara Shafer
2. Dave Markarian, Tammy O'Rourke and Gary Lesser
3. Katy Zobel, Bonnie Sampler, Katherine Deal and Marissa Korth
4. Don Wilber, Kathy Anderson, Sally Byrd, Scott Powers and Laura King
5. Travis Conway, Christa Jones, Cary Stamp, Anna Poulian, Edna Runner, Maria Marino and Diana Garzon
6. Michael Link, Wendy Link, Bradley Link and Chris Link
7. Monte Lambert, Pam Sartory, Stacy Bauer and Mike Bauer
8. Nat Nason, Beth Kigel and Marylou Nason
9. Lori McWilliams and Abby Brennan
10. Scott Angelo and Amy Angelo
11. Barbara Rogoff and Denise Mariani
12. Sharon Quercioli, Chip Armstrong and Nancy Moberly
13. Roni Schneider, Michael Steinger, Robert Simeone and Vivian Simeone
14. Tamra FitzGerald, Paul Jamieson and Shana Sheptak

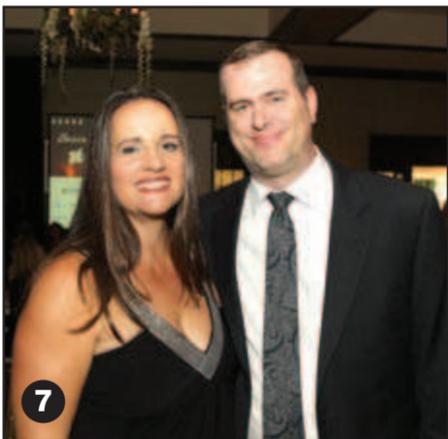
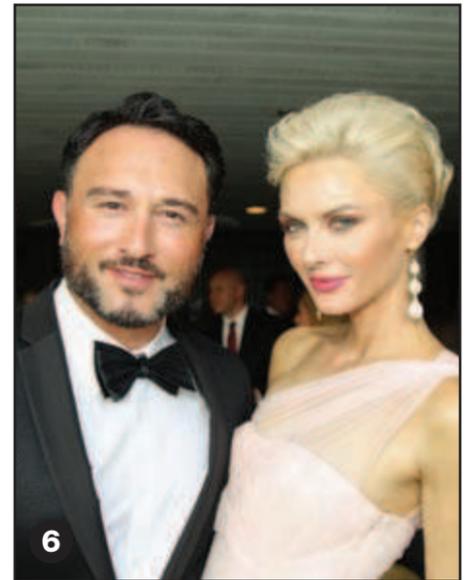


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NETWORKING

Central Palm Beach County Chamber gala at International Polo Club in Wellington



1. Alexandra Ghiragossian, Guido Ghiragossian, Christine Strich and Marc Strich
2. Mallory Miedma, Barbara Miedema, Donia Roberts and Kara Roberts
3. Carmine Priore III, Mary Lou Bedford, Sam Ferreri and Thomas Bean
4. Julie Menitoff and Aaron Menitoff
5. Ricardo Mitchell, Candy Mitchell, Clara Medina, Armando Medina, Carmen Arcelo and Daniel Arcelo
6. Terri Bazley and Marla Weaver
7. Andrea Borroughs and Steve Borroughs
8. Jeff Robles and Ricardo Mitchell
9. John Kime and Julie Kime
10. Mary Lou Bedford and Jess Santamaria
11. Earl Bryant, Maria Vallejo and Joe Gibbons
12. Ellen Smith, David Cattaneo and Valentina Cattaneo
13. Darell Bowen, Sherry Bowen, Marie Priore and Carmine Priore
14. Greg Etimos, Sheryl Simon and Angel Alicea
15. Thomas Bean, Ramona Bean, Eileen Eggen and Mark Eggen



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BUSINESS

WEEK OF JUNE 16-22, 2016

PALM BEACH COUNTY COMMERCE

"Astonishing growth."

— **Bob Ball**, executive director of the Lee County Port Authority.

Travel soars



Visitors to Palm Beach County increased by 10 percent to 6.9 million in 2015; airport traffic rose 6.6 percent in February, compared to 2015

BY GLENN MILLER

Florida Weekly Correspondent

FLORIDIANS WEREN'T IMAGINING IT over the winter if they thought airports, restaurants and highways were crowded. Very crowded.

Record numbers were reported across the state, from the number of visitors to Palm Beach County to the throngs of passengers coursing through two Southwest Florida airports.

Southwest Florida International Airport witnessed 1,269,961 passengers troop through its airways and concourses in March. That's an increase of 7.5 percent over the number that used the airport in March of 2015.

"Astonishing growth," said Bob Ball, executive director of the Lee County Port Authority.

The total is roughly equal to the combined populations of Lee, Collier and Charlotte counties, which clock in at about 1,231,000, according to U.S. Census estimates from July 1, 2015.

That's not all. Airport traffic is up year-to-date 8 percent from the same period last year, according to a Southwest Florida International report.

Palm Beach County also was hopping in the past year.

Like its Southwest Florida counterparts, passenger traffic increased at the Palm Beach International Airport. It grew 6.6 percent in February 2016 compared to the same month in 2015, jumping from 583,770 in 2015 to 622,187 this year.

The same trend held for the year counting from February of 2015 to February 2016. The increase was 6.3 for the year, from 5,953,709 for the year ending in 2015 and 6,331,653 for the year ending this February.

Additional passenger traffic helped the county's tourism numbers. Although tourism statistics for the first quarter of 2016 were not available as *Florida Weekly* prepared this story, the numbers for 2015 were released in February.

A record of 6.9 million visitors came to the county last year, according to Discover the Palm Beaches, the tourism and marketing corporation for Palm Beach County. That was a 10 percent increase over 2014.

"Which dramatically surpassed all our previous forecasts," Jorge Pesquera, the president and CEO of Discover the Palm

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AIRPORT

From page 18

Beaches, said in a February news release.

Mr. Pesquera added that 2015 was the fifth consecutive year of “record-breaking tourism.”

Records toppled on both coasts.

The Punta Gorda Airport reported that 91,101 people traveled through its gates in April. That’s a 31 percent increase over April of 2015. That 91,101 total is more than five times Punta Gorda’s estimated population of 17,000 flocking through the airport in a month.

How much of a change is this airline traffic for Punta Gorda?

“Eight years ago we didn’t have airline service,” airport director Gary Quill said.

The airport has one carrier, Allegiant Air, connecting Punta Gorda to 30 smaller cities, places such as Allentown, Pa., Grand Rapids, Mich., and Toledo, Ohio.

The addition of Allegiant has helped boost tourism in Charlotte County and linked it directly to numerous markets. Lorah Steiner, the director of the Charlotte Harbor Visitor & Convention Bureau, said she expects Allegiant to soon add to its Punta Gorda list of connections with Cincinnati and Rockford, Ill.

While Southwest Florida International Airport typically experiences a dip in traffic over the summer, Ms. Steiner said July is one of the busiest months at the Punta Gorda Airport because of residents flying north to escape the heat.

Charlotte County enjoyed a good winter and Ms. Steiner expects to have more good tourism news to report soon.

“I think we’ll see a good summer,” Ms. Steiner said.

While the Lee and Charlotte county airports were reporting booming passenger traffic, that same metric doesn’t apply at the Naples Airport. And that’s for a simple reason. The Naples Airport is devoted almost entirely to general aviation. Its only commercial service is through Elite Airways, which just began operating out of the airport in February.

Although Southwest Florida’s two primary commercial aviation airports recorded record numbers recently, tourism numbers were down slightly on the west coast this past season. Tourism officials in Lee, Collier and Charlotte pointed out that although down slightly the statistics are being compared to record-breaking visitor totals in recent winters.

The number of visitors staying in Lee County hotels this past season was down 6.7 percent over 2015, declining from 776,164 to 724,071, according to a report from the Lee County Visitor & Convention Bureau. The number staying with friends was down 2.4 percent, dipping from 621,792 to 606,576.

“That’s something of a mixed bag,” said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau. “It can be deceiving.”

Although down from last year it was still a good season, Ms. Pigott believes.

There was also a corresponding dip in estimated spending from \$1.16 billion to \$1.13 billion. The visitors who came, though, have money to spend.

The average household income of visitors to Lee County is \$101,200. It’s even higher in Collier County, according to Jack Wert, the executive director of the Naples, Marco Island, Everglades Convention and Visitors Bureau. He pegged the average household income for Collier County visitors at “over \$150,000.”

Mr. Wert’s office reported a similar dip in visitors to what was reported in Lee. In March, despite increased traffic at the airport, people staying in what the Collier County report terms “commercial lodgings” fell 2.1 percent from last year.

How is it possible that the number of passengers flowing through airports is up but tourism visitors are down?

Mr. Wert offered a simple explanation.

“A lot of business travelers and our own residents using that airport,” Mr. Wert said.

He’s not allowing the 2016 statistics showing a slight dip to ruffle his demeanor. It would have been difficult to duplicate or exceed 2015.

“It was the best season on record,” Mr. Wert said.



COURTESY PHOTO

Southwest Florida International Airport witnessed 1,269,961 passengers troop through its airways and concourses in March.

He added that although the number of visitors dipped slightly, “spending is still up.”

The Collier County tourism report noted that direct expenditures by visitors both year-to-year and comparing March of 2016 to March of 2015 were up.

In the first three months of 2015, Collier County visitors spent roughly \$490 million. This year that number inched up to a little more than \$495.6 million. That’s up virtually 1.5 percent. The same was true for March, which saw the spending increase this year to \$313.4 million from \$309 million last year, a bump of 1.5 percent.

“The restaurants were full,” Mr. Wert said.

Tourism officials throughout Southwest Florida attributed the dip to a number of factors such as a mild winter up North, a rainy winter here and releases from Lake Okeechobee that sullied the Caloosahatchee, estuaries and other bodies of water.

“The early part of the year was a little rocky,” Ms. Pigott, said.

Tourists and residents alike endured an extraordinarily wet January that may have kept some potential visitors away. Fort Myers received a January record 12.98 inches of rain. The normal January rainfall in Fort Myers is 1.93 inches.

A positive trend for Southwest Florida tourism continues to be international travel.

“We’re getting the benefit of a lot of

Europeans,” Mr. Ball said.

Nearly 35,000 Germans and nearly 35,000 from the United Kingdom visited Lee County over the winter, according to the visitor profile dated May 12.

In March alone, Collier County had 32,040 European visitors, an increase of 4.5 percent from 30,672 in 2015.

The airports and tourism, the beaches, golf courses, attractions, warm winter weather and airplanes have an economic connection.

Mr. Ball pointed out that the airport is an important part of Southwest Florida’s economy.

“The economy couldn’t stand alone with tourism and home building,” Mr. Ball said.

Southwest Florida’s passenger growth is detailed on the airport’s website. In March 2006, 997,869 passengers traveled through the airport. In 1996, it was 600,771. So the March number has more than doubled in 20 years.

“What we call the new terminal is now 10 years old,” Mr. Ball said, referring to the facility that opened in 2006.

Mr. Ball said airport officials are rethinking their plans to accommodate more passenger traffic.

“We’re pulling the throttle back on runway projects,” Mr. Ball said.

Next up might be, he said, a \$50 million new control tower. Increasing the number of gates from 28 to 35 is a possibility.

That would be good news for tourism officials.

“The airport is integral to our efforts,” Ms. Pigott said.

The same is true in Collier County where 72.7 percent of its visitors flew to Florida and of those 66.2 percent flew into Southwest Florida International. More than a tenth (11.9 percent) visited Collier County after flying into Miami International Airport.

If the traffic patterns of recent years hold true in 2016, June, July, August and September will see fewer than 500,000 passengers per month at Southwest Florida International.

Then, come October, the crowds will start returning again, by the hundreds of thousands. ■

MOVING ON UP

“I’ve got an office overlooking palm trees and I feel like the luckiest girl in the world.”

— **Maria Hirt**, director of sales and marketing, Eau Palm Beach Resort & Spa

Name: Maria Hirt

Title: Director of sales and marketing, Eau Palm Beach Resort & Spa

City of business: Manalapan

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

Maria Hirt liked what she saw when applying for her job as director of sales and marketing, Eau Palm Beach Resort & Spa, but something said during an interview there earlier this year really added frosting to the cake.

“They told me (before releasing the news to the public) about winning five diamonds from *Forbes*,” Ms. Hirt said. “I know how hard it is to get that. I know what an accomplishment that is.”

A seasoned pro in marketing luxury resorts — particularly with the Four Seasons brand, where she worked in Lanai, Las Vegas, Atlanta, Palm Beach and most recently in Austin, Texas — Ms. Hirt and her husband, Brian Eaton, who also is in the hotel business, have a home in Delray Beach.

Before they bought their house, Ms. Hirt lived at the 309-room Eau Palm Beach for a while, and, while she enjoys their new digs, leaving her room at Eau, she said, “felt like the saddest day of my life.”



COURTESY PHOTO

Maria Hirt recently joined Eau Palm Beach Resort & Spa.

But not to worry. She still has space at the luxury seaside resort.

“I’ve got an office overlooking palm trees and I feel like the luckiest girl in the world,” she said.

Born in Lima, Peru, Ms. Hirt grew up in Atlanta, but her family frequently vacationed in Florida and she always loved being in the Sunshine State. Taking the executive job at Eau, she said “felt like coming home.”

She had worked as director of sales and marketing at the Four Seasons Palm Beach, just two miles north of Eau, from 2002 to 2007, and previously held a sales position there.

But now her focus is on Eau.

“I see many great opportunities here,” she said. “This is a perfect job for me. I love to brainstorm. I love coming up with ideas.”

Ms. Hirt said she couldn’t imagine doing any other line of work.

“I love people in hospitality,” she said. “You have to love people. I look forward to creating special moments, goosebump moments for guests while continuing to raise the bar and establishing Eau Palm Beach Resort & Spa as a premier resort destination.”

Where I grew up: Born in Lima, Peru; raised in Atlanta.

Where I live now: Delray Beach.

Education: Bachelor’s degree in psychology from Valdosta State University.

What brought me to Florida: I grew up coming to Florida for holidays and summers. My family had a second home in Pompano Beach. It has always felt like home and I have so many wonderful memories here. Most recently, I decided that after living in several places, it was time to come back home and be closer to my family, who now live in Palm Beach.

My first job and what it taught me: I started my hotel career with Marriott in operational roles and it taught me that the hotel business is my passion.

I can’t imagine doing anything else. I love creating great experiences for the guests. My first job was the front desk, where I loved being able to welcome guests and make their stay special.

A career highlight: I think I have had several, but the one I am most excited about is the fact that I am back in a city that I love doing what I love. I have had some great experiences in marketing several locations and look forward to coming back to Palm Beach with new experiences. This was my first director of sales and marketing role 14 years ago.

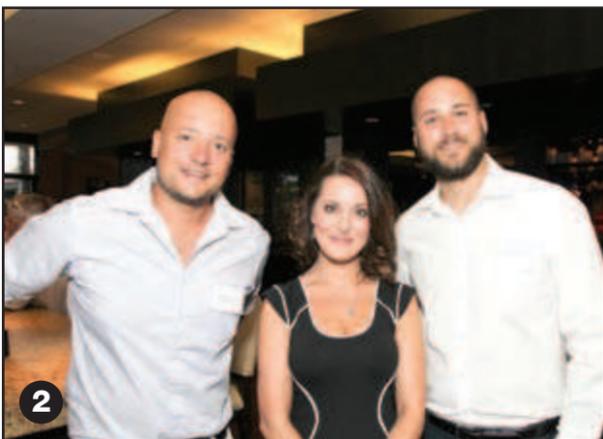
What I do when I’m not working: Golf, shopping, paddle boarding, traveling and hiking. I am also a history buff and used to work for an archaeologist. I have a love for greyhounds and have rescued four — and am getting ready to make that five!

Best advice for someone looking to make it in my field: Take care of your staff and they will take care of your customers.

About mentors: I have been very lucky to have had many mentors that have taught me different things throughout my career. I feel very lucky to have worked with many inspiring leaders, great hoteliers and genuine individuals that helped mentor me. I have tried to pay it forward by mentoring and developing others. ■

NETWORKING

Vincent Cuomo's networking event for Children's Services Council, PGA National



1. Philicia Douglas, Rachel Trimble, Benn Willcox, David Mack, Ellen Pincus, Kristina Viola and Bob Goldfarb
2. Alex LeClainche, Jennifer Behnke and Christian LeClainche
3. Courtney Siders and Vincent Cuomo
4. Benn Willcox, Brandy Guthrie and Mark Martin
5. Susan Kaplan, Nico Blitzer and Brittany Cabrera
6. Barbara Shafer, Michael Papa and Alyssa Liples
7. Lisa Fossett, Jamie Courbanou and Samantha Meyers
8. Mandy Buchanan, Patrice Gimenez and Tracee Wagner
9. Monique Heinz and Nico Blitzer
10. Greg Etimos, Alexis Archer, Alyssa Liples and Linda Delozian Ivell
11. Kristina Viola, Vic Melillo and Ellen Pincus
12. Jonathan Wald, Vincent Cuomo, Mark Greenberg, Carl Wald and Eric Hermann



ANDY SPILOS / FLORIDA WEEKLY

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COURTESY PHOTOS

Endless views from Sailfish Point

SPECIAL TO FLORIDA WEEKLY

Ideally located in the prestigious private island sanctuary of Sailfish Point, this palatial oceanfront estate is nestled on the secluded southern tip of the community where the St. Lucie Inlet meets the Atlantic Ocean. Offering panoramic oceanfront views wrapped by miles of pristine private beaches, this luxurious estate home has five en suite bedrooms, 8 baths, a library, a wine/safe room, and a 2½-car garage. Lush tropical landscaping abounds the entire perimeter of the property. The brand-new state-of-the-art kitchen hallmarks a crowning five-star La Cornue Chateau range/oven/hood handmade and imported from France, along with leather finished granite countertops. The pièce de résistance awaits you with the addition of a 750-bottle count, plus 120 magnums, temperature-controlled wine cellar tucked behind a hidden door, not to mention the custom elevator.

A newly placed stone driveway and front entrance welcome you to this magnificent island retreat. The 2½-car garage has been recently upgraded with custom cabinets, garage heating and cooling and a ceiling fan system.

The mahogany front door opens to the beautifully appointed foyer leading into the formal living and dining areas. A spectacular shell chandelier and gas fireplace set a welcoming yet elegant atmosphere. To the right of the foyer is the home's library, which is lined with custom bookcases.

Passing the formal living and dining

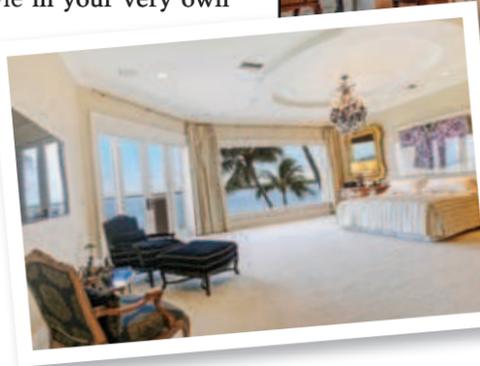
areas you'll come to the southern point of the house, where the completely renovated kitchen and informal family dining and living areas lead with panoramic oceanfront views to the patio and pool areas.

Chestnut wood beams adorn the family room ceiling. In addition, surround sound, flat-screened TV and a remote controlled gas fireplace add to the casual elegance of the informal living room.

Floor-to-ceiling windows and French doors open to the oceanfront pool and spa providing for the ultimate relaxation and casual lifestyle in your very own tropical oasis.

This one-of-a-kind little piece of paradise showcases an oceanfront 20-foot by 40-foot pool redesigned and refinished with black glass pebbles and all functions can be controlled by a cell phone app. The newly expanded deck and patio areas complete with a cabana bath are perfect for outdoor relaxation and entertainment. Just steps away from the back yard, the turquoise waters of the Atlantic Ocean soothe your soul.

The grand master suite, on the second floor, offers stunning views of the Intracoastal and Atlantic Ocean, a private balcony and his and her closets and bathrooms. His bath is appointed



with forest green marble counter tops and a large steam shower with mahogany accents. Her bath is

complete with custom marble, rainfall showerheads and a Jacuzzi tub. The additional four en suite bedrooms each have private baths and sitting areas providing luxurious comfort for you and your guests.

This rare offering provides all the peace and tranquility of private, island living with the security of being in the Sailfish Point community. Having been selected as one of the "Best of the Best" in Residential Developments by

the Luxury Coastal Lifestyle magazine Ocean Home, the extraordinary resort style community of Sailfish Point offers fine dining, a beautifully renovated clubhouse with ocean front pool, a state of the art health club and spa, 24-hour manned security, eight Har-Tru tennis courts, a Jack Nicklaus Signature golf course and a 77-slip yacht club marina able to accommodate both luxurious yachts and the finest sport fishing vessels. This tropical private island awaits only 15 minutes away from the Stuart Airport.

Lang Realty has this Sailfish Point home offered at \$6,500,000. The agent is Cam Kirkwood, (561) 714-6589, c.kirkwood@langrealty.com. ■

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KOVEL: ANTIQUES

Chinese koi vases believed to bring good luck to a home

BY TERRY KOVEL AND KIM KOVEL

Part of the fun of collecting is learning something extra about the history of the piece. This fish-shaped vase was sold at a Cowan auction in December 2015. It was described as “a hand-painted porcelain Chinese Export vase in the shape of a fish in water amid lotus blossoms.” It is 16 inches high. The condition description mentions some minor paint loss and damage to the fins. Fish have special meaning to the Chinese, so a search for the story led to an extra explanation of the vase. The color and shape of the fish identifies it as a koi, a variety of carp. The breed originated in China and was named about 500 B.C. Chinese invaders took the fish with them to Japan, and by the early 1800s, Japanese farmers bred the koi as pets and for food in winter. But there is more to koi history. Legend says a school of koi swam upstream to get to the top of the “Dragon Gate” mountain. Most of the fish turned back at the waterfall but one reached the top, and the gods rewarded it by turning it into a dragon. It is now thought to be the image of power, strength, perseverance, longevity, good fortune and a fulfilled destiny. Putting the vase in a home brings all these traits. And it adds beauty while displayed on a table.

Q: I’ve heard that 1950s-’60s furniture is now collectible. We have a coffee table stamped “Declaration by Drexel” on the bottom. It also has numbers and

“3/61.” There is a circle of 12 inlaid wood dots in the middle of the top. The top is 60 inches by 22 inches and the table is about 15 inches high. What is it worth?

A: Midcentury modern is collectible now. It seems people want what their grandparents had, not what they grew up with. The Declaration line of Drexel was designed by Kipp Stewart and Stewart McDougall, popular California designers. Drexel Furniture Co. was founded in Drexel, N.C., in 1903. Drexel is now part of the Heritage Home Group in High Point, N.C., and the brand is called Drexel Heritage. The numbers indicate your walnut table with rosewood inlay was made in March 1961. Some dealers in midcentury modern pieces price this table at over \$1,000, but one sold at auction a few years ago for \$275 and it’s been offered online for less.

Q: I have an E.T. doll made by Kamar International Inc. The tag says it’s made of acrylic fiber and crushed walnut shells. The skin is peeling a little. How can I preserve it? I keep it covered with tissue paper and plastic.

A: Proper storage is imperative. Acids in tissue paper and gases given off by plastic will cause the material to deteriorate. Don’t use ordinary tissue paper or plastic to store your doll. Wrap the doll in acid-free tissue paper, unbleached muslin, or a 100 percent cotton white sheet or pillowcase that has been washed. Store it in an acid-free box, not an airtight container, and keep it in a dark place not subject to tempera-



The attractive fish vase is a carrier of many good traits and brings luck to the household. This koi vase sold for \$861.

ture extremes or excess humidity.

Q: I have a rectangular pressed glass holder about 3 inches high, 2 inches wide, and 2 inches deep. It has embossed decorations on three sides and crosshatches on the back. What was it used for?

A: Glass holders like yours are sometimes sold as toothpick holders and sometimes as match holders. Toothpicks and matches were common household items in the late 1800s and early 1900s. Decorative toothpicks were pretty enough to use on the dining room table. Matches were needed to light the fire in the kitchen stove, so a match holder was usually kept in the kitchen.

Q: I bought some stainless steel flatware at a house sale and would like to

know more about it. It has a flat finish and horizontal grooved lines on the handles. There is black inside the grooves, but it’s worn off on most pieces. The pieces are marked “Dansk Designs Germany” around an emblem that has four swimming ducks on it. When were these made?

A: Dansk is an American company started by Ted and Martha Nierenberg in 1954. The couple asked Danish designer Jens Quistgaard to design a line of flatware they could sell in the U.S. Your flatware is Variation VI, which was first made in 1957 and was made in Germany, Denmark and Finland. Quistgaard designed other flatware patterns as well dinnerware, serving pieces, and other items for Dansk. After several changes in ownership, Dansk became part of Lenox in 2009.

Tip: Don’t repaint a metal doll head no matter how worn. Painting destroys the collector value. ■

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

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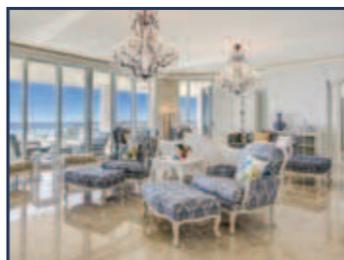
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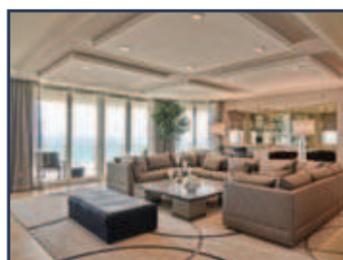
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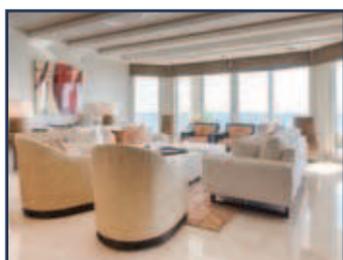
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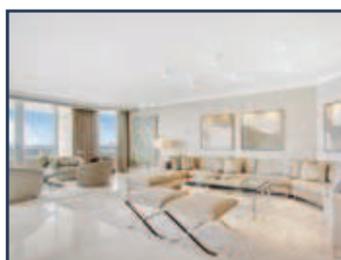
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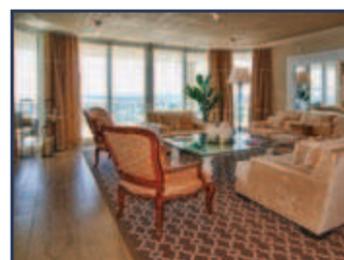
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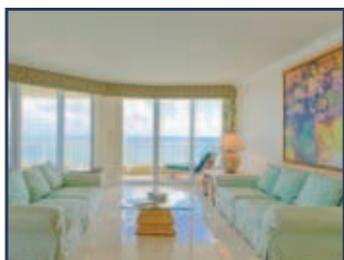
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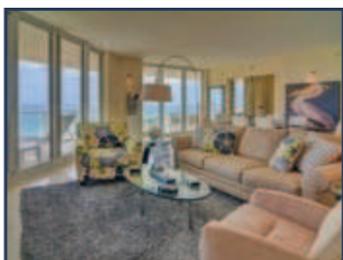
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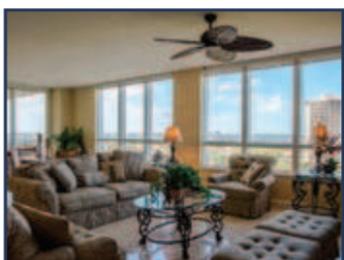


Ritz Carlton Residence 705B
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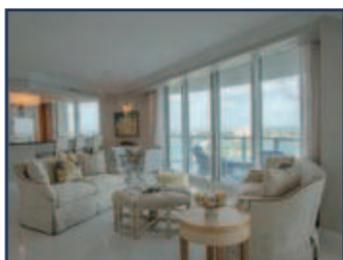


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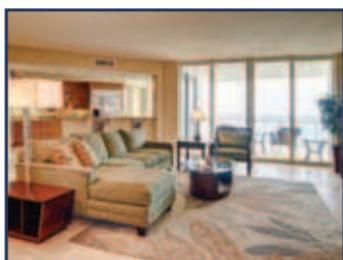
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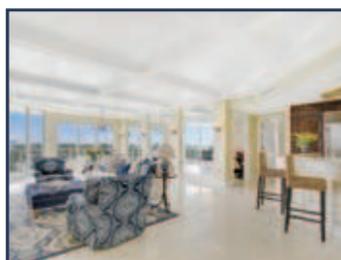
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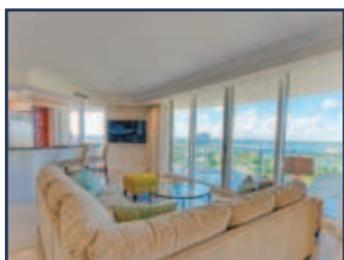
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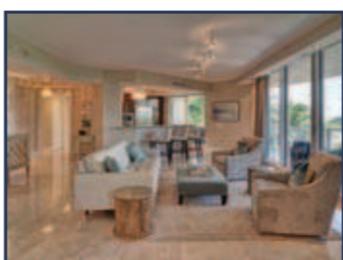
Ritz Carlton Residence 205B
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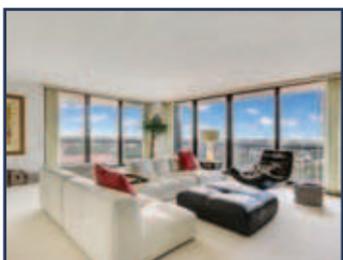
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Ritz Carlton Residence 1506B
2BR+DEN/2.5BA - \$1,125,000



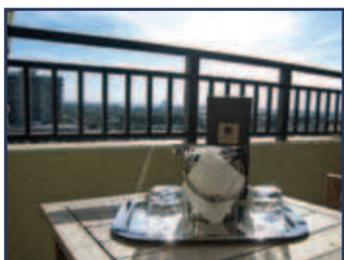
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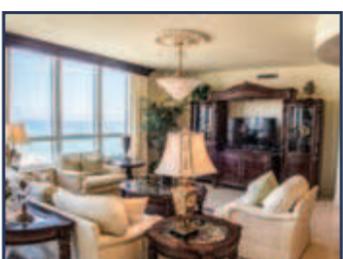
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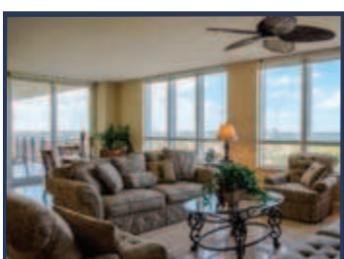
Ritz Carlton Residence 1502B
3BR/3.5BA+DEN - \$8,500



The Resort 1651
3BR/3.5BA - \$7,900



Oasis 19A
3BR/3.5BA - \$7,900



The Resort 1251
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ARTS & ENTERTAINMENT

WEEK OF JUNE 16-22, 2016

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



An Afghan migrant jumps off an overcrowded raft onto a beach at the Greek island of Lesbos.

©YANNIS BEHRAKIS / REUTERS VIA ZUMA PRESS

HAPPENINGS



COURTESY PHOTO

Joan Lipton

Four Arts lecture explores evolution of art

BY JANIS FONTAINE

pbnews@floridaweekly.com

Reserve your seat now for Joan Lipton's lunch-and-learn illustrated talk, Major Art Movements Across the Centuries, on June 28 at the Society of the Four Arts in Palm Beach.

This two-part lecture with a lunch break in the middle begins promptly at 11 a.m. At 1 p.m., the group breaks for a lunch of sandwich wraps, salad, chips and drinks. The two-hour afternoon lecture begins at 2 p.m.

Ms. Lipton is an independent lecturer and art historian, a popular name on Four Arts' Campus on the Lake learning series. She has an M.A. from Hunter College, and an M.A. and Ph.D. from the Graduate Center of the City of New York, with a specialization in 19th and 20th century art. A gifted storyteller, Lipton speaks fluently about the artists of the Renaissance as well as the contributions of the greatest painters of the 20th century.

Ms. Lipton's lectures will shine a light on the painting and sculpture of the major art movements, beginning with classical antiquity and ending with Romanticism. She embellishes her talk with photographs of important works from the Metropolitan Museum of Art, the Museum of Modern Art and the Frick Museum.

If you go: 11 a.m.-4 p.m. June 28, in Four Arts Hall in the Dixon Education Building at the Society of the Four Arts, Palm Beach. The session is \$60. Reservations are required. A second class in the series will be held July 19. Call 805-8562 or emailcampus@fourarts.org. For more info, visit fourarts.org.

Summer Solstice at Wine Scene

Despite happening a couple of days before the astronomical event it's celebrating, you've got to give the Wine Scene, 501 Fern St., West Palm Beach, points for enthusiasm.

Its Summer Solstice party in the Graffiti Garden takes place at 7 p.m. June 18, and it's being billed as "a summer night celebration featuring cool & refreshing seasonal wines & tapas to pair."

But the Summer Solstice, the longest day of the year, actually takes place at 6:34 p.m. June 20, you say.

Does it matter? The Wine Scene's chefs and mixologists have put together "best-of-show" food and drink menus highlighting fresh summer beverages and light summer plates. Entertainment is jazz by the Mark Doyle Trio. So we don't care what it celebrates.

Prized pics

Pulitzer photographs and backstories tug at heartstrings

BY KATIE DEITS

Florida Weekly Correspondent

PREPARE TO STEP ON AN EMOTIONAL rollercoaster of sorrow, tragedy and occasionally joy when you enter the doors of the Palm Beach Photographic Centre exhibit of Pulitzer Prize-winning photographers.

On the right of the gallery is a life-size photo of a fireman gently carrying the blood-soaked, limp body of a toddler from the Oklahoma bombing site. ZUMA Press photographer Charles Porter IV won the 1996 Pulitzer for that shot that tears at every parent's heart.

REVIEW

Dallas Kinney's portrait of Lillie Mae Brown was part of a Pulitzer Prize-winning package for *The Palm Beach Post*.

SEE PRIZED, B14 ►

Jackie Mason musical comes to Lake Worth

BY STEVEN J. SMITH

ssmith@floridaweekly.com

Ginger Reiter, creator of "Both Sides of a Famous Love Affair: The Jackie Mason Musical," quit her job as an English teacher at Wellington High School in 2014 to focus full time on producing the show, which was inspired by her 10-year affair with the comic.

The relationship resulted in a daughter, Sheba, whom Mr. Mason acknowledged only after Ms. Reiter launched a successful paternity suit against him.

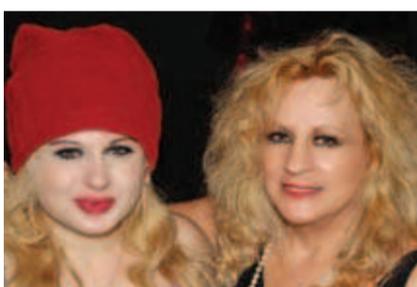
"Sheba was 1 year old when I tried to get him to acknowledge her," Ms. Reiter said.

"I was informed he had just opened his one-man show on Broadway and couldn't be saddled with a child and a girlfriend, so I sued him. It took three years to win the lawsuit, because he kept battling taking the blood test."

Ms. Reiter's show, which features Sheba Mason, will play two performances, June 18-19 at the Lake Worth Playhouse. The story begins at a Miami deli in 1977 where Jackie Mason spots Ms. Reiter — played by Ms. Mason — and a decade-long romance begins.

"I was very young when I met Jackie,"

SEE MUSICAL, B14 ►



LILA PHOTO / COURTESY PHOTO

Ginger Reiter (right) has written a musical about her relationship with comedian Jackie Mason, which stars their daughter, Sheba (left).

SEE HAPPENINGS, B7 ►

COLLECTOR'S CORNER

It's easy to keep silver shining; just don't overclean it



I love to use sterling silver and silver plate, even.

Don't get me wrong: High-quality stainless steel flatware is a pleasure to behold.

But even the cheapest silver plate rings like a bell when you ping it.

Still, it's a pain because you always have to keep it polished if you use it, right?

Wrong!

When we broke up my grandmother's house, there was a dinner fork from Grandma's old everyday service of 1847 Rogers Bros. She had given the set to my sister but had kept a fork to use when beating eggs and such — it was a heavy piece.

It was blackened with tarnish from sitting in the drawer for so long.

My mom washed it and started carrying it with her lunch every day to work.

After a week or so of use, that fork shone like new — she probably didn't even towel-

dry the piece each day, either.

When shabby became chic about 15 years ago, people began selling mixed sets of vintage flatware — they'd assemble a set with a spoon from this set, a fork from that and so on, and it was fun.

I love collecting old flatware because you never know what you will find.

Victorians had especially interesting pieces — aspic servers, pickle forks, sardine servers and such — so it's easy to build a cool collection.

So here's a tip: Dig through those bins. Don't worry that something is covered in tarnish — some dealers tell me that's how you know there's still plenty of silver on a piece because only the silver turns black with tarnish.

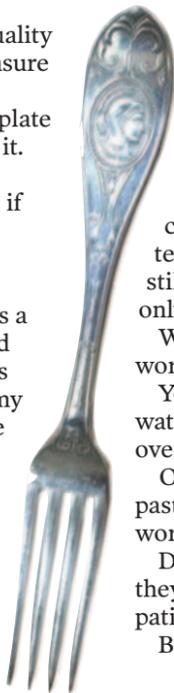
Watch for pitting, where the silver has worn away to expose the base metal.

You can do as my mom did, and watch the piece clean itself with use over time.

Or you can clean gently with silver paste or cream — even toothpaste works in a pinch.

Don't use any of those dip cleaners — they're too harsh and will strip away the patina.

But whatever you do, enjoy! ■



SCOTT SIMMONS/FLORIDA WEEKLY
Fork in Strickland's Medallion pattern dates from 1867. It still retains its patina.

LOOK WHAT I FOUND



COURTESY PHOTO

This fork, in the 1847 Rogers Bros. Vintage pattern, first was made in 1904.

THE FIND: 1847 Rogers Bros. Vintage pattern forks

Found: Antiques and Memories, 1788 Fowler St., Fort Myers; (239) 226-1992 or antiquesandmemories.net.

Cost: \$3.

The Skinny: The fork I'm holding first was made in 1904, and the pattern probably wasn't made long after World War I ended in 1918, as styles became more streamlined.

But what a glorious pattern it is, with its knots of vines and bunches of grapes surrounding the edges of the handles.

This box of silver plate flatware had lots of interesting pieces in it.

Unfortunately, the pieces had been cleaned a bit too well — notice there's no patina, or tarnish, between the grapes or delineating the veins of the grape leaves.

Some of that will return with use.

Meantime, I'll stick a fork in this.

I'm done. ■

— Scott Simmons

— Write to Scott at ssimmons@floridaweekly.com.

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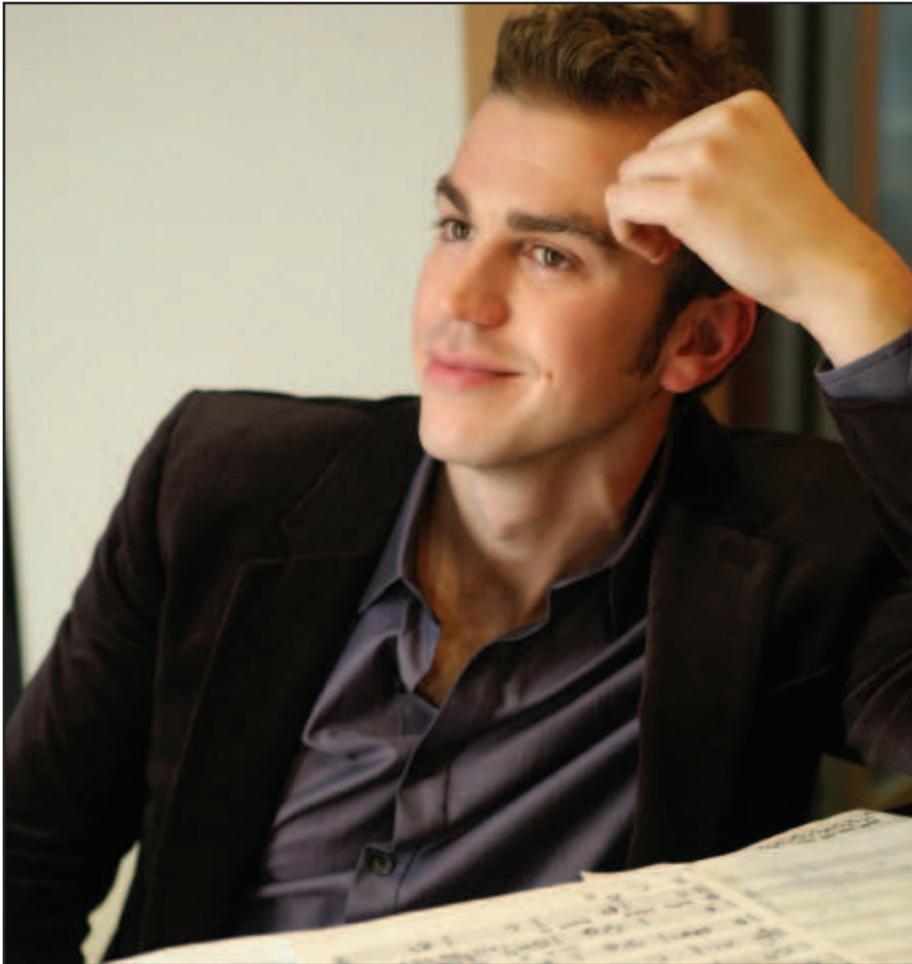
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CABARET Q&A



COURTESY PHOTO

Singer Spencer Day's most recent album is titled "Daybreak."

Spencer Day plans Gershwin and more at Royal Room

SPECIAL TO FLORIDA WEEKLY

Singer Spencer Day is known as much for his original songs as he is for his interpretations of standards by George Gershwin and others.

His hit song "Till You Come to Me" reached the No. 1 spot on Billboard's Contemporary Jazz charts. His recent album "Daybreak" debuted at No. 1 on the iTunes Jazz Chart and reflects Day's roots in the Great American Songbook, with a contemporary, upbeat twist that has become his signature sound.

He has played venues as varied as Birdland in New York, the Hollywood Bowl in Los Angeles, Feinstein's at the Nikko in San Francisco, Jazz Alley in Seattle, the Pacific Rim Jazz Festival in Manila, the Kennedy Center in Washington, D.C., Tanglewood Music Center in Boston, and on national television on "The Late, Late Show" with Craig Ferguson.

He returns this month to the The Colony Hotel's Royal Room in Palm Beach.

What's on your program this summer?

It will be a pretty eclectic set list as usual. Audiences can expect to hear standards by Gershwin and beyond and modern pop songs with a few new originals sprinkled in as well. My main priority is making sure the song is good and fits the show.

How do you prepare for a show?

I try to do at least a 10-minute meditation before every show. This really helps me get grounded.

Any rituals?

Before every show, I always talk to myself in the mirror right before I go

on stage. I try to say affirming things that resonate with the little kid inside. It might sound trite, but it really helps me.

Do you sing every day?

Absolutely. In one form or another I am always making music.

How do Florida audiences compare to audiences up North?

I would say generally Florida audiences seem a little more relaxed. How could they not be?

What is special about the Royal Room?

There are many things that are special about the Royal Room, but I would say the intimacy is at the top of the list. It is so special to be in a cozy room where you can really connect with each and every listener.

Finally, how do you spend your days in Florida?

Well, I am coming from the west coast where the ocean is always chilly, so a warm ocean is still very exotic and exciting to me. Most likely you will find me swimming in the balmy Atlantic or exploring all the amazing architecture here in Palm Beach. I can't wait!

in the know

Spencer Day

- >> **When:** June 17-18 and June 24-25
- >> **Where:** The Colony Hotel's Royal Room, 155 Hammon Ave., Palm Beach
- >> **Cost:** Dinner and show \$120 per person. Show only, \$60. Tax, gratuity and alcoholic beverage not included.
- >> **Info:** 659-8100 or theroyalroom.com

PUZZLE ANSWERS



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

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Children's triathlon (3 age groups) Saturday, Sept. 10

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CALENDAR

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

THURSDAY 6/16

Girls Glam Night Out — 5:30-8:30 p.m. June 16, at iBar at PGA National Resort & Spa, 400 Avenue of the Americas, Palm Beach Gardens. Glam up like the goddess you really are and eat, drink and enjoy pampering services from the Spa and Salon at PGA National. Shop for accessories, health and beauty products, and fashion. Prizes, raffles, goody bags. Free. Info: 227-2548 for more information.

Clematis By Night, Supersized — 6-10 p.m. Thursdays. An hour longer in the summer and featuring two bands. Free. Info: clematisbynight.net.

■ **June 16:** The Daniel Keith Band (country). Casey Raines opens (country).

Stephen Sondheim's "Putting It Together" — Through June 19, Stage Door Theatre, 8036 Sample Road, Margate. Tickets: \$38-\$42; \$16 students. Show times: 2 p.m. Wednesday, Saturday, and Sunday, 8 p.m. Friday and Saturday. (954) 344-7765; stagedoortheatre.com.

The Soul of Motor City — Through July 19 at Stage Door Theatre, 8036 Sample Road, Margate. Conceived, directed, and choreographed by Kevin Black. Tickets: \$38-\$42; \$16 students. Info: 954-344-7765; stagedoortheatre.com.

FRIDAY 6/17

Hurricane Awareness Event — 11 a.m.- 2 p.m. June 17, Storm of '28 Memorial Park, 924 25th St., West Palm Beach. First responders and experts from FPL, the American Red Cross, and the WPB Fire Department will speak about storm safety including storm supplies, home preparations, evacuation routes, emergency contacts and shelter information. Hosted by the Storm of '28 Memorial Park Coalition. Free. Info: wpb.org/Meetings-Events

"The Complete Works of William Shakespeare (abridged) [revised]" — June 17-26, Sol Theatre, 3333 N. Federal Highway, Boca Raton. This wacky, condensed version of Shakespeare's masterpieces by Adam Long, Daniel Singer, and Jess Winfield, is like nothing you've seen and nothing The Bard ever imagined. An Evening Star Productions production. Performances: 8 p.m. Friday and Saturday and 2 p.m. Sunday. Tickets: \$15 adults, \$10 students. Info: 447-8829; eveningstar-productions.org.

Exhibit: "Created by The Hands of Man" — Opening reception 6-9 p.m. June 17, Artisans on the Avenue, 630 Lake Ave., Lake Worth. The artists, who work in different mediums, include Herbert Weintraub, E.J. Morales, Robert Hunter, Carl M. Schneider, Howard Fleischer and Robert Ben Kline. Free. Refreshments. Info: 582-3300; ArtisansOnTheAve.com.

SATURDAY 6/18

The Florida State of Solar: Awakening the Sleeping Giant — 10 a.m. to noon June 18, Jupiter Branch Library, 705 Military Trail, Jupiter. Justin Hoysradt will speak about Florida's solar energy market and the legislative and regulatory barriers that keep it from thriving. Info: 233-2600.

Juneteenth Celebration — June 18, at Spady Cultural Heritage Museum, Delray Beach. Also known as Freedom Day or Emancipation Day, it commemorates the ending of slavery in Texas on June 19, 1865, the end of a long process that began with the Emancipation Proclamation in 1863. A celebration featuring live music by Grammy-nominated artists, food and interactive art. Info: 279-8883; spadmuseum.com.

"Both Sides of a Famous Love Affair: The Jackie Mason Musical" — 8 p.m. June 18 and 2 p.m. June 19, the Lake Worth Playhouse's Stonzek Black Box, 713 Lake Ave., Lake Worth. This story begins in a deli in Miami in 1977 and ends in a high school in Wellington in 2014, or thereabouts. Tickets: \$35. Info: 845-598-2850; thejackiemason-musical.com.

SUNDAY 6/19

Maks and Val On Tour: Our Way — June 19, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. The Chmerkovskiy brothers, both winners of the top prize on "Dancing with the Stars," team up for their own tour. This is the show they dreamed about when they were growing up. Supported by a cast of fellow professionals. Tickets start at \$25. Info: 832-7469; kravis.org.

TUESDAY 6/21

Spring Symposium: The Developing Brain: Adolescence and Vulnerability to Drug Abuse and Mental Illness — 9 a.m.-4:30 p.m. June 21, at Nova Southeastern University - Palm Beach Campus - Room 114; 11501 N. Military Trail; Palm Beach Gardens. Presented by Patrick —DeChello, Ph.D., LCSW, MSW, RPH. Sponsored by Hanley Center Foundation and the Southeast Florida Behavioral Health Network and the State of Florida, Department of Children and Families. A second symposium will be held June 22 in Vero Beach. Info: 841-1215; hanleycenterfoundation.org/symposium.

The Full Moon Party — 5-10 p.m. June 21, Pelican Café, 612 U.S. 1, Lake Park. Music by the Switzer Trio and the duo Dawn Marie & Giovanni. All raffle proceeds (tickets are \$5) benefit Canine Companions For Independence. Hosted by Legends Radio. No cover. Reservations recommended for dinner at 842-7272.

LOOKING AHEAD

Clematis by Night — 6-10 p.m. Thursdays. An hour longer in the summer and featuring two bands. Free. Info: clematisbynight.net.

■ **June 23** — Making Faces (rock/reggae/funk). Yardij opens (alternative rock).

■ **June 30** — Chemradery (pop-rock/soul). Sierra Band opens (classic/current rock).

AT THE COLONY

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

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.

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.

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

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

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.

Knowledge & Nibbles — 11:30 a.m.-1:30 p.m. June 29. Have lunch at Tin Fish, then head to the theater and meet the director and actors of "1776." Cost: Guild members, \$30 lunch and program, \$15 program only. Non-Guild members, \$40, lunch and program; \$20, program only.

"1776" — Opens July 1.

AT FAU BOCA

Florida Atlantic University, Boca Raton campus, 777 Glades Road, Boca Raton. Info: fau.edu/events

FAU's 201 Festival Repertory Theatre — Performances take place in the University Theatre and Studio One Theatre at FAU's Boca Raton campus, 777 Glades Road. 800-564-9539; fauevents.com.

■ **Noel Coward's "Hay Fever"** — Through June 26.

■ **"Once Upon a Mattress"** — July 9-31.

■ **Big Band Concert** — July 16 and 17.

■ **Piano Gala** — July 23.

AT FOUR ARTS

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

Keep Calm and Color On — 1:30 p.m. every Thursday until Aug. 25 in the King Library. Join the adult coloring craze. Materials provided. Info: email kinglibrary@fourarts.org

Lecture and Lunch: Classical Cuisine series — 12:30 p.m. June 23, July 21 and Aug. 11, hosted by the Society of the Four Arts in Palm Beach. Experience a "Renaissance of Classical Cuisine" in this series where you dine at a local restaurant where you'll hear the chefs discuss this resurgence and "pay tribute to the legacy of Auguste Escoffier (1846-1935), a famous French chef, restaurateur and writer. After, a three-course lunch will be served. Tickets: \$75 per event. Reservations are required. Call 805-8562.

June 23: Chef/Owner Jean-Pierre Leverrier, Chez Jean-Pierre Bistro.

July 21: Executive Chef Gianluca Branca, Trevini.

Aug. 11: Executive Chef Javier Sanchez, Renato's.

AT THE KRAVIS

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

The 2016-2017 Kravis On Broadway seven-show series

— Tickets go on sale to the public at 10 a.m. June 17. Shows include: "The Curious Incident Of The Dog In The Night-Time" (Nov. 15-20); "An American in Paris" (Dec. 6-11); "Dirty Dancing - The Classic Story On Stage" (Jan. 3-8); "Beautiful - The Carole King Musical" (Jan. 31-Feb. 5); "The Phantom of the Opera" (March 23-April 1); "Kinky Boots" (April 18-23); "The Sound Of Music" (May 9-14). Call 832-7469; Kravis.org.

Maks and Val On Tour: Our Way

— June 19. The Chmerkovskiy brothers team up for their own tour. This is the show they dreamed about when they were growing up. Supported by a cast of fellow professionals. Tickets start at \$25.

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, June 22, 29. Time varies by sunset. \$15 members, \$20 nonmembers.

Lighthouse Moonrise Tour — 7:30 p.m. June 20 and July 19 and 7:15 p.m. Aug. 18. \$15 members, \$20 nonmembers.

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 that is at least 18 years old. Future dates: July 2, Aug. 6, Sept. 3, Oct. 1, Nov. 5, Dec. 3.

Twilight Yoga at the Light — 7-8 p.m. June 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.

AT LOGGERHEAD

Loggerhead Marinelifelife Center — 14200 N. U.S. 1, Juno Beach. Info: 627-8280; marinelifelife.org.

Guided Turtle Walks — 8:40 p.m. to midnight Wednesday through Saturday in June and July. You must be able to walk a half-mile. Children must be at least 8 years old. Doors close at 9 p.m. Advance registration is required. \$12 members, \$17 nonmembers. \$20 for walk-ins if space is available.

Public Guided Tour — 2-3 p.m. every Monday and Friday (June 17, 20, 24 and 27.) Led by educational docents who will answer questions. Tickets are \$7 for adults, \$5 for age 3-12, and free for younger than 3. No reservations required. Sign-in at the Guest Services desk in the main lobby.

CALENDAR

Sunday Public Guided Tour — Noon-1 p.m. Sunday, June 19 and 26. Tickets: \$7 adults, \$5 for age 3-12. Free for kids younger than 3. No pre-registration required. Sign-in at the Guest Services desk in the main lobby.

Dr. Logger Show — 2-2:30 p.m. Sunday, June 19 and 26. An interactive show appropriate for all ages by the educational ambassador of sea turtles. Free. No registration needed.

The 5th Annual Run 4 the Sea — 6:15-9:30 a.m. June 18, Juno Beach. \$35 race registration fee for adults and \$10 registration for kids | Free for spectators. Run along the scenic Atlantic Ocean on AIA to celebrate the community's commitment to the conservation of endangered sea turtles. Also features a one-mile fun run for children (at 8:15 a.m.) and a four-mile run for adults (at 7 a.m.). Hang around for the post-race celebration with music and breakfast. Check-in opens at 6:15 a.m. Info: marinelife.org/run.

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 through July 29. Members call 776-7449, Ext. 102. Nonmember registration takes place online at macarthurbeach.org. Tickets are \$10 and are nonrefundable.

Educational Reef Program — 10 a.m. June 18 and 25. Learn about the fish and other inhabitants of our near shore reef through a presentation and discussion. Snorkel afterward. Free with park admission. Info: 624-6952.

AT THE MALTZ

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

CONSERVATORY PRODUCTIONS:

"Seussical" — June 24-25. Dr. Seuss's best-loved characters come to life in this production by student thespians in grades 6 -12. Showtime is 7:30 p.m. Tickets: \$25 adults, \$20 children.

"Disney's Little Mermaid, Jr." — July 29-30. Kids in grades 3-5 perform this fan-favorite fairy tale.

AT MOUNTS

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

Tropical Fruit Festival — 10 a.m. - 3 p.m. June 25. Fruit tastings, lectures, demonstrations, live music and a plant sale. \$5 members; \$10 nonmembers. Hosted by the Palm Beach Chapter of the Rare Fruit Council International.

AT THE IMPROV

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

Lavell Crawford — June 16-18.

John Heffron — June 23-26.

Drew Lynch — June 30-July 3.

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.

The Pam Beach Summer Boat Show — June 24-26. Nearly 100,000 square feet of powerboats up to 40 feet, including center consoles, walk-arounds, cruisers, deck boats, pontoons, bass, personal water craft and accessories.

AT THE SCIENCE MUSEUM

The South Florida Science Museum, 4801 Dreher Park Road, West Palm Beach. Admission: \$15 adults, \$11 ages 3 to 12, \$13 for age 60 and older. Free for members and children younger than 3. Info: 832-1988; sfsciencecenter.com.

"Grossology: The (Impolite) Science of the Human Body" — Through Oct. 10. A 5,000-square-foot interactive exhibition based on Sylvia Branzei's best-selling book, the exhibition educates kids ages 6 to 14 about the gross stuff the body produces. Includes "Nigel Nose-It-All" who explains why people have runny noses, allergies and sneeze and "Tour Du Nose" takes guests on a tour through a 10-foot-tall nose replica. "Burp Man" drinks from a three-foot-tall soda can pumped by visitors and explains burps. "Click Ick" has nine different activities, including exploratory labs, puzzles, games and more.

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.

Downtown at the Gardens — 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Info: downtownatthegardens.com.

■ **2016 Rock 'N' Roll Summer concert series.** Friday nights 7-10 p.m. in Center Court.

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

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



06.17

#SFL TOP PICKS

■ **"Created by The Hands of Man"** — Opening reception 6-9 p.m. June 17, Artisans on the Avenue, 630 Lake Ave., Lake Worth; 582-3300 or ArtisansOnTheave.com



06.19

■ **Maks and Val On Tour: Our Way** — June 19, Kravis Center; 832-7469 or kravis.org



#DON'TMISS

■ **Stephen Sondheim's "Putting It Together"** — Through June 19, Stage Door Theatre, Margate; (954) 344-7765; stagedoortheatre.com

#EATING-SCENE

■ **Lecture and Lunch: Classical Cuisine series** — 12:30 p.m. June 23 with Jean-Pierre Leverrier, Chez Jean-Pierre Bistro; 805-8562

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

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

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

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

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

ONGOING

The Ann Norton Sculpture Gardens — 2051 S. Flagler Drive, West

CALENDAR

Palm Beach. Admission: \$10 adults, \$8 seniors and \$5 students. Free for members. Info: 832-5328; ansg.org.

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

■ **2D Student Summer Show** — Through July 9

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.

■ **Still Life 2016 Exhibit: Works Depicting Posed Objects** — July 5-Aug. 12. Reception 5-8 p.m. July 8, afterparty at The Brewhouse Gallery, 720 Park Ave., Lake Park. Juried by the Art on Park Gallery Management Committee.

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.

■ **“Arnold Newman: Masterclass”** — Through July 3.

■ **“Jane Benson: Two Videos”** — Through July 3.

■ **“Charles McGill: Front Line, Back Nine”** — Through July 3.

■ **“Bob Colacello: In and Out with Andy”** — Through July 3.

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

■ **Special Jazz Concert Honoring Ella Fitzgerald** — 7:30-9:30 p.m. June 25, Cultural Council of Palm Beach County, 601 Lake Avenue, Lake Worth. This tribute features international jazz vocalist and recording artist Yvette Norwood-Tiger and her Jazz Ensemble, pianist and musical director Rick Moore of the Jupiter Jazz Society, contra bass player Burt Boice, and drummer Jose Roman. Trumpet player Michael Mackey, a senior at Dreyfoos School of the Arts, is the group's special guest soloist. Tickets: \$20. Info: 471-2901.

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

■ **Exhibition: Palm Beach Coun-**

ty artists — Through July 30. Includes four Palm Beach County artists: Birds are Nice, Katelyn Spinelli, Nicole Galluccio, and the Viridis. Info: 472-3341 or email dcalabria@palmbeachculture.com.

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.

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

■ **Sunshine in the Summer-time** — 9 a.m.-noon Monday-Saturday, through Aug. 13. Interactive splash pads, free games at the waterfront amphitheater, including bubbles, hula hoops, water activities, building blocks.

■ **OBEO Society's Weekend Commute** — 7:45 a.m. June 25, Blue-line Surf & Paddle, Jupiter. Paddle to Harbourside for yoga. Info: obeosociety.com

■ **Live Music on the Waterfront** — 6-10 p.m. June 17. Steel Pony performs.

■ **Sunset Puppy Social** — 7-8:30 p.m. June 17. Meet at Blue-line Surf & Paddle at 6:45 p.m. to paddle with your pooch to Pucci & Catana. Cost: \$25. Reservations required. Info: 744-7474.

■ **Summer Sidewalk Sale** — June 18. Happy hour specials at Bravo! Cucina Italiana, Calaveras Cantina, deep blue seafood & grille, Tommy Bahama Restaurant & Bar, The Woods Jupiter or Too Bizaare.

■ **Live Music on the Waterfront** — 6-10 p.m. June 18. White Acres performs.

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

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

■ **“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. 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.

■ **The Art of Association** — Through Aug. 11

■ **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 Norton Museum of Art — The Norton will be closed through July 4, and will re-open July 5, free to the public. At 1451 S. Olive Ave., West Palm Beach. Info: 832-5196 or norton.org.

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 Programs — 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.

org.

Perfect Vodka Amphitheatre — 601-7 Sansbury Way, West Palm Beach. Info: westpalmbeachamphitheatre.com/events/. Tickets: 800-345-7000 or ticketmaster.com.

■ **Keith Urban** — June 18.

■ **Steely Dan & Steve Winwood** — June 29.

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.

Delray Beach's Summer Green-Market — 9 a.m.-noon every Saturday through the summer, in the eastern half of the parking lot at the Delray Beach Tennis Center, 201 W. Atlantic Ave., Delray Beach. Info: 276-7511; delraycra.org/greenmarket.

The Palm Beach Gardens GreenMarket — Market is at its summer home, 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 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. Vendors welcome. Info: 203-222-3574; harrysmarkets.com. jupitergreenmarket.com.

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

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CULTURAL COUNCIL OF PALM BEACH COUNTY



Also Discover Our Summer Programs for Kids

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HAPPENINGS

From page 1

Tickets are \$50 in advance at Eventbrite.com or at the door if they last. Ask about the Wine Scene's summer solstice deals on wine. For more information, call 632-4906.

Summer lunch at the Mandel library

For some kids, summer vacation carries a little sting.

Not sunburn. Hunger.

Kids who depend on the school system for breakfast and lunch and even sometimes an afternoon snack or an early dinner don't all get those meals when school isn't in session. Some schools offer food

service, but there are still pockets that aren't being reached.

To help out, the Mandel Public Library will now be a Summer BreakSpot, offering a summer food service program for kids and teens younger than 18.

They'll be serving lunch Monday through Friday from 11:30 a.m.-1:30 p.m. in Kidspace on the third floor. The program started June 13 and will run through Aug. 5.

Kids don't have to attend school in Palm Beach County to get free lunch.

The Mandel Public Library of West Palm Beach is at 411 Clematis St., West Palm Beach. Call 868-7703 or visit wpbcitylibrary.org.

Photo Centre needs your help

One of the biggest contributions that

the Palm Beach Photographic Centre makes to the community — and there are many — is its annual FOTOCamp for kids ages 10-17.

Hundreds of kids have learned a treasured hobby — and some even found a profession — learning from the pros to take pictures at FOTOCamp.

The camps run in three two-week sessions June, July and August, from 9 a.m. to 3 p.m. Kids learn everything from the basics of photography to the fine points of using a computer technology to edit and publish photos.

They've got the kids signed up. Now they need a few volunteers. It's not a long commitment. It's only six weeks, if you volunteer the whole time.

If you like creative kids thirsty to learn and you like taking pictures, and you have some spare time to help out the

instructors and work with the kids, your help is needed.

Knowledge of photography and Adobe is a plus. FOTOCamp volunteers are required to complete and submit an affidavit of good moral character and pass a background screening.

If working with kids isn't your thing, don't worry. The center also has other volunteer opportunities.

It's currently looking for a receptionist who has a high school diploma and good verbal and written communication skills. It also needs general volunteers to help out as needed.

These volunteers can set their own hours.

If you're interested in helping, email the Palm Beach Photographic Centre at volunteers@workshop.org. Or call 253-2600. ■

CALLING ALL PET LOVERS!

Florida Weekly Celebrates Your Pets!
(DOGS, CATS, HAMSTERS, HORSES, EXOTIC OR WHAT EVER YOUR PETS MAY BE)

First Place \$250
Second & Third Place \$100
Gift Certificate
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Our staff chooses three winners of our contest and we put all the best photos in our paper.

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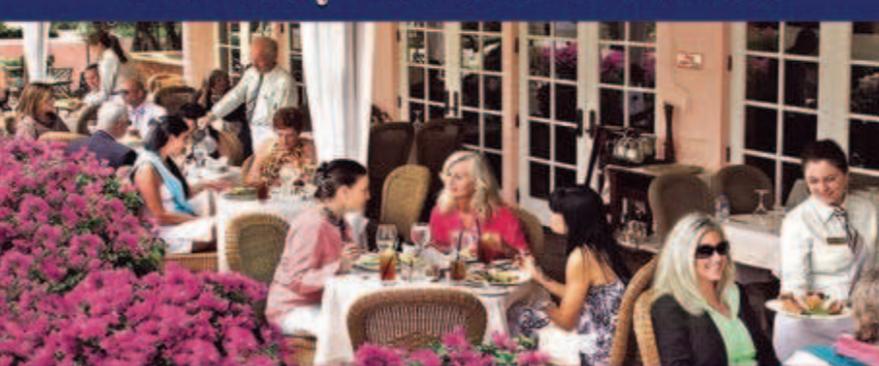


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Nathan Goldin, Tyler Aronson and Gianni Rademacher



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Nikki Rodriguez and Colton Schwarz



Nicholas Banner, Blake Mathews and Tyson Figoras

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THIS WEEK!

JUNE 17TH PEARL JAMZ

<p>JULY 1ST PARROT HEADS UNITE! CARIBBEAN CHILLERS JIMMY BUFFET TRIBUTE BAND</p>	<p>JULY 8TH STING / POLICE</p>
<p>JULY 22ND PETTY HEARTS & STONE TEMPLE PLUSH ULTIMATE TOM PETTY AND STONE TEMPLE PILOTS TRIBUTE</p>	<p>JULY 29TH BRITISH</p>

<p>AUGUST 5TH VAN HALEN TRIBUTE 1984</p>	<p>AUGUST 12TH ROCK OUT WITH LED ZEPPLIN LED-HED</p>	<p>AUGUST 19TH</p>
--	--	---------------------------

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Barbara Shafer, Laura Zele and Tanya Loringan



Donna Molinaro, Denise Marino and Denise Mariani



Amy Morris and Cassie Waitkus



Kris Traubel, Laura Zele and Michelle Lara



Carrie Capalbo and Andrea Jimenez

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COURTESY PHOTO

Karen Dixon, Michael Ellert and Michael Forte, founders of the Palm Beach Chamber Music Festival.

**Palm Beach Chamber Music Festival
announces 25th anniversary season**

SPECIAL TO FLORIDA WEEKLY

The Palm Beach Chamber Music Festival will present its 25th anniversary season July 8-31 at various locations throughout Palm Beach County, including the Crest Theatre at Delray Beach Center for the Arts, the Eissey Campus Theatre at Palm Beach State College and Helen K. Persson Hall at Palm Beach Atlantic University.

The 2016 season will feature the music of Mozart, Ravel and Bruch, among others, including a world premiere composed specifically for the Palm Beach Chamber Music Festival. More information and tickets are available at pbcmf.org.

The 2016 season dates and repertoire are as follows:

■ Program 1

7:30 p.m. Friday, July 8
Helen K. Persson Recital Hall at Palm Beach Atlantic University
7:30 p.m. Saturday, July 9
Eissey Campus Theatre at Palm Beach State College
2 p.m. Sunday, July 10
Crest Theatre at Delray Beach Center for the Arts

Repertoire:

Amilcare Ponchielli's "Dance of the Hours," from "La Gioconda," arr. Andreas Tarkmann, for flute, two oboes, two clarinets, two horns and two bassoons and contrabassoon

Wolfgang Amadeus Mozart's "Piano Concerto No. 23 in A Major," K. 488, arr. Maxwell J. McKee, for piano, flute, clarinet, bassoon, horn, trumpet, two violins, viola, cello and bass

Wolfgang Amadeus Mozart's "Symphony No. 36 in C Major," arr. for flute, oboe, two clarinets, two horns and two bassoons

■ Program 2

7:30 p.m. Friday, July 15
Helen K. Persson Recital Hall at Palm Beach Atlantic University
7:30 p.m. Saturday, July 16
Eissey Campus Theatre at Palm Beach State College
2 p.m. Sunday, July 17
Crest Theatre at Delray Beach Center for the Arts

Repertoire:

Clark McAlister's "Canzona" (2013) World Premiere — written for the musicians of the Palm Beach Chamber Music Festival, for flute, oboe, clarinet, horn, bassoon and trumpet

Leoš Janáček's "Mladi (Youth)," Suite for flute, oboe, clarinet, bass clarinet, bassoon and horn

Richard Wagner's "Siegfried Idyll," for flute, oboe, two clarinets, bassoon, two horns, trumpet, four violins, two violas, cello and bass

Max Bruch's "Octet in Bb Major," Op. Posth., for four violins, two violas, cello and bass

■ Program 3

7:30 p.m. Friday, July 22
Helen K. Persson Recital Hall at Palm Beach Atlantic University
7:30 p.m. Saturday, July 23
Eissey Campus Theatre at Palm Beach State College
2 p.m. Sunday, July 24
Crest Theatre at Delray Beach Center for the Arts

Repertoire:

Rosalie (Rosy) Marie Wertheim's "Trio" (1942) for flute, clarinet and bassoon

Maurice Ravel's "Sonata" (1922) for violin and cello

Nino Rota's "Nonetto" for flute, oboe, clarinet, horn, bassoon, violin, viola, cello and bass

■ Program 4

7:30 p.m. Friday, July 29
Helen K. Persson Recital Hall at Palm Beach Atlantic University
7:30 p.m. Saturday, July 30
Eissey Campus Theatre at Palm Beach State College
2 p.m. Sunday, July 31
Crest Theatre at Delray Beach Center for the Arts

Repertoire:

Gaetano Donizetti's "String Quartet," for two violins, viola and cello

Ottorino Respighi's "Wind Quintet in G minor," P. 21, for flute, oboe, clarinet, horn and bassoon

Ermanno Wolf-Ferrari's "Symphonia da camera in Bb Major," Opus 8, for flute, oboe, clarinet, horn, bassoon, two violins, viola, cello, bass and piano

All repertoire is subject to change. ■



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COURTESY PHOTO

Tenor Ryan Townsend of Coral Gables, soprano Robyn Marie Lamp of Royal Palm Beach, and conductor/music director Gordon Roberts of Hollywood rehearse recently for "Not In My Town," a musical drama about the hate-crime murder of gay Wyoming college student Matthew Shepard, and the positive events that happened in its aftermath.

Royal Palm resident to portray heroine in Matthew Shepard musical drama

SPECIAL TO FLORIDA WEEKLY

Robyn Marie Lamp, who grew up in Lake Worth and now lives in Royal Palm Beach, will star as Romaine Patterson, the heroine of "Not In My Town," the musical drama about the murder of Matthew Shepard to be performed by West Palm Beach-based startup company Opera Fusion Inc.

"Romaine was thrust into the spotlight, and she was brave enough to speak up, to pursue a message of love and acceptance," Ms. Lamp, a soprano, said in a statement.



SHEPARD



PATTERSON

Ms. Lamp has been watching online video of Ms. Patterson to prepare for her part in "Not In My Town" as well as reading Ms. Patterson's book, "The Whole World Was Watching: Living in the Light of Matthew Shepard."

"It's a little scary for me to portray somebody who's alive and who's going to see me perform," Ms. Lamp said, because most roles portray someone either fictional or from centuries past.

The role comes on the heels of her recent win in the Lois Alba Aria Competition, held by the Soma International Foundation at St. Thomas University in Houston.

Ms. Lamp has also sung with the Sarasota Opera, Opera del West, LSU Opera, Newburyport Choral Society, Delray Beach Chorale and other groups. In addition to her music career, she works as a pre-school administrator in Palm Beach County and as a lifeguard and swim teacher during summers.

"Not in My Town," written by Fort Lauderdale composer and librettist Michael W. Ross, is the story of the events surrounding the 1998 murder of Mr. Shepard, a gay Wyoming college student who was beaten and left tied to a fence, and the positive developments in its aftermath.

"It is so imperative that works like 'Not In My Town' be shared to ensure that people understand the real impact of bias crimes in America," Ms. Patterson said in the statement. "Matthew wanted to live his life helping others. We must all learn from Matthew's story, and strive to be more kind to one another. I am honored to be a part of 'Not In My Town' because the fine arts serve as a strong and beautiful tool for education."

Opera Fusion will present portions of "Not in My Town" on Friday, June 17, at the Sunshine Cathedral in Fort Lauderdale as part of the Wilton Manors Stonewall Festival. The entire show will premiere Saturday and Sunday, Sept. 24 and 25, at Florida Atlantic University's University Theatre in Boca Raton. The premiere will be the culmination of FAU's celebration of International Peace Week 2016.

Ms. Patterson, Mr. Shepard's best friend and the leading role in the show, now lives in New Jersey and will attend the gala preview in Fort Lauderdale. She and Ms. Lamp haven't met, but that will happen — for the first time — at Sunshine Cathedral.

A radio personality and LGBTQA activist, Ms. Patterson organized counter-protests — with peaceful protesters clad in angel-wing costumes — after the Westboro Baptist Church and the late Rev. Fred Phelps began showing up at Mr. Shepard's funeral and the subsequent trial of his killers.

In addition to selections from "Not in My Town," Opera Fusion singers will perform many popular opera songs after an intermission on June 17. Among those, Ms. Lamp will sing "Marietta's Lied," from the German opera "Die tote Stadt," by Erich Korngold. She sang that and "Dich, teur Halle," from the German opera "Tannhäuser," by Richard Wagner, at the Lois Alba Aria Competition for the win.

Performance begins at 8 p.m. June 17 at The Walter Lawrence & Stephen Lewis Performing Arts Center at Sunshine Cathedral, 1480 SW Ninth Ave., Fort Lauderdale. Tickets: General admission, \$38; VIP seating, \$100. Includes dinner and open bar, performance and meet-and-greet the artists. Available at operafusion.org. ■

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LATEST FILMS

'Now You See Me 2'

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★ ★ ★

Is it worth \$10? Yes

Morgan Freeman is in "Now You See Me 2," and because everyone loves his voice, the film opens and closes with him narrating the same phrase: "Seeing is believing, but is it truth? Depends on your perspective."

The quote taps into the challenges and pleasures of movies (such as this one) that are based on deception: The viewer knows he can't trust what he's seeing, and that there's an ulterior motive, secret deal and/or hidden motivation behind everything that appears on screen. Part of the fun is the guessing game of figuring out what they're scheming; the other part comes from the ingenuity and "wow" factor with what they pull off.

Set 18 months after the first movie "Now You See Me" (2013), this sequel starts with Four Horsemen magicians Merritt (Woody Harrelson), Daniel (Jesse Eisenberg) and Jack (Dave Franco) laying low and taking orders from their leader, FBI Agent Dylan Rhodes (Mark Ruffalo). They're soon joined by the perky and energetic Lula (Lizzy Caplan, a newcomer to the series).

Their big comeback doesn't go as planned, however, and they wake up in Macau, China. Their kidnapper, the presumed dead Walter (Daniel Radcliffe), forces them to steal a powerful computer chip that will enable him to tap into any electronic device in the world.

Nothing more needs to be revealed about the plot; let it suffice to say that Mr. Freeman, Michael Caine, Mr. Harrelson doing a Matthew McConaughey impression and the entire city of London play major roles.

Director Jon Chu's ("G.I. Joe: Retaliation") challenge is in executing the trickery in a fun way that keeps us engaged and doesn't seem completely ridiculous when explained at film's end.



In this he has succeeded.

What's interesting is that the "heist" elements — stealing an object, breaking into a building, impersonating others — are more engaging than the "magic" bits, and here's why: We understand the heists and how they're done, and we can reasonably fantasize about pulling off something similar ourselves. The magic, however, isn't always explained — How does Daniel disappear into a sidewalk? And how does Lula make a bird fly out of a guy's pants? — so sometimes we're forced to suspend disbelief when the curious among us (like me) would really like to know how they do that.

As a whole, though, "Now You See Me 2" is clever and enjoyable, with the fact that it's largely far-fetched and unrealistic a large part of its charm. Do yourself a favor and don't even bother trying to figure it out. Just smile and go along for the ride. ■

in the know

>> **Isla Fisher** was one of the Four Horsemen in the first film; her character doesn't appear here for reasons explained early on. In reality, she didn't return because she was pregnant.

FILM CAPSULES

Maggie's Plan ★★ ★

(Greta Gerwig, Ethan Hawke, Julianne Moore) Maggie (Ms. Gerwig) falls in love with and marries John (Mr. Hawke), only to realize she made a horrible mistake and needs to reunite him with his ex-wife (Ms. Moore). It's a clever premise with enough laughs and brutal honesty to make it solid entertainment. Rated R.

Popstar: Never Stop Never Stopping ★★ ★

(Andy Samberg, Sarah Silverman, Imogen Poots) Pop star Conner4Real (Mr. Samberg) strikes out with his second solo album, sending his life and career into a tailspin. It's a laugh riot from start to finish that dares to satirize pop culture and the idol worship of celebrities. Rated R.

X-Men: Apocalypse ★★ ★

(James McAvoy, Jennifer Lawrence, Oscar Isaac) Prof. X (Mr. McAvoy) and Mystique (Ms. Lawrence) lead the X-Men against the world's first and

most powerful mutant, Apocalypse (Mr. Isaac). The villain is boring, and the ample visual effects don't make up for the flawed story. Rated PG-13.

Alice Through The Looking Glass ★★ ★

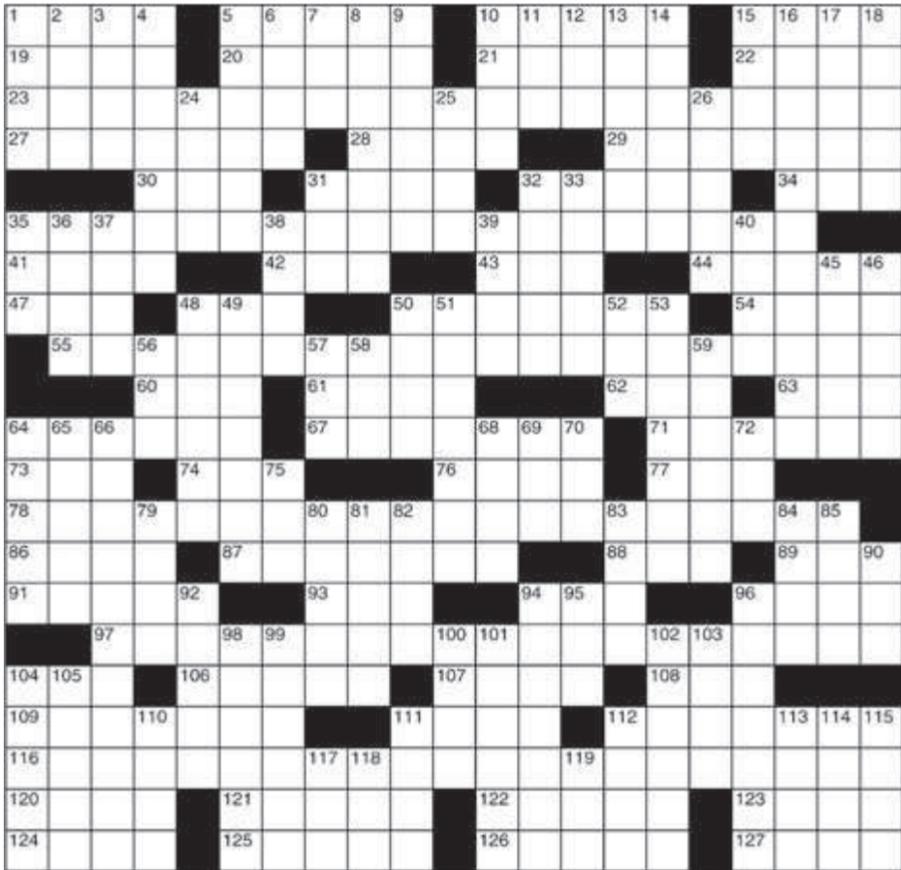
(Mia Wasikowska, Sacha Baron Cohen, Johnny Depp) Alice (Ms. Wasikowska) returns to Wonderland and travels back in time to save the Mad Matter's (Mr. Depp) family. The visuals are impressive, but the performances and story feel overdone. Rated PG.

Neighbors 2 ★★ 1/2

(Seth Rogen, Rose Byrne, Zac Efron) After living next to Teddy's (Mr. Efron) fraternity in "Neighbors" (2014), Mac (Mr. Rogen) and Kelly (Ms. Byrne) now must deal with a sorority (led by Chloe Grace Moretz's Shelby) moving in next door. It's not as funny as the original, and its strong feminist message doesn't quite fit with the absurd comedy. Still, it's humorous enough to warrant a moderate recommendation. Rated R. ■

PUZZLES

THE NATIONALIST AND THE NEWBORN



- ACROSS**
- 1 Mrs. Alfred Hitchcock
 - 5 Had an expectation
 - 10 "C'est moi," in English
 - 15 Car financing co., once
 - 19 Malicious
 - 20 Greater than
 - 21 Of film sound effects
 - 22 Quiet stretch
 - 23 Start of a riddle
 - 27 Like potatoes
 - 28 — a soul (nobody)
 - 29 Coagulated
 - 30 Similar to
 - 31 Have — (know the right person)
 - 32 Online letter
 - 34 Serpent follower
 - 35 Riddle, part 2
 - 41 Wields
 - 42 Kitten sound
 - 43 Flatow or glass of radio
 - 44 SeaWorld attractions
 - 47 Minivan driver, often
 - 48 Geol., e.g.
 - 50 Smart guy
 - 54 Purview
 - 55 Riddle, part 3
 - 60 Many millennia
 - 61 Thrill rider's inhalation
 - 62 Thrown object's path
 - 63 Grafton's "— for Evidence"
 - 64 Graph anew
 - 67 Riddle, part 4
 - 71 Jim who played Ernest P. Worrell
 - 73 Smelter input
 - 74 Lit syllable
 - 76 Blockhead
 - 77 Is, pluralized
 - 78 Riddle, part 5
 - 86 Befuddled
 - 87 Poison in many murder mysteries
 - 88 Some small batteries
 - 89 Barn bird
 - 91 Bird homes
 - 93 Flamboyant stole
 - 94 Actress Grier
 - 96 Soft cheese
 - 97 End of the riddle
 - 104 "Hostel" director Roth
 - 106 Besmirch
 - 107 "May — a favor?"
 - 108 "Gloria in excelsis —"
 - 109 Making out
 - 111 "— all know ..."
 - 112 Buildup of unfinished work
 - 116 Riddle's answer
 - 120 Lead-ins to big days
 - 121 Elvis hit, e.g.
 - 122 Bang or pop
 - 123 Unit of matter
 - 124 Cardinal and cherry
 - 125 Auto type
 - 126 "Eeew!"
 - 127 \$1,000 units, in slang
- DOWN**
- 1 French pals
 - 2 Southpaw's side
 - 3 "Still I Rise" poet
 - 4 Arctic parkas
 - 5 Boisterous, loud laugh
 - 6 Submit to
 - 7 "— favor!"
 - 8 Still, after all this time
 - 9 Hold up
 - 10 Doubtful
 - 11 To boot
 - 12 35mm camera
 - 13 Resident of Islam's spiritual center
 - 14 Cornea coverer
 - 15 Overfill
 - 16 Like a triplex
 - 17 Patriot Ethan
 - 18 Bonnie's pal
 - 24 Sch. for the Bruins
 - 25 Novelist Sarah — Jewett
 - 26 Manuscript leaf
 - 31 Yes vote
 - 32 Zimbalist of "The F.B.I."
 - 33 Marlins' city
 - 35 "Tasty!"
 - 36 With 113-Down, recently
 - 37 Pixar's lost clown fish
 - 38 "Jake and —" (comedy Web series)
 - 39 River to the Seine
 - 40 Trapped like —
 - 45 Cliffside nest
 - 46 Full of lip
 - 48 Suave
 - 49 Situated in the middle
 - 50 Long (for)
 - 51 Blocked
 - 52 Comic actress
 - 53 Gasteyer
 - 54 Blissful state
 - 56 Buddhism, e.g.: Abbr.
 - 57 John Deere Classic org.
 - 58 Dorm leaders, for short
 - 59 Wolfs (down)
 - 64 "Mr. Bean" star
 - 65 Wipe chalk from
 - 66 Ale brand until 2011
 - 68 Put on
 - 69 Nabokov's longest novel
 - 70 Male issue
 - 72 Stephen of "Stuck"
 - 75 "— ideas?"
 - 79 Like a Mass: Abbr.
 - 80 African land
 - 81 From here — (henceforth)
 - 82 Ampule, e.g.
 - 83 Poet's foot
 - 84 Kin of "neither"
 - 85 Leia, to Luke
 - 90 Piano piece
 - 92 Bridal gown fabric
 - 94 Sit to be painted by, perhaps
 - 95 "Great" bird
 - 96 Schoolchild's burden
 - 98 Dances with dipping
 - 99 Squirm
 - 100 Menu choice
 - 101 Deviating off course
 - 102 "My Cup Runneth Over" singer
 - 103 Bi-plus octa-
 - 104 Go in
 - 105 Go out
 - 110 Hug go-with
 - 111 Port city of Yemen
 - 112 Firm cheese
 - 113 See 36-Down
 - 114 It uses a double reed
 - 115 Places to lift
 - 117 Tally (up)
 - 118 Long of "Premonition"
 - 119 2016 Olympics city

SEE ANSWERS, B3

HOROSCOPES

GEMINI (May 21 to June 20) A misunderstanding is easily cleared up. Then go ahead and enjoy some fun and games this week. A Libra might have ideas that merit serious consideration for the future.

CANCER (June 21 to July 22) You might feel as if you're in an emotional pressure cooker, but the situation is about to change in your favor. Take time out for some well-earned fun.

LEO (July 23 to August 22) A shift in your workplace responsibilities creates resentment among some co-workers. Deal with it before it becomes a threat to your success on the job.

VIRGO (August 23 to September 22) Expect some surprises in what you thought was one of your typically well-planned schedules. Deal with them, and then enjoy some lighthearted entertainment.

LIBRA (September 23 to October 22) Be careful: What appears to be a solid financial opportunity might have some hidden risks attached. A hazy personal matter needs to be cleared up.

SCORPIO (October 23 to November 21) It's a good time to strengthen ties with family and friends. You might feel unsure about a recent workplace decision, but time will prove you did the right thing.

SAGITTARIUS (November 22 to December 21) Just when you thought

your relationship was comfortable and even predictable, your partner or spouse could spring a potentially life-changing surprise on you.

CAPRICORN (December 22 to January 19) Your usually generous self is overshadowed by your equally strong suspicious nature. You might be judging things too harshly. Keep an open mind.

AQUARIUS (January 20 to February 18) Love and romance dominate the week. Married Aquarians enjoy domestic harmony, while singles could soon be welcoming overtures from loving Leos.

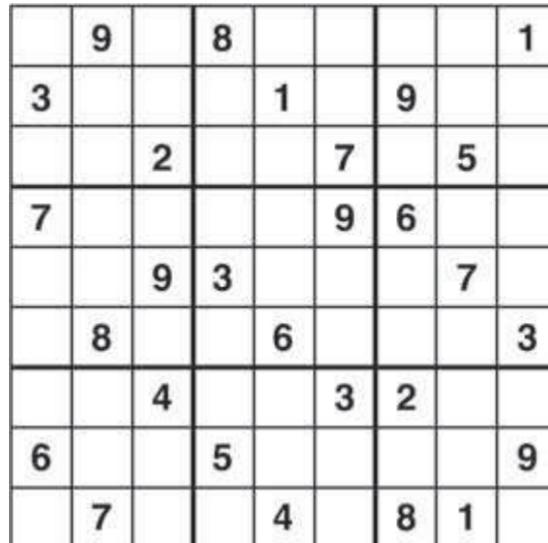
PISCES (February 19 to March 20) An old health problem recurs, but it is soon dealt with, leaving you eager to get back into the swing of things. A favorable travel period starts this week.

ARIES (March 21 to April 19) You feel ready to face up to a major change, although it might involve some risks. A once-dubious family member comes around and offers support and encouragement.

TAURUS (April 20 to May 20) Move forward with your plans, despite discouraging words from those who underestimate the Bovine's strong will. Your keen instincts will guide you well.

BORN THIS WEEK: You have an independent spirit that resists being told what to do. But you're also wise enough to appreciate good advice. ■

By Linda Thistle



Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging ★★★ Expert

SEE ANSWERS, B3

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PANORAMIC PHOTO OF THE PHOTOGRAPHIC CENTRE BY KATIE DEITS

Images that would have been published at 10 inches in print are blown up huge on the walls of the Palm Beach Photographic Centre.

PRIZED

From page 1

Usually on a newspaper, magazine or computer screen, the largest photographs the public see are 8 to 11 inches wide but the exhibition's images are as large as 6 feet. They seem to jump off the walls, engulfing the viewer in the scene. Here, size does matter, as you are confronted with the horrors of war, illness and poverty.

Curated by Scott Mc Kiernan, CEO/founder of ZUMA Press, "Pulitzer Back Stories" is one of a series of events across the United States celebrating the Centennial Anniversary of the Pulitzer Prizes, focusing on prize-winning work, the stories behind the photographs and the journalistic and cultural values that



MC KIERNAN

the award represents.

"The Pulitzer is more than an award — it is a proclamation, to the world, of excellence and dedication, important ideals to Joseph Pulitzer, a man who created the awards. He was a crusader and a man who never relented. Thank you, Mr. Pulitzer, for rewarding excellence in the pursuit of truth," Mr. Mc Kiernan said. "The show has 100 images ranging from one of the most famous ones, of a running, crying girl in Vietnam, escaping a bombed temple, in 1972 by Nick Ut, to the most recent winner from a few days ago — the 100th Pulitzer year's winner from the amazing photo staff of Thomson Reuters on migrants."

In the backstory of the photograph of the 9-year old Vietnamese girl, Kim Phuc, we learn that the photographer kept in touch with her and that she did survive the burns. Eventually, she married and defected to Canada, where she formed The Kim Foundation International, a nonprofit organization whose mission is "to help heal the wounds suffered by innocent children and to restore hope and happiness to their lives by providing much-needed medical and psychological assistance."

"The pictures were shown in America, they were shown everywhere," photographer Nick Ut told the BBC World Service. "They were shown in all the communist countries — China and Vietnam. They



©STOYAN NENOV / REUTERS VIA ZUMA PRESS

A policeman tries to stop a migrant from boarding a train through a window at Gevgelija train station in Macedonia, close to the border with Greece.

still use the photo. Even though photos are taken in every war, they still show the picture of Kim. They don't want it to happen again, not napalm."

Mr. Ut's photograph affected public opinion, and Americans withdrew a few years later.

The first Pulitzer was awarded in 1917 for journalism; by 1942 there were eight Pulitzers for journalism; for several years now there have been 14 including the two for photojournalism. While not every one of the winning images from 1942 to the present is represented in the exhibition, the selected images represent some of the most outstanding photographs of our time.

Long-time *Palm Beach Post* readers will recognize Dallas Kinney's series on the poverty of migrant farmers for which he won a Pulitzer. The backstory tells of the photographer, who was in his 20s:

"Kinney set out to alert readers to the plight just on the other side of their county. Field hands were living in crushing poverty and forced into a nomadic life of indentured servitude," according to information panels that accompany the exhibition. "When the Pulitzer Prize was announced in 1970, a colleague poured champagne over Kinney's head and that image would be on the cover of the next day's paper. At least one migrant quoted in the series, feeling used, called to remind Kinney that his subjects were still languishing in the field."

Mr. Kinney walked into the managing editor's office the next day and said,

"What do I do now? Imagine winning the ultimate prize and then learning that you had failed."

Mr. Kinney also failed to continue in photography, slipping into alcoholism. It was the faith of Lillie Mae Brown, one of his subjects from the Pulitzer Prize-winning series, that saved him from the abyss. Her faith that God would save her from a life of suffering inspired Mr. Kinney to change his life. Later, he remarried and went on to teach college journalism.

Another *Post* photographer, Gary Coronado, was a finalist for the prize for his series on the treacherous journey of undocumented immigrants to the United States from Central America. His hair-raising photo from the top of a train car looks down at desperate men clinging to the ladders. He now works for *The Houston Chronicle*.

Trying to get "the shot" is what puts these photographers in the line of fire, in dangerous controversies or situations. It is their courage and tenacity that bring us the news and stories that mold our world. It is they who expose us to realities that we, in our safe harbors, cannot even imagine.

Most recently, National Public Radio photojournalist David Gilkey and his translator, Zabihullah Tamanna, were killed when embedded with the Afghan Army in Afghanistan.

Since 1992, when the Committee to Protect Journalists started tracking mortality rates, 1,193 journalists have been killed. The committee's website states,

"In the United States, revealing corruption can win you a Pulitzer Prize. In other countries, it can get you a bullet to the brain."

While there are beautiful, joyful and celebratory photographs, such as a laughing President Bill Clinton surrounded by a marching band or underdog Olympic athletes surmounting the odds to victory, there are more intense emotions created by images, such as those of 2007 winner Renée C. Byer of *The Sacramento Bee*. Her photographs over time illustrate the mother's haunting struggle to help her cancer-ridden son. The series, "A Mother's Journey," brought me to tears.

I left the exhibition with eyes downcast, silently trying to deal with the intense emotional experience created by the photographs and the photographers' back-stories. When my daughter asked me to tell her about the exhibit, I found myself mute and unable to express my feelings.

"Once you see photos like those," she said, "you can never forget them; they become part of you. The subjects become part of you because your mind has shared the experience. The images have that much power and impact."

I think it's true that many of these photographs are burned into our collective conscious.

Looking back on the experience, I can say that the exhibition created an immense sense of gratitude for my life, friends, family and country, and a genuine compassion for the people in the photographs. Add to that awe, wonder and tremendous respect for the photojournalists who risk their lives to bring us the stories, many of which are beyond our cultural realm and understanding.

"Certainly, the Pulitzer Back Stories exhibition will further enhance the Photographic Centre's reputation for excellence among the world's photographic and photojournalism community," said Fatima NeJame, president and chief executive officer of the Photographic Centre. ■

in the know

- >> **What:** "Pulitzer Back Stories"
- >> **When:** Through Aug. 6.
- >> **Where:** The Palm Beach Photographic Centre, City Center municipal complex, 415 Clematis St., downtown West Palm Beach.
- >> **Cost:** Admission is free.
- >> **Info:** 253-2600 or workshop.org or fotofusion.org.

MUSICAL

From page 1

Ms. Reiter said. "I was here in Florida one week, sitting at a table with my mother at the Rascal House in Miami. A woman came over and said, 'Do you want to meet Jackie Mason?' I said, 'Who's Jackie Mason?'"

Mr. Mason was her mother's favorite comedian, so an introduction was arranged. He tried to converse with Ms. Reiter, but her mother interfered.

"My mother kept interjecting answers to all his questions," she said. "Finally, he said to her, 'She must be a ventriloquist.

Every time I ask her a question, the answer comes out of your mouth.' Within one hour, I fell in love with his beautiful blue eyes and his sense of humor. That's all in the show."

The musical also depicts her pregnancy and aftermath. Mr. Mason denies paternity and complications ensue — both with Ms. Reiter and his daughter's desire to know him.

Ms. Reiter said her daughter, now 30, is a successful New York City stand-up comic who takes time out of her comedy club appearances to portray her mother in the show whenever Ms. Reiter can find a venue to produce it. She said the musical enjoyed a successful run at a small Off Broadway house for four years, then played at Empire Stage in Fort Lauderdale

and Boca Black Box Center for the Arts in Boca Raton earlier this year.

"No real legitimate professional theater has shown any interest in reading the script or producing it, so I keep doing it myself in small black box venues," she said. "When I do find a place to perform it, the show makes money. People like it. It's funny and touching and the songs go over well. I also have other plays I've written — '700 Wives: The Musical,' 'Solomon's Saga' and 'Mel Schwartz Sleeps With Mae West,' a transgender comedy that will open in Fort Lauderdale this September. But it's hard to get the attention of local professional theaters, so I produce them myself."

Ms. Reiter's big regret is that her daughter and Mr. Mason still don't have a meaningful relationship.

"She lives a block away from him in New York and they have nothing to say to each other," she said. "It's very cold. But it is what it is. She has worked past it. And she's doing well as a comic. She gets booked all over the country and that's how she makes her living." ■

in the know

- >> **What:** "Both Sides of a Famous Love Affair: The Jackie Mason Musical"
- >> **When:** Saturday, June 18, at 8 p.m. and Sunday, June 19, at 2 p.m.
- >> **Where:** Lake Worth Playhouse, Stonzek Black Box, 713 Lake Ave., Lake Worth
- >> **Cost:** \$24-\$32
- >> **Info:** (845) 598-2850 or thejackiemason-musical.com or goldstar.com.

FLORIDA WEEKLY CUISINE

In the kitchen with...

JORDAN LERMAN, Jardin, West Palm Beach

BY STEVEN J. SMITH
ssmith@floridaweekly.com



COURTESY PHOTO

Jordan Lerman, executive chef at Jardin (right), and his wife, executive pastry chef Stephanie Cohen.

When cornered for a brief description of Jardin's cuisine, Executive Chef Jordan Lerman offered up "Modern American," but he quickly added the newly opened restaurant goes much further than that.

"Our cuisine could be described as upscale casual," he said. "We don't pigeonhole ourselves as 'farm to table' or 'local.' But we do try to utilize the ingredients that make up inherently South Florida cuisine — wild boar, rabbit, alligator, seafood and citrus from the area — and the flavor profiles that make up South Florida these days."

Chef Lerman added just as America is a melting pot of many cultures, its cuisine follows suit.

"Our influences come from all around the world, not just Hispanic Florida," he said.

Chef Lerman knew he wanted to be a chef when he was a little boy, soaking up the culinary creations of his grandparents, his aunt and uncle and his mother.

"I was always with my mom at the counter, trying to come up with different dishes and combinations," he said. "We were always putting together home-cooked meals at home. I enjoyed going to the farmers market with my parents, even when we were on vacation. When I was 13, the theme for my bar mitzvah was 'Café Jordan.'"

Chef Lerman and his wife, Executive Pastry Chef Stephanie Cohen, were married last October. Between them, they have worked in some of New York's top restaurants, including Eleven Madison Park, Momofuku Ssam Bar, Maysville Restaurant and Bourbon Bar. The couple returned to South Florida after their experiences in New York to take on the roles of sous chef and executive pastry chef respectively, at The Rebel House in Boca Raton before opening Jardin.

The décor of Jardin reflects the minimalist approach Chef Lerman picked up in some of New York's top restaurants — lots of wood with a bit of metal here and there, in an open environment with enough light to read your menu easily. The restaurant is 3,555 square feet and accommodates about 160 diners. "Jardin" translates from several languages to "garden" and there is a courtyard in the back where diners can find just that.

"We wanted to bring down the Manhattan style of dining to South Florida,"

he said. "It's a warm feeling here. The back bar is wooden cubbyholes off a very open kitchen. We have seven seats that face the counter in the kitchen, so guests can watch what's going on and discuss food with us."

Inspiration for items on the menu comes from Chef Lerman and his wife's backgrounds. Signature dishes such as the Crispy Hummus (\$10) and Duck Choripan (\$13) come from who they are and where they grew up.

"I spent over a year in Israel and took a lot of flavors from there," he said. "Stephanie is Panamanian originally and she oversees the Hispanic side of flavoring. The Duck Choripan dish comes from a hole in the wall we ate at while visiting her parents. Choripan is a kind of sausage on a bun. It's a memorable experience we brought back from Panama and recreated it into something that would be suited for here."

When he's home, Chef Lerman indulges in his pasta obsession.

"It's probably my favorite thing to cook, in or out of a restaurant," he said. "If I could, I'd cook pasta every day."

Jordan Lerman

Age: 27

Original Hometown: Palm Beach Gardens

Restaurant: Jardin, 330 Clematis St., West Palm Beach; 440-5273; jardinrestaurant.com

Mission: "With each season a new beginning."

Cuisine: Modern American

Training: The Culinary Institute of America

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

What advice would you give someone who wants to be a restaurateur or chef? "You have to love it and be passionate about it. Go experience what cooking is all about by working in the kitchen of your favorite restaurant. It's not the way it looks on TV." ■



COURTESY PHOTO

Tacos from Guakamole's, near the beach on Singer Island.

SCOTT'S THREE FOR 3 Places for beachside eats

A trio worth noting

1 BENNY'S ON THE BEACH

10 S. Ocean Blvd., Lake Worth; 582-9001 or bennysonthesea.com.

Over the past year or so, Benny's has seriously beefed up its menu, adding paella nights with Spanish specialities, fresh seafood and that seemingly ubiquitous dish, chicken and waffles. Shrimp and grits makes for a hearty breakfast, and I look forward to coming back at night now that this long-time breakfast and lunch spot on the Lake Worth pier offers dinner seven days a week.

2 DUNE DECK CAFÉ

100 N. Ocean Blvd., Lantana Beach; 582-0472 or dunedeckcafe.com.

What is it with the blueberry pancakes at Dune Deck? Mention the alfresco restaurant and people often mention that breakfast specialty. My pick? The fresh gazpacho paired with a Greek salad. The gazpacho always is thick and rich with tomatoey goodness, and I have friends who swear by the crab cakes.

3 GUAKAMOLE'S

1281 Plaza Circle, Suite A, Riviera Beach (Singer Island); 799-9355.

This little restaurant is a block or so away from the beach. But it's a great stopping place because it draws inspiration from the cuisine of Puebla, Mexico, with a menu of tacos, burritos, flautas and enchiladas, all prepared with organic ingredients. I have my eye on that namesake guacamole. Hey, isn't avocado a super-food? I'd like to think so.

— Scott Simmons

THE DISH: Highlights from local menus

The Dish: Chunky Ginger Chicken Sandwich

The Place: Duke's Lazy Loggerhead Café, Carlin Park, 6 Van Kessel Parkway, Jupiter; 747-1134 or lazyloggerheadcafe.com.

The Price: \$12.75

The Details: Face it, Floridians: It's hot out.

And that's where a plate of refreshment comes in handy, especially when you're by the beach.

Hence our visit to Duke's Lazy Loggerhead Café for the ginger chicken.

You can get it as a salad, but there's

something comforting in the toast and the fries that accompany these large, firm, chilled chunks of chicken, tossed with bits of cucumber and carrot in a tangy ginger-soy dressing.

I began to cool down instantly.

Ordinarily, I'm not a fan of the large-cut steak fries, but Duke's does them right — crispy on the outside, hot and fluffy on the inside, and lightly seasoned all over.

It's just what the doctor ordered (well, I'll hope he's not reading this).

But you know what I mean.

Good, if not good for you. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY



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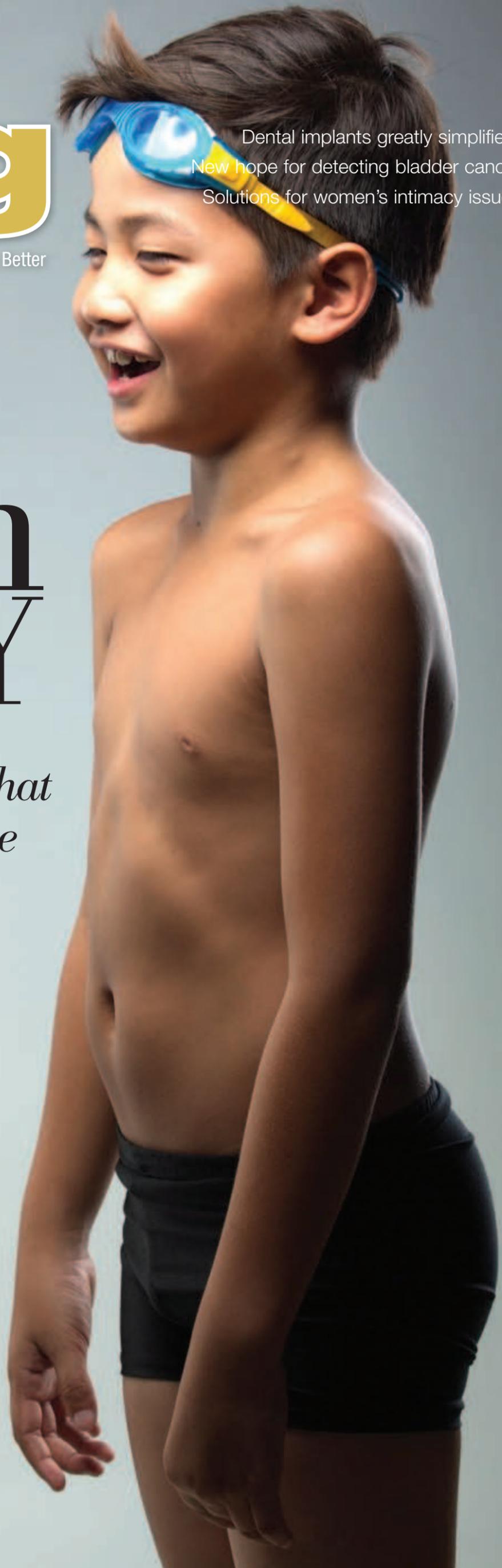


healthy
living

JUNE 2016

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

Dental implants greatly simplified | C2
New hope for detecting bladder cancer | C4
Solutions for women's intimacy issues | C7



Swim SAFETY

PALM BEACH CHILDREN'S HOSPITAL

C HILDREN SEEM TO BE NATURALLY DRAWN TO water: they can splash in it, float on top of it and dive through it. Water can be a welcome relief from the summer heat and a source of unlimited enjoyment, but it can also be dangerous: drowning is the third leading cause of unintentional injury death worldwide.

As you enjoy the warm weather, it's important to remember pool safety and to keep a close eye on your children. While you might do everything you can to help prevent accidents, the need for emergency medical attention may still arise. At the Palm Beach Children's Hospital, our dedicated emergency services team is prepared to help your family if an injury occurs.

Things to remember

Below are some suggestions from our clinicians to parents to help keep their children as safe as possible around water.

When he or she is ready, sign up your child for swim lessons. The American Academy of Pediatrics recommends classes for children starting at age 4, which is considered the age at which they are developmentally ready. Also, make sure children are always supervised while swimming.

Get out of the water if weather turns

Ensure that kids have proper training, gear around water

SEE SAFETY, C3 ►

Dental implants simplified with state-of-the-art surgery

Dental implant restorations are replacement teeth comprised of several components: an implant post made of biocompatible titanium that is anchored to the jawbone, an implant abutment that attaches to the implant and protrudes from the gum line, and a custom-made restoration (often a crown or bridge) that is fitted onto the abutment for a natural appearance.

Dental implants can be used to replace a single failing or missing tooth as well as multiple failing or missing teeth. In many cases, Dr. Jay Ajmo can replace all of a patient's teeth with dental implants.

Who is a candidate for dental implants?

Most adults at any age who want to replace missing teeth are candidates. They are used to permanently replace a single missing tooth or multiple missing teeth and have become the optimum choice for many patients requiring tooth replacement and dental restoration. Implants also serve as secure attachments for removable dental prostheses such as full dentures or partial plates.

What does a complete dental implant procedure involve?

The process in our office has become simplified because we use state-of-the-art techniques to surgically place and completely restore your implants, all in our specially designed cosmetic and implant facility in Palm Beach Gardens.



Jay L. Ajmo
D.D.S., P.A.

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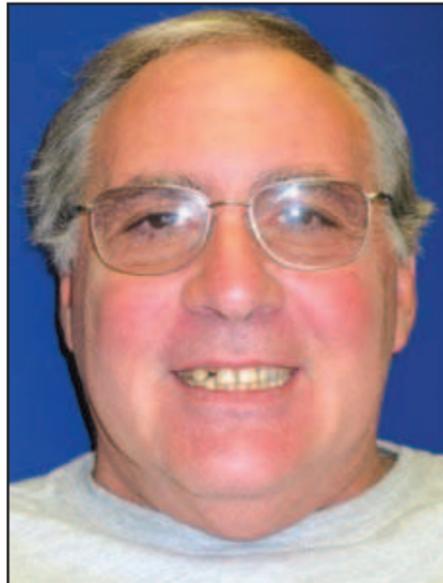
561-627-8666
PGADENTISTRY.COM

We'll schedule your implant surgery in our on-site surgical suite, where you'll be kept comfortable and relaxed with a sedative, if necessary. Dr. Ajmo will place small, biocompatible implant posts precisely where your teeth are missing in your jaws. The same day, in many cases, he will attach abutments and temporary crowns to the implants. Your mouth will heal over

the next few weeks and the implants will fuse to your jawbone over several months (a process called osseointegration). After the implants are securely fused to your jawbone, Dr. Ajmo will custom design permanent restorations that will look, feel and function like your real teeth.

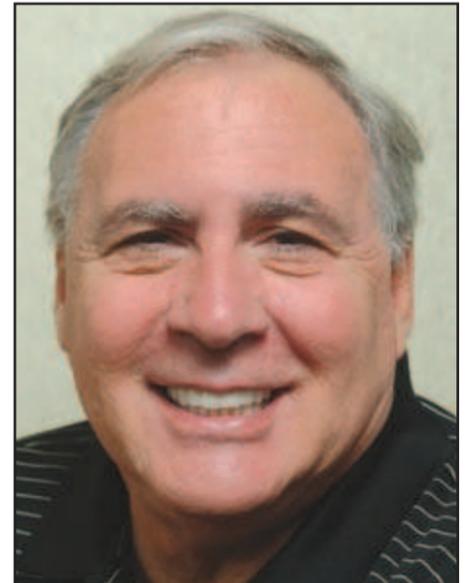
Your personal treatment plan might include a single tooth replacement with a cosmetic porcelain crown, the replacement of multiple teeth with permanent bridge-work or a full set of replacement teeth. Dr. Ajmo also offers a variety of implant-retained denture options that firmly and securely support removable appliances without the use of messy glues or denture adhesives.

To ensure your comfort during implant procedures, we offer a variety of relaxing



Before

sedation techniques, including mild oral and IV sedation. Since Dr. Ajmo is board certified in IV sedation and is highly skilled in all of these comprehensive implant services,



After

you can be certain you're getting the most comfortable care possible while feeling confident that you're receiving the absolute best in modern dentistry. ■



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SAFETY

From page C1

bad, especially if there is lightning, and have a cell phone nearby in case of an emergency.

Use waterproof diapers for babies and make sure to change them often, as babies can spread the parasite, cryptosporidium, through fecal matter.

Surround your pool at home with a fence that is at least 4 feet tall. The fence should have a self-closing and self-latching gate with latches out of children's reach.

Wear aqua socks or water shoes at the lake or beach to protect feet from jagged

rocks, trash or broken glass.

Always ensure that children wear appropriate life jackets when boating or enjoying other water activities.

Watch out for currents and tides at lakes or beaches. Check with local authorities to determine whether they have posted warnings for dangerous tides. Some beaches fly colored flags to provide visual warnings.

Our commitment to your child's safety

In addition to our specially equipped pediatric emergency room and highly trained specialists, the Palm Beach Children's Hospital has teamed up with safety advocacy groups in the community to help create safer environments for our children.

We work closely with Water Smart



COURTESY PHOTO

Always ensure that children wear appropriate life jackets when boating or enjoying other water activities.

Palm Beach County, a drowning prevention task force, to create awareness on water safety. Through various events and strategic community outreach, we

strive to encourage a "water safe" culture throughout Palm Beach County and to help avoid preventable drowning incidents. With Water Smart, we've been proactively participating in community events, promoting swim lessons for young children and playing a key role in the process of tracking and reducing the number of drownings.

We hope that you and your family find these water safety tips informative and this knowledge helps you enjoy your time in the sun, facing a reduced risk of water-related injury. For more information about the pediatric services available at the Palm Beach Children's Hospital, please visit www.palm-beachchildrenshospital.com. For a free physician referral, call (561) 841-KIDS (5437). ■

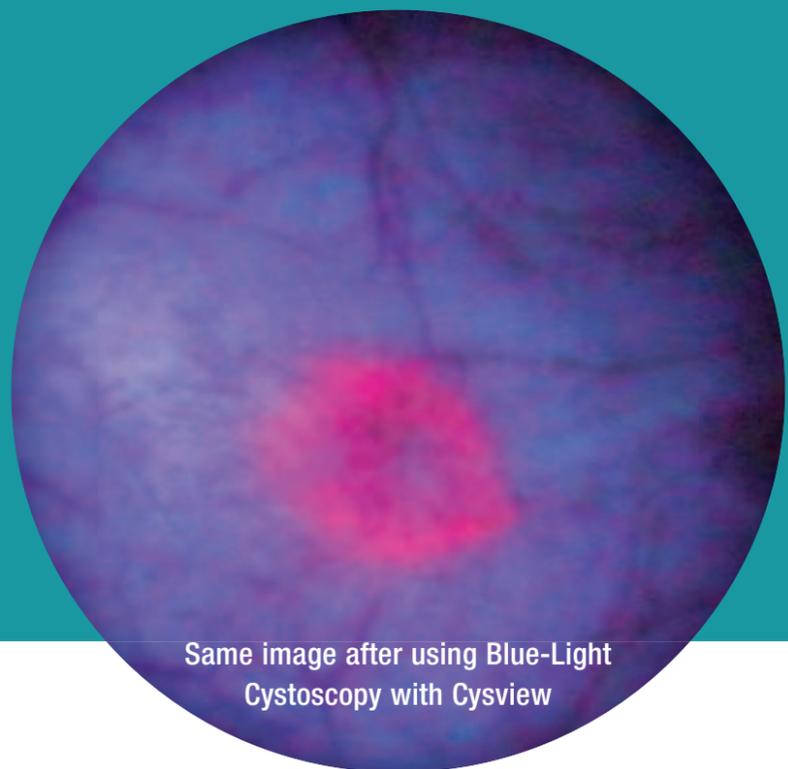
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Bladder image using white-light cystoscopy alone



Same image after using Blue-Light Cystoscopy with Cysview

Jupiter Medical Center leads the way in offering the most advanced technology to detect and diagnose bladder cancer – Blue-Light Cystoscopy with Cysview. This is the only FDA-approved technology that enables urologists to compare traditional white-light images to revolutionary blue-light images in order to make hard-to-see tumors more visible. With blue-light cystoscopy, tumor cells appear pink, allowing for easier identification and removal.

If you have bladder cancer, you have a choice in where you get treatment and diagnostics. Tell your doctor you want Blue-Light Cystoscopy.

Learn more at jupitermed.com/bluelight or call 561-207-8388.

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

 **JUPITER MEDICAL CENTER**
Ella Milbank Foshay Cancer Center

Blue light technology provides better bladder cancer diagnosis

According to the American Cancer Society, approximately 74,000 new cases of bladder cancer will be diagnosed this year. At Jupiter Medical Center, where I am the medical director of Men's Health, we recently installed blue light cystoscopy, cutting-edge technology that improves our ability to diagnose bladder cancer. This provides us with better detection of cancerous tumors and more complete treatment.

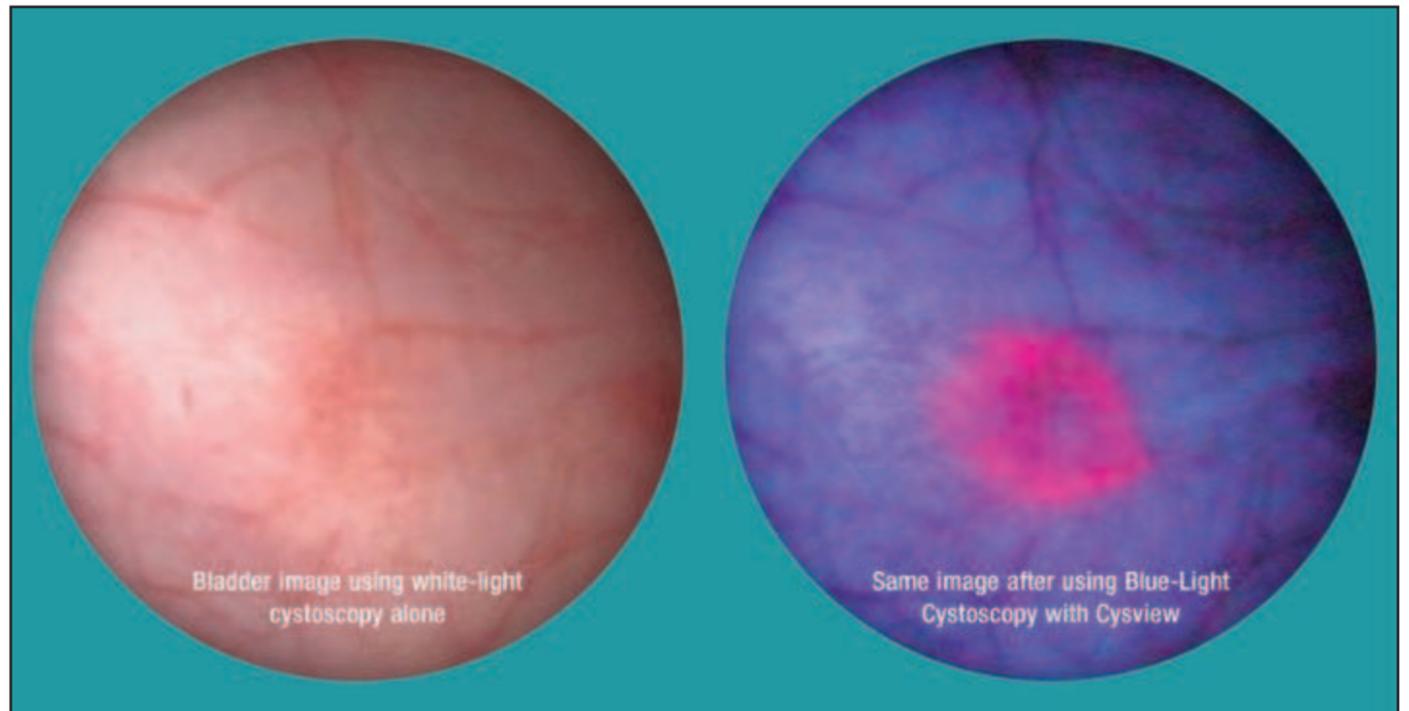


DANIEL CARUSO, M.D.

Medical director, Men's Health,
JUPITER MEDICAL CENTER
263-5737
JUPITERMED.COM/BLUELIGHT

Bladder tumors are typically diagnosed through a procedure called cystoscopy. A doctor examines the lining of the bladder by inserting an instrument (cystoscope) equipped with a lens into the urethra and then slowly into the bladder to search for any abnormal growths or suspicious areas. Typically, cystoscopy is done using white light, which can miss some tumors that are too small to see.

During blue light cystoscopy, two ounces of Cysview, a colorless contrast solution that accumulates in rapidly growing cells (such as cancer cells), is delivered to the bladder prior to inserting the cystoscope. Cysview accumulates in tumor cells and glows pink under a blue light. When your doctor switches from a white light to the blue light during the procedure, areas of tumor cells stand out against normal bladder tissue. This makes tumors, particularly small tumors, much easier to detect than with traditional cystoscopy,



where some tumors may be virtually invisible.

Blue light cystoscopy allows for a cleaner delineation of tumor margins — providing for more complete removal. This enables physicians to better understand the nature of the cancer, which paves the way for better diagnostic and treatment decisions.

Bladder cancer is highly treatable, especially when detected early. You should consult your doctor if you notice blood in your urine or are experiencing other symptoms such as:

- Having to urinate more often than usual.
- Pain or burning during urination.
- Feeling an urge to urinate right

away, even if your bladder isn't full.

While these symptoms are more likely to be caused by a benign condition, such as infection, bladder stones, an overactive bladder or an enlarged prostate (in men), you should see your doctor so the cause can be identified and treated if necessary.

Advanced bladder cancer can cause other symptoms including:

- Inability to urinate
- Lower back pain on one side
- Loss of appetite and weight loss
- Swelling in the feet
- Bone pain

Jupiter Medical Center's state-of-the-art cystoscopy suite provides doctors access to built-in fluoroscopy technol-

ogy that provides digital views 10 times stronger than typical radiology systems. This suite is used primarily for diagnostic tests and procedures for problems involving the urinary tract.

At Jupiter Medical Center, we are committed to improving patient health and outcomes when faced with life-threatening illnesses like bladder cancer. One way we continue to do this is through cutting-edge technology. Blue light cystoscopy with Cysview is just the latest example of this investment.

To learn more about this procedure or bladder cancer, or to find a physician, see Jupitermed.com/bluelight or call 263-5737. ■

New treadmill goes weightless in Jupiter

SPECIAL TO FLORIDA WEEKLY

Imagine not being able to walk or run. Either you've had surgery, were in an accident, suffered a sports injury, have an illness or a disease like Parkinson's, are dealing with obesity, or you are just getting older. Now imagine taking the weight off and having no gravity at all. Picture yourself running faster than you ever thought you could. Your healing has accelerated — sky-rocketed — and now the possibilities are endless. That's what physical therapy patients are finding with a new anti-gravity experience now available in Jupiter — the seaside town of Jupiter, that is.

It may be out of this world, but there is no need to travel that far to try it. You only need to go to a local physical therapy studio, Advanced Fitness and Therapy (AF&T) in Abacoa, to use this space technology that can change your life. The world's first and only treadmill that uses NASA-based anti-gravity technology, the AlterG Anti-Gravity Treadmill, is being used every day to help people recover faster from the debilitating hindrances that limit their body's capabilities. The rehabilitation treadmill allows patients to rehabilitate with less pain while reducing the risk of further injury, which may enable faster healing.

Jennifer Fox, an avid tennis player and runner, tore her Achilles tendon. "Not only was I not running anymore, I was barely walking and next thing I knew, I'm crawling," Ms. Fox said. Now she is running again on the AlterG Treadmill at AF&T. "It will allow me to get to the point where I don't need it anymore and I will be able to run outside," she said.

According to the AlterG website

(alterg.com), the patented differential air pressure unweighting technology applies a lifting force to the body that reduces weight on the lower extremities and reduces patients' bodyweight by as much as 80 percent. Patients with varying diagnosis are able to run and walk with less impact, reduce stress on joints and get back on their feet faster.

Orthopedic patients are able to return to full mobility by reducing stress on the injured area. Those suffering from neurologic conditions such as stroke use the Anti-Gravity Treadmill to regain mobility in a safe environment and patients seeking to lose weight can safely start the process using the weightless treadmill. It can also be used in pediatric care to treat children suffering from injury or mobility impairment. Many professional athletes also utilize the rehabilitation tool to maintain cardiovascular fitness during injury.

Advanced Fitness and Therapy is the first business in Palm Beach County to offer sessions on the AlterG to the public. "There's a ton of patients that we can actually utilize this for and actually get them back to what they're doing much sooner," said Dr. Mai-Vi Callahan, AF&T running lab coordinator.

As part of its vision, AF&T strives to provide the most scientific approach to improving the minds and bodies of their members and patients. For AF&T patients looking to try something revolutionary for daily living, the AlterG Treadmill is covered under their insurance. For all others, there are affordable cash pay prices. ■

— Advanced Fitness and Therapy (AF&T) is at 1200 University Blvd., #101, Jupiter. Contact AF&T at 694-1243 or advancedfitnessandtherapy.com.



Hope for bed-bound patients — technology makes transferring easier

Life can be very difficult for people who cannot transfer to and from bed. This includes people who suffer from spinal injuries, strokes, neurological diseases, such as Parkinson's, MS, and ALS, as well as many other conditions that reduce mobility.

Until now, transferring from bed to wheelchair or commode has been a risky and frightening proposition, sometimes requiring multiple caregivers and complicated devices such as the Hoyer lift (essentially a crane with a sling.) Patients are often injured when dropped and caregivers often injure their backs. It is estimated that 40 percent of patients are injured during transfers and that 66 percent of caregivers sustain back injuries.



Irv Seldin

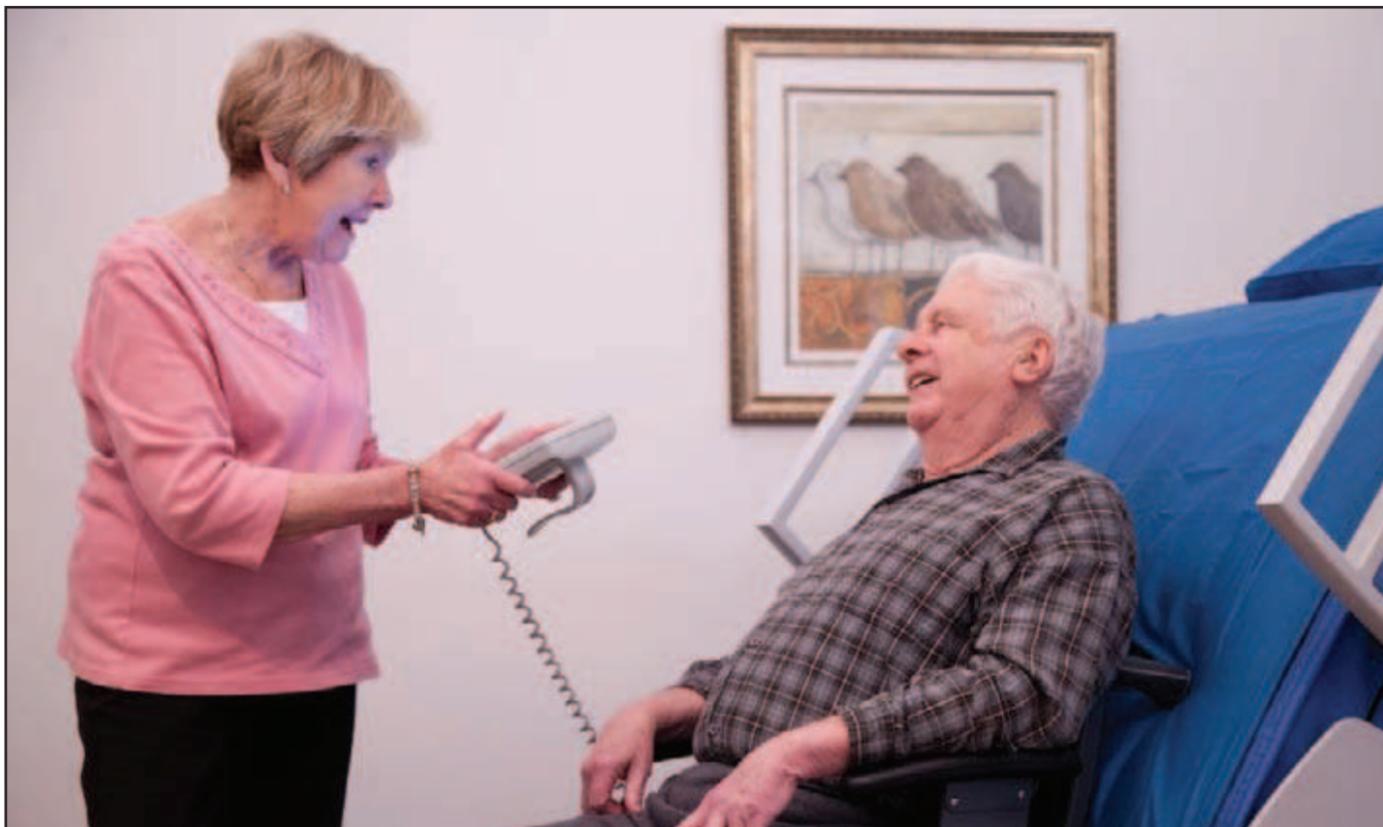
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Now, thanks to a technological breakthrough, there is a new system available for

transferring patients which requires no manual lifting and which virtually eliminates the risk of injury to patient and caregiver alike. The new system is called the AgileLife Zero Lift.

Controlled from a touch screen much like an iPad, the AgileLife system is completely automated and can be easily used by a family caregiver. AgileLife is an integrated hospital bed/wheelchair that gently conveys the patient from bed to wheelchair and back.



It is "zero lift" because the patient is never in the air and the caregiver lifts nothing but a finger to point to icons on the touch screen.

This is a true game-changer for seniors and disabled people, as well as the people who care for them.

Over 88 percent of people prefer to remain in their own homes as they age; but inability to transfer is the major reason for institutionalization in a nursing home or similar facility. And following

hospitalization, being able to transfer at home is critical to being allowed to return home. AgileLife makes this possible.

Moreover, once transferring is made easy, quality of life can improve dramatically. The difficulty and risk of transferring, as well as the need for more than one caregiver to assist, has caused many people to spend virtually all their waking and sleeping hours confined to bed, or to be up only once or twice per day.

This is deleterious both physically and psychologically, and often creates a downward spiral. With AgileLife, however, patients can easily transfer numerous times per day — the process takes less than two minutes.

AgileLife is manufactured by Next Health, and is available for purchase or rental in this area through Visiting Angels. For further information, please call 561-328-7611 or email iseldin@visitingangels.com ■

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Increased physical activity is linked with lower risk of 13 types of cancer

NATIONAL INSTITUTES OF HEALTH

A new study of the relationship between physical activity and cancer has shown that greater levels of leisure-time physical activity were associated with a lower risk of developing 13 different types of cancer.

The risk of developing seven cancer types was 20 percent (or more) lower among the most active participants (90th percentile of activity) as compared with the least active participants (10th percentile of activity). These findings, from researchers at the National Cancer Institute, part of the National Institutes of Health, and the American Cancer Society, confirm and extend the evidence for a benefit of physical activity on cancer risk and support its role as a key component of population-wide cancer prevention and control efforts. The study, by Steven C. Moore, Ph.D., and colleagues, appeared May 16 in *JAMA Internal Medicine*.

Hundreds of previous studies have examined associations between physical activity and cancer risk and shown reduced risks for colon, breast and endometrial cancers; however, results have been inconclusive for most cancer types due to small numbers of participants in the studies.

This new study pooled data on 1.44 million people, ages 19 to 98, from the U.S. and Europe, and was able to examine a broad range of cancers, including rare malignancies. Participants were followed for a median of 11 years during which 187,000 new cases of cancer occurred.

The investigators confirmed that leisure-time physical activity, as assessed by self-reported surveys, was associated with a lower risk of colon, breast and endometrial cancers. They also determined that leisure-time physical activity was associated with a lower risk of 10 additional cancers, with the greatest risk reductions for esophageal adenocarcinoma, liver cancer, cancer of the gastric cardia, kidney cancer and myeloid leukemia. Myeloma and cancers of the head and neck, rectum and bladder also showed reduced risks that

were significant, but not as strong. Risk was reduced for lung cancer, but only for current and former smokers; the reasons for this are still being studied.

"Leisure-time physical activity is known to reduce risks of heart disease and risk of death from all causes, and our study demonstrates that it is also associated with lower risks of many types of cancer," said Mr. Moore. "Furthermore, our results support that these associations are broadly generalizable to different populations, including people who are overweight or obese, or those with a history of smoking. Health care professionals counseling inactive adults should promote physical activity as a component of a healthy lifestyle and

cancer prevention."

Leisure-time physical activity is defined as exercise done at one's own discretion, often to improve or maintain fitness or health. Examples include walking, running, swimming and other moderate-to-vigorous intensity activities. The median level of activity in the study was about 150 minutes of moderate-intensity activity per week, which is comparable to the current recommended minimum level of physical activity for the U.S. population.

There are a number of mechanisms through which physical activity could affect cancer risk. It has been hypothesized that cancer growth could be initiated or abetted by three metabolic

pathways that are also affected by exercise: sex steroids (estrogens and androgens); insulin and insulin-like growth factors; and proteins involved with both insulin metabolism and inflammation. Additionally, several nonhormonal mechanisms have been hypothesized to link physical activity to cancer risk, including inflammation, immune function, oxidative stress, and for colon cancer, a reduction in time that it takes for waste to pass through the gastrointestinal tract.

Most associations between physical activity and lower cancer risk changed little when adjusted for body mass index, suggesting that physical activity acts through mechanisms other than lowering body weight to reduce cancer risk. Associations between physical activity and cancer were also similar in subgroups of normal weight and overweight participants, and in current smokers or people who never smoked.

The study was a large-scale effort of the Physical Activity Collaboration of NCI's Cohort Consortium, which was formed to estimate physical activity and disease associations using pooled prospective data and a standardized analytical approach.

"For years, we've had substantial evidence supporting a role for physical activity in three leading cancers: colon, breast and endometrial cancers, which together account for nearly 1 in 4 cancers in the United States," said Alpa V. Patel, Ph.D., a co-author from the American Cancer Society. "This study linking physical activity to 10 additional cancers shows its impact may be even more relevant, and that physical activity has far reaching value for cancer prevention."

The National Cancer Institute leads the National Cancer Program and the NIH's efforts to dramatically reduce the prevalence of cancer and improve the lives of cancer patients and their families, through research into prevention and cancer biology, the development of new interventions, and the training and mentoring of new researchers. For more information, see cancer.gov or call NCI's Cancer Information Service at 800-4-CANCER. ■



Gardens Medical Center nurses recognized at Heart of Gold Reception

SPECIAL TO FLORIDA WEEKLY

Four employees at Palm Beach Gardens Medical Center — Kerry Johnson, RN, assistant chief nursing officer; Marell Gongola, RN; Jaelyn Youngkin, RN; Melissa Kearns, RN — were honored as Nurses of the Year at Palm Healthcare Foundation's Heart of Gold Reception.

The nurses, who also were recently named Tenet Heroes by Tenet Healthcare, Palm Beach Gardens Medical Center's parent company, were recognized for their involvement in the care of a terminal patient with metastatic liver cancer, Adam Webster.

Mr. Webster's wife was 8½ months pregnant, and his goal was to live long enough to meet his newborn daughter. Ms. Gongola, Ms. Youngkin, Ms. Kerns and Ms. Johnson went above and

beyond to make Mr. Webster's time in the hospital as special as possible. They threw a 36th birthday party/baby shower for him and his family and did everything they could to ensure he was comfortable.

Since maternity/pediatric services aren't offered at Palm Beach Gardens, baby Addison was born at a nearby hospital, and Ms. Youngkin worked closely with Environmental Services to ensure Mr. Webster's room was meticulously sterilized in preparation for his daughter's visit. The team even orchestrated the delivery of a crib to his room, so she could rest nearby.

Thanks to the nurses' compassion and care, Mr. Webster had the chance to hold his baby girl before he died, and his family couldn't be more grateful for the four individuals who helped make his goal a reality. ■



COURTESY PHOTO

From left to right: Teresa Urquhart, COO; Marell Gongola, RN; Jaelyn Youngkin, RN; Jeffrey M. Welch, CEO; Kerry Johnson, RN, assistant chief nursing officer; Melissa Kearns, RN; David O'Brien, chief nursing officer.

When sex is painful, there are some effective treatments

Many women come into the office seeking help due to painful intercourse. The complaint may be part of a number of issues involving problems with the bladder, bowel, or vaginal discomfort.

Many times they will have been treated for infections or other conditions without success. Pain during sex may



Dr. Linda Kiley

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have a number of causes, and it is not uncommon to see more than one problem leading to the symptom.

For menopausal women, low hormone levels take on average four to six years to begin to create significant problems with vaginal dryness and thinning of the tissues. This can lead to abnormal bacterial overgrowth in the vagina, which further irritates the delicate tissues.

Treatment of atrophy and the changed environment is important in addressing this problem. Vaginal estrogens, Osphena, or laser therapy (MonalisaTouch) may be effective to treat this problem.

In addition, pelvic muscle spasms can be a significant and fairly common (but nearly unknown) cause of painful sex.

Normally, the muscles in the pelvis are "silent," and we are unaware of them. However, certain activities or trauma may lead to spasm of these muscles, which can cause a myriad of symptoms, from frequent urges to urinate, painful urination, or difficul-



ty urinating, to difficulty with bowel movements and pain with intercourse or lower abdominal pain.

Identifying this problem is vital in order to obtain relief. Appropriate treatment is aimed at relieving the muscle spasms through physical therapy and modification of activities.

We have many skeptical patients who return from a course of physical therapy with joy after finally obtaining relief from their symptoms.

There are other causes of painful intercourse that should be considered and either confirmed or eliminated as possible causes.

These conditions include interstitial cystitis, endometriosis, neuropathy, adhesions (scar tissue), and unusual infections, among other less common conditions.

When symptoms do not resolve with a simple and straightforward treatment, proper diagnosis is the key to success. ■

Study shows chelation therapy improves a variety of symptoms

Chelation therapy is a series of intravenous treatments that have been used for over 50 years to safely remove toxic metals such as lead, mercury, cadmium and arsenic which accumulate over time in our bodies.



Dr. Bruce Dooley

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When heavy metals build up in our bodies, they can cause symptoms like memory loss or fatigue and can lead to cardiovascular disease or cancer.

A meta-analysis of over 22,000 patients who were followed using objective instrument testing before and after EDTA chelation showed that 87 percent demonstrated clinical improvement in their symptoms, mostly as a result of improved circulation.

These benefits included improved circulation, reduced leg pain to walking, less fatigue with improved energy, lowered blood pressure, better memory and concentration, improvement in glucose balance, normalization of irregular heartbeat, lowered cholesterol, improved senses, reduced aches and pains in joints, reduced allergy symptoms, and an improved sense of well-being.

A large seven-year study funded by the NIH proved chelation was clinically effective and safe when compared to placebo. It revealed a 50 percent improvement over placebo for diabetics and was published in JAMA and Circulation



journals.

For the past 20 years of administering chelation therapy to my patients, I have witnessed all of the above results.

Personally, I have done chelation on myself, friends and family as it is so safe and improves my energy, focus, and sense of well-being.

It has been a great pleasure in my medical practice to be able to help people with medical problems using chelation therapy. They are often able to avoid surgery and to get off of medications after doing a series of chelation therapies. Please call my office at 744-2724 for more information.

— Dr. Bruce Dooley received his M.D. from Jefferson Medical (Phila.) and his M.S. from Villanova. He gives training lectures to physicians and the public on Functional or Integrative Medicine. His clinical experience in this field and EDTA chelation therapy spans 25 years and over 4,000 patients. ■






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