

PALM BEACH GARDENS & JUPITER

FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF SEPTEMBER 8-14, 2016

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INSIDE



Fall films

Autumn brings a welcome break from the summer blockbusters. **B1** ▶



Keeping SCORE

Retired executives mentor next generation. **A14** ▶



A homer?

Historical Society explores a century of baseball in Palm Beach County. **B1** ▶



Regional set to open

Lindsay Autry's new restaurant to debut. **B10** ▶

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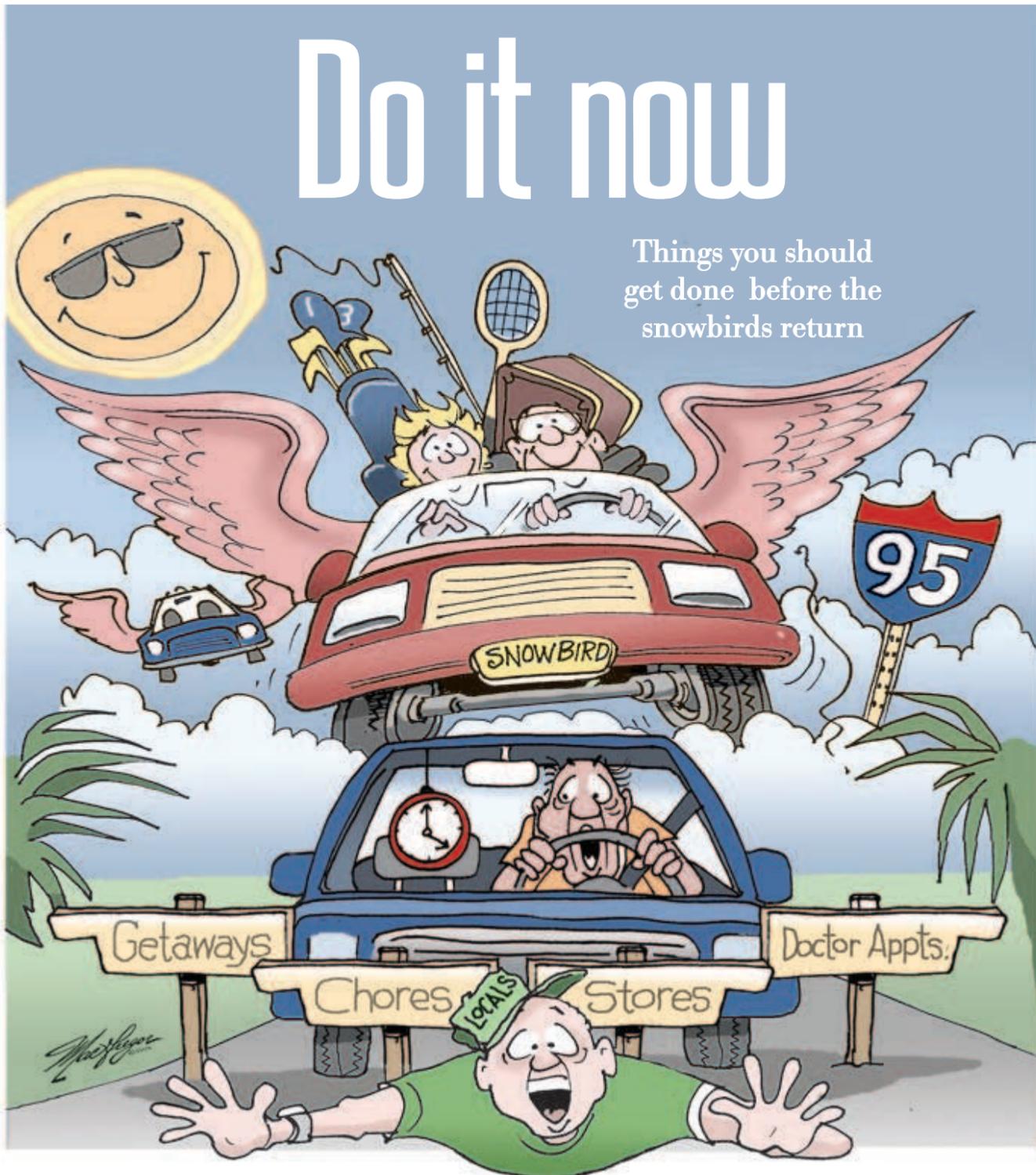


ILLUSTRATION BY DOUG MACGREGOR / FLORIDA WEEKLY

BY NANCY STETSON

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They're coming back. You know they are. Just as surely as the swallows return to Capistrano, the snowbirds return to South Florida. And we love snowbirds.

We really do. They contribute to the coffers; tourism is a billion-dollar industry. (Tourism generates an annual economic impact of about \$7 billion, according to Discover the Palm Beaches.) But boy, is it nice when they're not here.

SEE DO IT NOW, A8 ▶

EPCOT set to be culinary epicenter

BY JAN NORRIS

Florida Weekly Correspondent

The most adult thing Disney World does is coming Sept. 14. Doors open then for the 21st year of EPCOT's International Food and Wine Festival, a 62-day celebration throughout the theme park of all things food and beverage, along with a side of culture — all

under the Disney framework. At more than 30 global kiosks set around EPCOT's World Showcase Lagoon, foods, wines, and beers are served, with an emphasis on ethnic flavors. Every year, it's new again. Among the foods, more than half of the selections from previous fests have been changed out or

SEE EPCOT, A12 ▶



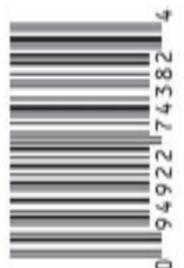
COURTESY PHOTO

This year's food and wine fest offers more vegan dishes, new drinks and demos by famous chefs.

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COMMENTARY

What have you got to lose?

leslieLILLY

lilly@floridaweekly.com



Unless you are living in a hollow log in a turpentine camp, you know “What have you got to lose?” is Donald Trump’s summary pitch urging African-Americans (and Hispanics) to vote for him. He delivers the question as the punchline to the unexpected rhetorical argument preceding it.

It goes something like this: You black (and brown) people are mired in poverty because you vote for Democrats. You live the entirety of your dystopian lives in the rotten, urban cores of America’s cities. Crime is skyrocketing because there aren’t enough cops or guns. Your chances of getting shot are far better than finding a job. You got an inferior education from lousy public schools. Your kids have the same shot at mediocrity.

You own nothing. You will get nothing as long as you abandon the Republican Party. It can’t possibly get any worse for you people. You waste your vote on social liberals. I, Trump, am the antidote to your sorry condition. Vote for me. What the hell have you got to lose?

The gambit is bold but also perplexing. Trump delivers this speech before overwhelmingly white audiences at rallies hosted in majority white communities. Some venture, despite the focus and substance of his statements, his

purpose isn’t really to reach out to people of color. If it is true, the logistics of Trump events make sense: Hosting rallies in minority communities inclusive of minority people is entirely unnecessary. Instead, do pop-up rallies inside gated communities where the “colored people” aren’t welcome.

Pundits have said for some time Trump would “pivot” from the most blasphemous version of himself and become, in the general election, a more conventional politician. He has a good reason. His poll numbers are tanking among entire swaths of the voting population. He has overplayed his hateful hand.

He doesn’t have much time to reboot. Unless he shores up his base with moderates, he will not win the White House. Trump’s photo ops demonstrating his fondness for fried chicken and taco bowls won’t win converts to his cause.

As a result, some speculate the real motive for his overt appeals to minorities is to convince white people (moderates and women) he isn’t really the bigot they think he is. A little moral encouragement will change their minds. So he need only play the white guy who cares deeply about ending racial injustice. White conservatives on the fence will no longer think he is a racist. The racist was Donald Trump’s evil twin. It was he who did all the trash talking, not the doppelganger now humming, “We shall overcome.”

Me? I have a different theory about all this. I think it is a ploy to try and

replicate in communities of color the success Trump has had in tapping the anger of working class whites. If it is true, the guy is a Machiavellian genius. He won the loyal support of blue collar white men with the potency of his anti-immigrant, white nationalist message, stoking their economic grievances as he went.

He gives them permission to express their racial resentments, their disaffection with establishment politicians (Democrat and Republican) and their hate of wealthy elites. Never mind Trump is a billionaire elitist, too, rising to wealth and power manipulating the very system he condemns on his way to making America great again.

Issac Bailey wrote for CNN News Opinion, “Many voters of color are as socially conservative as white Republicans. They also share an overriding belief in the power of entrepreneurship. They are frustrated by the state of public schools and would embrace school choice programs that are well designed and take into account the fate of students who would be left behind in the public system. Those groups are among the most religious in the nation while the GOP has long claimed faith as one of its pillars.”

Were Trump successful, it would be a tactical coup d’état, overthrowing the Democratic stronghold on the minority vote.

Trump does get one thing right: There is a deep reservoir of anger in the African-American community. But what he

gets wrong is what they are angry about. He is trolling for Clarence Thomas conservatives, the African-Americans who deny the existence of white privilege; and who do not acknowledge systemic discrimination as a modern legacy of slavery.

Those who join Trump’s tribe deny these realities. They defame the legitimacy of the Black Lives Matter movement and discredit the issues of justice it has raised of systemic racism, intergenerational poverty, police violence and the mass incarceration of blacks.

The boil of the angry and dispossessed is the core of Trump’s candidacy. He would augment it by stoking the anger of African-Americans who share grievances in common with working class whites. Their hatred is mutual of the rigged economy.

But he is playing with fire. Trump calculates his words to incite violence and hatred. He is waging war, not peace. What do we have to lose? Quite possibly, everything. ■

— 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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SEPTEMBER

COMMUNITY EVENTS & LECTURES



Smoking Cessation Classes

Several One-hour Sessions

Wednesday, Sept. 7, 14, 21, 28 and Oct. 5 @ 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.



AFib Lecture

Marcelo Jimenez, MD
Cardiac Electrophysiologist

Thursday, September 22 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 3

Approximately 2.7 million Americans experience atrial fibrillation, or AFib. Join Dr. Marcelo Jimenez, a cardiac electrophysiologist on the medical staff at Palm Beach Gardens Medical Center for a lecture on AFib risk factors, symptoms and treatment options available at the hospital.

Light dinner and refreshments will be served. Space is limited.



The New Cardiovascular Stent – A Leading-Edge Option

Edward Mostel, MD

Thursday, September 15 @ 6-7pm

Palm Beach Gardens Medical Center
Classroom 4

Join Dr. Edward Mostel, interventional cardiologist on the medical staff at Palm Beach Gardens Medical Center, for an educational lecture on the revolutionary fully dissolving heart stent that disappears after the treated artery is healed. Palm Beach Gardens Medical Center is the first hospital in South Florida and the Treasure Coast to commercially utilize this innovative stent in the treatment of coronary artery disease.

Light dinner and refreshments will be served. Space is limited.



FREE COMMUNITY SCREENINGS

Heart Attack Risk Assessment

(blood pressure, BMI, glucose and cholesterol)

Wednesday, September 14 @ 8-11am

Osteoporosis Screenings

Thursday, September 15 @ 9am-1pm

All screenings held at: Palm Beach Gardens Medical Center



Hands-Only Adult CPR Class

Tuesday, September 20 @ 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.

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PALM BEACH GARDENS & JUPITER
FLORIDA WEEKLY

OPINION

The questions we need to ask candidates

rogerBUCKWALTER

Special to Florida Weekly



Although presidential election issues are dominating our attention this year, state issues can affect us just as much or more. And in November, voters will choose local members of the Florida Senate and House.

When I was a newspaper editor, I interviewed many candidates seeking those offices. If I were interviewing now, I would raise these subjects:

■ **The algae problem** — The short-term cause was the Army Corps of Engineers' eastward and westward release of excess water from Lake Okeechobee, because the lake's dike hasn't been fully upgraded. But the state can help a long-term solution.

In 2014, one year after a similar plague, Florida voters overwhelmingly approved a constitutional provision assigning money to buy land for recreation and conservation. Proposals have been made but not yet implemented to buy sugar industry property south of the lake, to hold released water before it's sent farther south for Everglades replenishment.

Will candidates support that, to help the Everglades and avoid more harm to recreation, businesses and health on both coasts, particularly in Martin County?

■ **Growth management** — In 2011, the heavily Republican Legislature undid almost 40 years of strong state involvement to mitigate the impacts of massive growth. The Department of Community Affairs, which oversaw that involvement despite developers' aversion, was abolished. Regional planning councils no longer had to review major developments, and a requirement that roads, schools and utilities be available for new large developments became optional.

These backward steps should be reversed. Growth is inevitable but will candidates help prevent its drawbacks?

■ **Gerrymandering** — Constitutional amendments that mandate compact federal and state legislative districts were approved by voters in 2010. But legislators still gerrymandered the boundaries, forcing court-ordered corrections.

Convoluted districts, which both parties have used, unfairly perpetuate the dominant party. They do help some minority group candidates win elections, but distort established political groupings.

Florida needs a nonpartisan redistricting commission, similar to those in 21 states. Do office-seekers agree?

■ **Voter ID** — Florida is relatively lenient. Twelve forms of photo identification are accepted at the polls — and voters without these can mark a provisional ballot, to be counted if their signature is verified. That's reasonable, if photo IDs are free and easy to get.

In 2012 and 2014, 20.7 million votes were cast in Florida, yet the state brought only 13 fraud cases. Candidates should oppose alleged anti-fraud laws, approved by some states, which make voting unjustifiably difficult as a scheme to help Republicans.

■ **Guns** — National legislation is essential but Florida also must act — such as by closing background check loopholes, banning assault rifle sales and limiting magazine capacities. A 1998 constitutional change favored by 72 percent of voters lets counties require background checks for private sales, although enforcement is lax.

Rampant gun violence demands remedies. But will politicians find the courage?

■ **Body cameras on police** — Localities now decide this, and in our area, Palm Beach Gardens uses them. But with all the controversies about police conduct, the state should require these and financially help departments comply. One poll showed more than two-thirds of respondents supporting such cameras, which can defend the public and police from false accusations. What do candidates say?



■ **Legal protections for the LGBT community** — While same-sex couples rightly have marriage equality, state law doesn't forbid homophobic discrimination in fields such as employment. Fortunately, protection is provided by some local governments, including Palm Beach County, West Palm Beach, Palm Beach Gardens, Jupiter, Tequesta and Juno Beach. But we need statewide coverage, as 20 states have enacted.

Florida prohibits discrimination in many categories and should add sexual orientation and gender identity, as should Congress. Where do candidates stand?

■ **Minimum wage** — The hourly rate for most employees in Florida is \$8.05, above the federal \$7.25. There's national debate over the proper wage: \$12, \$15 or something else. A raise is appropriate and candidates should discuss that complex question.

■ **Climate change** — Low-lying Florida is especially vulnerable to higher sea levels and more hurricanes caused by this. The state should help by assisting infrastructure adaptation — such as drainage and flood control, fostering better building designs, promoting energy efficiency and requiring reductions in greenhouse gases.

Legislators must confront this looming crisis.

Serious candidates should address these and other substantive issues. And the way they do that should strongly bear upon how we judge them. ■

— Roger Buckwalter of Tequesta is a retired editorial page editor of *The Jupiter Courier*.

Obamacare stumbles on

richLOWRY

Special to Florida Weekly



For years, Obamacare supporters have been telling critics of the law to shut up and fall in line. Now, they are urging them to come to its rescue.

A key part of President Barack Obama's domestic legacy is sputtering so badly that even the law's boosters are admitting that the federal government needs to do more to prop it up. The Obamacare exchanges were supposed to enhance choices and hold down costs — and are doing neither. Abandoned by more and more insurers, the exchanges — once billed as robust "marketplaces" — are becoming pitiful shadows of themselves.

In most or all of states like Alaska, Alabama, Arizona, Florida, Missouri, Oklahoma, North Carolina and Tennessee, probably only one insurer will offer insurance through the exchanges next year, reports *The Wall Street Journal*. One large county in Arizona may have no exchange insurer at all. An analysis by the Kaiser Family Foundation finds

that 31 percent of counties in the U.S. will have one insurer, and another 31 percent will have just two.

It isn't Republicans who are hobbling the law. It isn't the greedy insurance companies, which were overoptimistic about the exchanges at the outset and are now paying the price. It is fundamental economic forces that the law's architects blithely ignored. But economic incentives will not be mocked.

Obamacare regulations make health insurance more expensive and keep insurers from conducting their business on a rational basis. This means the exchanges are less attractive to younger and healthier people and therefore less economical for insurers. The mandate was supposed to force healthier people to buy insurance anyway, but it has proven too weak, and subsidies were supposed to cover the higher costs for poorer people, but they are only a Band-Aid on spiraling costs.

The exchanges have created perverse insurance products that feature the worst of all worlds: They have high premiums and high deductibles and copays, and limited networks of doctors. No wonder the exchanges have attracted half as many people as they were expected to.

Leave it to the federal government to create a market so unappealing that it is borderline unsustainable.

When Aetna announced last month that it was exiting all but four state exchanges, liberals charged that the company was exacting revenge on the Obama administration for blocking its hoped-for merger with Humana. But what accounts for UnitedHealthcare pulling back, and all the other exoduses? All these insurers made a go of it on the exchanges before reality slapped them in the face. Analysts expect the remaining insurers to ask for big premium hikes next year.

The answer to this turbulence, the law's supporters say, is yet more subsidies. But it obviously makes no sense for the government to make a product more expensive with one hand and then to subsidize its cost with the other. This was pointed out at the time the law was being debated. But the Obama administration and its allies were too transfixed with "making history." And so they did — by passing an Affordable Care Act that is one of the great misnomers in the history of major American legislation. ■

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

Marine Band to perform at Kravis

SPECIAL TO FLORIDA WEEKLY

As part of its national concert tour, "The President's Own" United States Marine Band will perform at 8 p.m., Thursday, Oct. 13, at the Raymond F. Kravis Center for the Performing Arts in West Palm Beach. The concert is free and open to the public.

Patrons may reserve four tickets per address at the Kravis Center Box Office beginning at 10 a.m. Sept. 9. Guests must present a valid driver's license or ID card in person at the Kravis Center Box Office window. Seating is on a first-come, first-served basis. Once the capacity has been reached, any vacant seats will be offered on a first-come, first-served basis beginning at 7:45 p.m. as tickets become null and void if reserved guests are not seated by that time.

In the style of the band's 17th director, John Philip Sousa, who initiated the concert tour tradition in 1891, Marine Band Director Lt. Col. Jason K. Fettig has chosen a diverse mix of programs — from traditional band repertoire and marches to instrumental solos. Pro-



COURTESY PHOTO

grams are rotated throughout the tour to accommodate different concert venues. As the programs rotate, so will the soloists.

Patrons can visit the Kravis Center Box Office at 701 Okeechobee Blvd. in West Palm Beach to receive their tickets, at which time a valid driver license or ID card must be presented. Visit the Kravis Center website at kravis.org or call the box office at 832-7469 for details and information. ■

Gardens to host photo contest

SPECIAL TO FLORIDA WEEKLY

Amateur and professional photographers of all ages are invited to enter their best high-resolution images celebrating our community in the 1st annual City of Palm Beach Gardens Photography Contest. The contest is only open to residents and students of the city.

Participants can have the opportunity for their work to be showcased in a special exhibit in City Hall this fall. The deadline for entries is Sept. 15, and can be submitted online at pbgfl.com/PhotoContest. Proof of residency is required.

In preparation for Florida City Government Week in October, this year's contest will celebrate the "Signature City" from the perspective of its residents and students. Each contestant may submit up to three photographs in each

of five categories:

- Beauty Abounds (Nature & Landscape in the City)
- Digital Manipulation (Add an artistic layer to your photography with Photoshop, Lightroom, etc.)
- iGardens (iPhone photos)
- PBG Culture (Scenes showing human interaction in unposed, candid scenes with physical environment)
- Black & White (Classic black and white images of the City)

A reception will be held to reveal the finalists and present awards to contest winners 6-8 p.m. Oct. 18 in the City Hall lobby, at 10500 N. Military Trail in Palm Beach Gardens. The photographs will be on display Oct. 10-Dec. 1.

For information, contact the Public Media Relations Division at 799-4152 or signaturecity@pbgfl.com. ■

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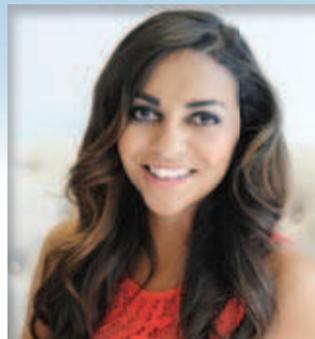
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After graduation, Dr. Colón spent time traveling America, the Grenadines, Dominican Republic, and India treating over 4000 people with free chiropractic care. Soon after, she was deemed Woman Of The Year in 2015, through her charitable campaigning. Her commitment to promoting optimal health and well-being has been integral in free people from pain and increasing her patients whole body performance. Through her experiences she developed a whole person approach using the spine to evaluate the entire body. Dr. Colón is able to help all of her patients accelerate in their journey to good health.



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PET TALES

Cataracts can dim a dog's vision, but surgery can help

BY KIM CAMPBELL THORNTON
Universal Uclick

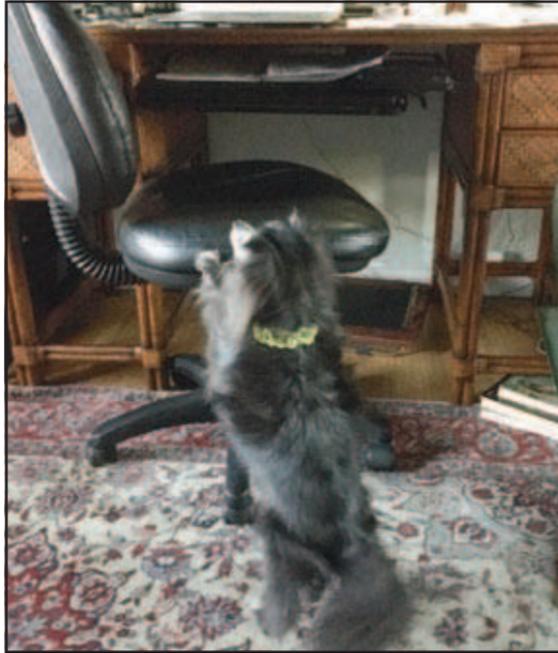
My little dog Gemma is about as spry as a 16-year-old dog can be, but we've seen one definite sign of aging in our Pom-Chi mix. Since late June, her vision has deteriorated noticeably. It was obvious before then that she had cataracts, but they have progressed enough to limit her vision. She has walked into walls when she's in unfamiliar areas, and she sometimes has trouble following my movements when I'm setting down her food dish or handing out treats.

A cataract is cloudiness, or opacity, in the lens of the eye. Although it looks as if it's a film on the surface of the eyeball, the cloudy lens is deep inside a dog or cat's eye, according to the American College of Veterinary Ophthalmology.

Cataracts are inherited in many breeds, including Boston terriers, cocker spaniels, golden retrievers, Labrador retrievers, miniature schnauzers, poodles, Siberian huskies and wirehaired fox terriers. They most commonly develop when a dog is 1 to 5 years old.

Health ailments such as diabetes, inflammation and trauma can also lead to cataract formation. Cataracts may also develop as a dog ages. Sometimes cataracts remain small throughout a dog's life; other times they worsen to the point of blindness.

Depending on a dog's age, health and the severity of vision loss, cataracts can be removed surgically. It's not a simple process, though. Two tests, an electro-



Gemma gets around well, even with limited vision, although she doesn't always realize which way to look to find her owner.

retinogram (ERG) and an ultrasound, are performed beforehand to assess the health of the retina and determine whether removing the cataracts would improve vision.

If the dog is a good candidate for surgery, eye drops are administered several times daily before the procedure. With the dog under anesthesia, the ophthalmologist makes a small incision and, using a technique called phacoemulsifi-

cation, breaks up the cataract with ultrasonic vibrations and then removes the particles. For sharper vision, an artificial lens can be implanted inside the eye.

The eye drop regimen continues for approximately six weeks following surgery. The "cone of shame" makes an appearance, too. The dog must wear a protective soft or plastic Elizabethan collar for two weeks to ensure that he doesn't scratch or otherwise injure the eye. Baths and vaccinations are forbidden until the eye heals.

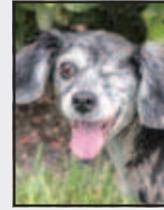
Cataract surgery has a high success rate, but like any surgery, it can have risks and complications.

Rainey, a beagle, had congenital cataracts. Her owner, Denise Nord, who lives northwest of Minneapolis, opted for surgery for the then-1-year-old dog to improve her quality of life and permit continued involvement in dog sports such as tracking, agility and obedience.

Rainey is now 8 years old and doesn't have great vision, but Nord says she would choose surgery again, even with the complications her dog had.

"She did well for quite a while, but over time the lens 'rolled up,' and she lost the near vision in one eye," Nord says. "She is on drops for high eye pressure. ■"

Pets of the Week



>> **Jewels**, an 11-year-old, 18-pound female mixed breed dog, is a sweetheart that needs a forever home.



>> **Sugar Plum** is a 13-year-old female cat that likes to hold meow conversations with human friends. She is healthy but has tested positive for FIV.

To adopt or foster a pet
The **Peggy Adams Animal Rescue League, Humane Society of the Palm Beaches**, is

at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at hspb.org. For adoption information, call 686-6656.



>> **Raven** is a small neutered black male cat, about 2 years old. He is friendly and loves to be petted and brushed.

>> **Elsa** is a spayed female calico, about 1 year old. She enjoys people, and loves being held and petted. She gets along well with other cats and dogs.

To adopt or foster a cat

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. ■

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Polo player Nic Roldan to chair 35th Annual Wellington Golf Classic

SPECIAL TO FLORIDA WEEKLY

The Boys & Girls Clubs of Palm Beach County's 35th Annual Wellington Golf Classic will feature a golf tournament, silent auction and awards luncheon. Nic Roldan will serve as chairman and Ed Portman as honorary chairman this year.

The event will be from 8:30 a.m. to 3 p.m. Saturday, Oct. 8, at The Wanderers Club, 1900 Aero Club Drive, Wellington.

As one of 13 Boys & Girls Clubs throughout Palm Beach County, the Neil

S. Hirsch Family Boys & Girls Club emphasizes educational, vocational, social, recreational, health, leadership and character-building skills in a safe and positive environment. Although the club asks for only a \$30 membership fee per child, actual annual expenses run approximately \$1,500 per child. Each year the annual event helps offset some of these costs so the clubs can continue to serve hundreds of young people in our community.

For event information, contact cgalenski@bgcpbc.org. ■

Advertorial

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

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

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

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

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

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

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It's Safe to Say, Our Quality Is World Class

Jupiter Medical Center is the only hospital in Palm Beach, Martin and St. Lucie counties to currently maintain both an "A" rating for patient safety and a 4-star quality rating.

See how we compare to national health care leaders.

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Cleveland Clinic (Ohio)	A	☆☆☆☆
Massachusetts General Hospital	A	☆☆☆☆
Brigham and Women's Hospital	B	☆☆☆
The Johns Hopkins Hospital	C	☆☆☆☆
NewYork-Presbyterian Hospital	C	☆☆☆☆
NYU Langone Medical Center	C	☆☆☆☆

*The Hospital Safety Score is an elite designation from The Leapfrog Group, an independent nonprofit that sets the highest national standards for patient safety, quality and transparency in health care. Score as of spring 2016. See how other hospitals compare at leapfroggroup.org/compare-hospitals.

**Centers for Medicare & Medicaid Services Overall Hospital Quality Star Rating is designed to help individuals, their family members and caregivers compare hospitals in an easily understandable way. Rating as of July 2016. See how other hospitals compare at medicare.gov/hospitalcompare.

Learn more at jupitermed.com/quality-safety

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



DO IT NOW

From page 1

It's like when your kids grow up and move out. Suddenly, your home and your time are all yours again. You can do things when you want.

It's kind of like that.

But it doesn't mean you don't welcome them when they come back home, even if it's just for a visit.

All good things come to an end. Summer's coming to a close, and the snowbirds and winter visitors and —eventually, the springbreakers — will find their way back.

The humidity will disappear, and when it does, the hordes will reappear.

Here are some things we think you should do before that happens. While some of these have to do with entertainment, other suggestions might seem obvious and mundane, but it's good to be reminded.

■ **Go out for dinner without making a reservation** — Pretty soon you'll have to wait to be seated at your favorite restaurants. Sometimes for long periods of time, maybe even days. So take yourself out to eat now, while it's easy to get a table. And take advantage of special promotions like Flavor Palm Beach, through which top restaurants offer special prix fixe menus through September (flavorpb.com).

■ **Take a staycation** — From Boca Raton to Jupiter and up and down Palm Beach, the resort hotels aren't booked up yet. Take advantage of that and carve time out for a long weekend. You'll get the benefit of a vacation and time away from home without having to spend the money/take the time to fly or drive.

■ **Make a medical appointment** — Check in with your doctor, dentist, optometrist while their schedules are relatively clear. And don't forget your pets, either; get into the vet for their yearly check-up.

■ **Get your car serviced** — Take your car in for a tune-up or any needed repairs or upkeep. It's not so seasonal anymore — we had a two-hour wait at our local auto dealership for an oil change, and that was in August. Those wait times are sure to increase during the winter season.

■ **Make use of your public library** — Check out those books you've been wanting to read while you can. When the snowbirds return, the waiting list for popular titles grows and the shelves get sparse, because more books are in circulation.

■ **Hop in your pool** — If you live in a condo or apartment complex and share a pool with other residents, enjoy it before it becomes filled with people. Pretend you're Katie Leddecki doing laps.

■ **Go to public pools** — Use your community pool. Or go to Rapids Water Park, on Military Trail at the West Palm Beach-Riviera Beach line. It's currently open weekends through October.

■ **Hit the fareways** — There's no waiting for a tee time in September — or October for that matter — at your municipal golf course.

■ **Vote** — Vote early, or vote by mail. Come Election Day on Nov. 8, you'll be glad you did.

■ **Go fish** — Take a fishing charter or a cruise.

■ **Drive in peace** — Appreciate the lighter traffic and the shorter drive times. Because it won't stay this way. The roads will soon be

clogged with slow drivers who don't use their turn signals.

■ **Stock up** — Go to your discount or membership stores and buy what you think you'll need for the next few months. When the snowbirds get here, they'll swarm to the stores to stock up for the winter.

■ **Subscribe now** — You have best shot at the best seat for shows at the Kravis Center (kravis.org), Palm Beach Dramaworks (palmbeachdramaworks.org) and the Maltz Jupiter Theatre (jupitertheatre.org). Don't forget to start their fundraising off right with a donation check.

■ **Check out your local museum** —

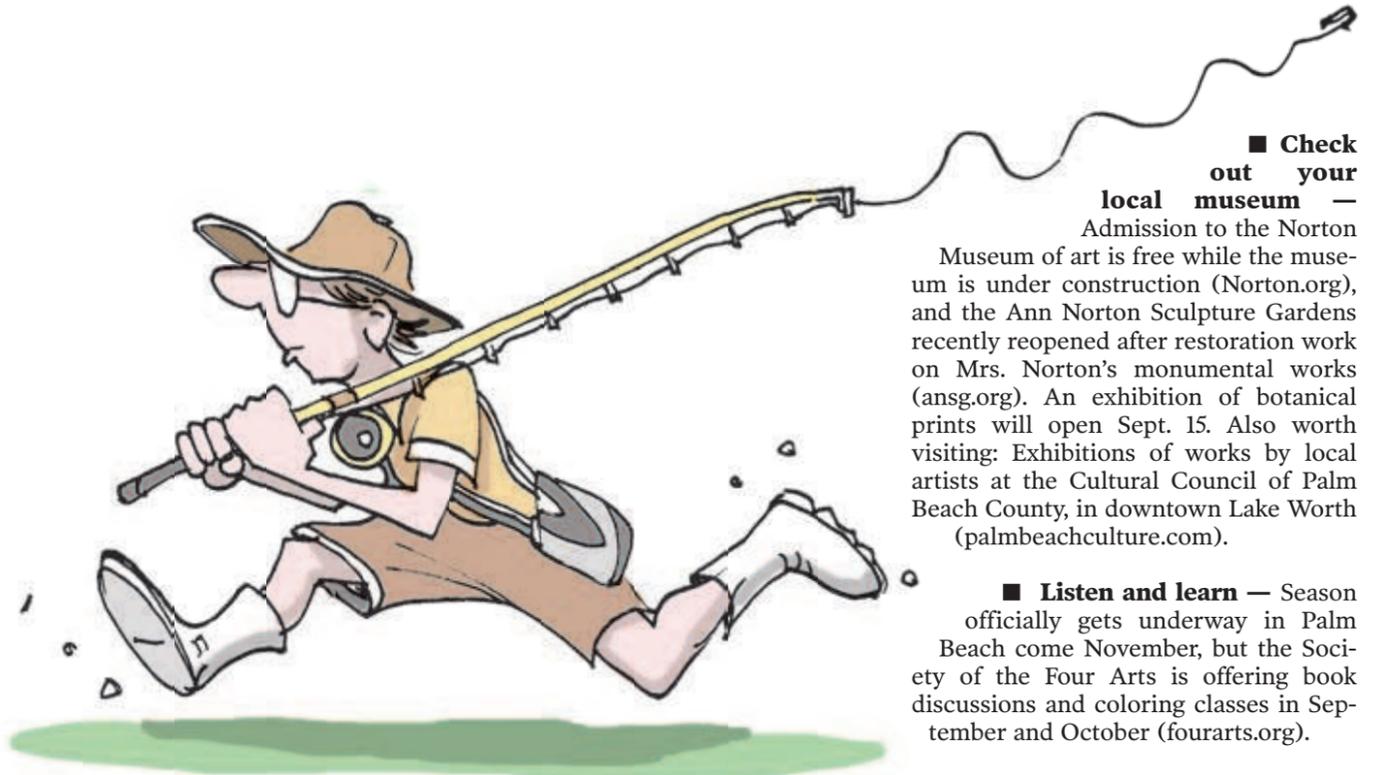
Admission to the Norton Museum of art is free while the museum is under construction (Norton.org), and the Ann Norton Sculpture Gardens recently reopened after restoration work on Mrs. Norton's monumental works (ansg.org). An exhibition of botanical prints will open Sept. 15. Also worth visiting: Exhibitions of works by local artists at the Cultural Council of Palm Beach County, in downtown Lake Worth (palmbeachculture.com).

■ **Listen and learn** — Season officially gets underway in Palm Beach come November, but the Society of the Four Arts is offering book discussions and coloring classes in September and October (fourarts.org).

■ **Take a class** — Both Armory Art Center in West Palm Beach and Lighthouse ArtCenter in Tequesta begin early fall class sessions in September (armory-art.org and lighthousearts.org).

■ **Attend a festival** — The Morikami Museum and Japanese Gardens wraps its Sushi & Stroll Summer Walk Series on Sept. 9 (morikami.org). But Mounts Botanical Garden offers summer evening strolls through Sept. 14 (mounts.org), as well as classes and lectures.

■ **Go green** — As in markets. The West Palm Beach GreenMarket resumes its weekly routine Oct. 1 in downtown West Palm Beach (wpb.org/greenmarket), and the Palm Beach Gardens GreenMarket resumes its regular run Oct. 2 (pbgfl.com). ■



Mambo, salsa, reggaeton musicians to headline Latin Music & Food Festival

SPECIAL TO FLORIDA WEEKLY

Reggaeton duo Angel y Khriz, mambo and charanga musician Tito Puente Jr. and salsa singer Eddie Santiago will headline the South Florida Fair and Hispanic Chamber of Palm Beach County's inaugural Latin Music & Food Festival of the Palm Beaches.

Presented by Ford, the event is a celebration to kick off Hispanic Heritage Month and will feature music, food, culture and family fun from noon-10 p.m. Saturday, Sept. 17, and 1-8 p.m. Sunday, Sept. 18, at the South Florida Fairgrounds, 9067 Southern Blvd.

Advance tickets are on sale at southfloridafair.com and latinfestivalpb.com for \$15 per adult (\$20 at the gate) and \$5 per child 6 to 11 years old (\$8 at the



COURTESY PHOTOS

Angel y Khriz

gate). Kids 5 and under are free. VIP tables for eight people are \$400 per day and an individual VIP seat is \$60 per person, per day. The VIP option includes admission and preferred seating for all concerts for one day.

The festival, which will be held mostly indoors, will give residents and tourists alike a break from the summer heat and will feature live music concerts, folkloric dances and performances, a soccer tournament, a dominoes tournament sponsored by Humana, food, rides



Tito Puente Jr.

and more. Other popular genres of Latin music will round out the entertainment schedule during the two-day festival.

Vendor booths are available for \$500 for both days. Contact Lorie Stinson at 790-5245 or lorie@southfloridafair.com. For businesses wishing to sponsor the event, contact Theresa Agricola at 790-5233 or Theresa@southfloridafair.com.

For more information, contact the Hispanic Chamber of Commerce of Palm Beach County at 832-1986 or email info@pbhchamber.com; or the South Florida Fair at 793-0333 or email fairnews@southfloridafair.com. ■



Eddie Santiago

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If you have breast cancer, you have a choice when deciding where to get treatment. No other hospital in Florida has more experience with e-IORT than Jupiter Medical Center. Contact us today to find out if you are eligible for one-day treatment.

Learn more at jupiterbreastcare.com/eiort or call 561-263-4400.

JUPITER MEDICAL CENTER
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NETWO

Palm Beach Chamber breakfast



"Like" us on Facebook.com /FloridaWeeklyPalm Beach to see more photos. We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go



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WORKING

Networking at The Breakers in Palm Beach



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4. Renee Layman, Sara Nunez, Aaron Clemens, Lisa Johnson and Sarah Turner
5. Carl Minardo, Steve Wagmeister and Fred Zrinscak
6. Kelly Clark, Dane Sheldon and Lora Hazelwood
7. Joel Cohen and Joyce Cohen
8. Adrienne Mazzone, Michael Razler and Kathy Matson
9. Dorothy Jacks, Jeremy Johnson and Pam Calzadilla
10. Caroline Harless, Sheila Schwartz and Mark Miller
11. Liz Tanner, Sarah McKenzie and Michelle Jaminet
12. Toinette Boalt, Adam Boalt and Adrienne Arp
13. Roxanna Scaffidi, Mary Sol Gonzales and Kate Volman

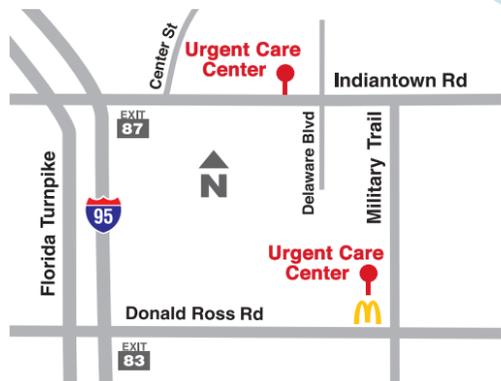
ANDY SPILOS / FLORIDA WEEKLY

to www.floridaweekly.com and view the photo albums from the many events we cover. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.

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EPCOT

From page 1

made over. Several are first-timers.

Overall, look for more vegan or vegetarian offerings, including vegan “nachos” at the Greece marketplace; sweet quesitos with guava sauce at a new kiosk, Islands of the Caribbean; and peanut butter and white chocolate mousse at The Chew Collective.

The foods are representative of the countries serving them, and it’s in the exotic places you’ll get to sample flavors that may be unfamiliar: Africa features buttered chicken with naan, or a Berber-style beef tips served with jalapeños, tomato, and pap — a porridge made of maize.

New drinks include hard ciders, hard ice cream floats and some new cocktails as well. Craft beers come from around the world with several Florida ones showcased as Disney gives a nod to local sourcing.

There’s a schedule of celebrity chefs on board, including the popular TV ones: Robert Irvine of “Restaurant Impossible”; Jamie Deen, Paula’s son; Buddy Valastro, the Cake Boss, Iron Chefs Masaharu Morimoto and Cat Cora; and bizarre food eater Andrew Zimmern.

This year, Duff Goldman (“Ace of Cakes”), Iron Chef Geoffrey Zakarian, Atlanta favorite Elliott Farmer and Chicago’s notable Michelin chef Graham Elliot will make appearances.

Florida’s own Clay Conley (Buccan and Grato), and Norman Van Aken (1921 in Mount Dora) will do demos.

Fans of “The Chew” daytime talk/cook show can get to see the cast as they broadcast live during a week of the festival.

Over the course of the event, a number of dinners, demos and hands-on workshops are presented. A Back to the Basics one is returning as one of the most popular: Chefs share their pro kitchen tips with the guests.

“We have been a part of the EPCOT Food & Wine Fest since its beginning,” Mr. Van Aken, a longtime South Florida chef, said. “It’s exciting to see how it has grown, and also how Central Florida has become a richer food area during this time.”

He’ll be cooking at one of the stations at the Party for the Senses, the big dine-around with entertainment held on select Fridays and Saturdays in October — another popular special event.

Wine and beverage seminars by such notables as master sommelier Andrea Robinson are woven throughout the fest and many winemakers are on hand to sign bottles in the Festival Marketplace, where other items such as cookbooks, tools, and other kitchen and bar wares are for sale. Mixology mastery courses, spirits tastings, cake decorating classes, and cooking



COURTESY PHOTOS

At night, acts including Los Lobos, Air Supply, Soul Asylum and Boyz II Men will perform.

Festival Center on Friday, Saturday and Sunday afternoons.

Stake out a place in advance to see the free, nightly Eat to the Beat concerts staged at the American Gardens Theatre (near Japan). Acts such as Los Lobos, Air Supply, BoDeans, Fuel, Wilson Phillips, Jeffrey Osborne, Plain White T’s, Toad the Wet Sprocket, Chaka Khan, Hanson, Soul Asylum, Sister Hazel, Big Bad Voodoo Daddy, Boyz II Men and Delta Rae are scheduled.

While you’re at Disney World, take advantage of a few other new restaurants — including the “reimagined” Flying Fish on Disney’s Boardwalk. A long-time favorite, it has a new look and a new menu.

Art Smith’s Homecoming in Disney Springs is making waves with a Southern-centric menu. It debuted this summer. The chef-creator is well known for his work with Oprah Winfrey, and his role as chef to Florida governors Bob Graham and Jeb Bush.

For the wee ones or those nostalgic types — the end of the Electrical Parade at the Magic Kingdom is approaching. Its last trip down Main Street in the Magic Kingdom is Oct. 9.

The park has decided to phase out the parade, which debuted in 1977. The lighted floats are depictions of scenes and characters beloved from the Disney films. There’s no word yet on what might replace it. ■



New drinks include hard ciders, hard ice cream floats and some new cocktails.

demos are held in the Chef’s Corner of the Festival Center. Learn from the experts: sushi-making by chef Morimoto, cooking with spices of the Caribbean with Miami’s Chef Allen Susser and even pumpkin carving by the “Picasso of pumpkins,” Scott Norman. Miami Chef Allen Susser looks forward to the event each year, he said. “There’s always so many interesting things they do during the fest. This year, I’ll be doing one of the new interactive chef demos — Spices of the Caribbean. It’s the first time they’re doing this style of demo.

“We’ll have 100 to 125 people doing the same thing all at once,” he said. “They’ll get a cultural sense and sensory understanding of what the spices are, and how to mix and blend them. They’ll come away with having tasted some flavorful things, and get to make their own spice blend to take with them.”

The chef’s demo is scheduled during the first week of October.

Guests also can get in on the Signature Series dining events spread throughout Disney World. They range from a \$79 Afternoon Tea with food and beverage pairing at the Crescent Solarium, to the extravagant, 10-course dinner with paired wines, \$600 at Victoria & Albert’s.

Several free events are crowd-pleasers, so get there early to the Back to Basics tips and tricks seminars and demos at the

in the know

- >> **What:** EPCOT International Food & Wine Festival
- >> **When:** Sept. 14-Nov. 14, 2016
- >> **Where:** EPCOT’s World Showcase and other Disney World properties
- >> **Cost:** Park admission, plus individual food prices. Seminars, chef demos, special dinners are priced separately. Eat to the Beat nightly concerts are free.
disneyworld.disney.go.com/events-tours/epcot/epcot-international-food-and-wine-festival/

EPCOT festival tips from a veteran

Having been to several of the festivals over the years, I have a few tips to get the most out of it.

Each kiosk charges individually for food and drink. Typically, plates range from \$4 to \$7. Note that these are tasting portions — not full meals nor full pours of wine. There is no entry fee: it’s included in the price of your EPCOT entrance ticket.

Get the wristlet credit card offered at the ticket booths and in the Festival Marketplace, and load money on it before you begin. Juggling a plate, a wine glass and a bag or purse is tough enough without having to dig for money.

Some foods are cooked to order, so lines are longer at the grills. You’ll wait up to 45 minutes at some popular eats. Go with a friend and hit up more than one at a time, then share. Pick and choose which are worth it to you. Sign on for a dinner or other meal event with a notable if you want the celeb experience.

Free events, including some celebrity signings and demos, take place in the Festival Marketplace at the entrance. Get the schedule and take advantage of them. Others are \$49, and you get to eat the results, usually with someone cool.

Save your feet. Toward day’s end, use the ferry that goes across the lagoon to get back to the exit.

What we want to try: The grilled lamb chop with mint pesto in Australia; Pao de Queijo — Brazil’s cheese bread; liquid nitro chocolate-almond truffle with warm whiskey caramel at the new Chocolate Studio; escarrot croissant in France; Selbach-Oster Zeltinger Sonnenuhr Riesling Spätlese at Germany; seared grouper with pigeon peas and rice with coconut sauce, and the sangria at the new Islands of the Caribbean; a chocolate-covered cannoli filled with sweet ricotta, chocolate and candied fruit in Italy; spicy hummus fries with tzatziki sauce from Morocco; chilled tomato gazpacho with lump crab at the new Greenhouse Guru kiosk; and from California’s Wine and Dine studio, the seared scallop, with truffled celery root puree, Brussels sprouts and wild mushrooms.

— Jan Norris



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HEALTHY LIVING

Ready to quit smoking? Here's how



Mark Twain knew how hard it is to quit smoking.

"Quitting smoking is easy. I've done it a thousand times," he once said. Although coping with nicotine withdrawal symptoms such as anxiety, irritability, anger, tobacco cravings, increased appetite and weight gain can be difficult, those symptoms are much easier to manage than the alternative health problems caused by smoking.

Tobacco smoke contains a mix of more than 7,000 chemicals, of which hundreds are harmful and about 70 can cause cancer. Smoking can cause cancer almost anywhere in your body and is associated with increased health risks such as heart disease and stroke. If nobody smoked, one of every three cancer deaths in the United States would not occur. Palm Beach Gardens Medical Center is dedicated to preventive care and offers information and tips on quitting smoking.

The quitting process requires multiple steps and an ongoing commitment. Some smokers may find themselves going two steps forward and three steps back. More people in the United States are addicted to nicotine than to any other drug, and research suggests that nicotine may be as addictive as heroin, cocaine or alcohol.

Step One. Make the decision to stop smoking and set a quit date. Write down

the reasons why you want to quit and keep that list with you when you get the urge to light up. Throw away all cigarettes, matches, lighters and ashtrays at home, work or in the car. Limit temptation by not allowing others to smoke in your home.

Step Two. Ask your friends, family and co-workers for their motivation and support. Check with your physician about a smoking cessation class or counseling program.

Step Three. Change your routine so you won't be tempted to smoke. If you do have an urge to smoke, talk to someone, go for a walk or start a task. Reduce stress by taking a hot bath, exercising or reading a book instead of reaching for a cigarette.

Step Four. Use medications or nicotine replacement products if necessary to help reduce nicotine cravings and withdrawal symptoms. Counseling and medication are both effective for treating tobacco dependence, and using them together is more effective than using either one alone. Nicotine gum, patches and lozenges can be bought over-the-counter. Nicotine inhalers and nasal sprays are available by prescription. Two medications, varenicline and bupropion SR, can be prescribed to help some people quit. Nicotine replacement products should not be used if you are still smoking.

Step Five. Don't give up! The majority of smokers have to try several times to quit before they are successful. Many former smokers say quitting was the hardest thing they've ever done, but millions of people have successfully quit. You can, too!

Reminding yourself of the benefits of not smoking can help reinforce your commitment to quit. Quitting can add years to your life. Over time, you'll greatly lower your risk of death from lung cancer and other diseases such as heart disease, stroke, chronic bronchitis, emphysema and at least 13 other kinds of cancer. You'll also protect your loved ones from secondhand smoke and set a positive example by staying smokefree.

Quitting smoking is hard, but Palm Beach Gardens Medical Center can help you in your fight to kick the habit. The

hospital 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 helps participants identify triggers and withdrawal symptoms and brainstorm ways to cope with them. The next three sessions will take place on Sept. 21, Sept 28 and Oct. 5 from 5:30 to 6:30 p.m. Please call 625-5070, or visit pbgmc.com/events to make a reservation. ■



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Mindfulness-Based Stress Reduction: Fall 2016

Jupiter Medical Center, in collaboration with the University of Massachusetts Center for Mindfulness, is pleased to offer Mindfulness-Based Stress Reduction (MBSR). MBSR is proven to be an effective treatment for reducing stress and anxiety related to work, family and finances. Learn to activate and enhance your natural capacity to care for yourself and find greater balance.

Participants meet once a week from September 21-November 12, 2016. Program includes eight classes and one, all-day retreat.

Reservations are required. Space is limited to 30 participants per session. For more information on class fee, or to register, please visit jupitermed.com/mindfulness or call 561-660-1828.

“We’ve been very aggressive about getting out into the community and demonstrating how effective SCORE can be.”

— Jack Dunigan, Southwest Florida SCORE chair



Keeping SCORE

Professional mentors in demand across South Florida

BY STEPHANIE DAVIS

sdavis@floridaweekly.com

Ah, Florida, where former executives, business owners and CEOs come to live out their twilight years in the sun, playing golf, fishing and joining Pickle Ball leagues.

And yet, there are many who aren't quite ready to put away their briefcases, close up their laptops and focus on gardening and Mahjong.

Fortunately, SCORE is around to keep

their sharp minds busy — in fact, very busy.

SCORE puts mentors, usually retirees, together with entrepreneurs to share their business knowledge and years of experience with the newbies.

The expert advisors are available at no cost and come from varied backgrounds as they volunteer their time and expertise for the nonprofit organization founded in 1964.

SEE SCORE, A15 ►

The Bristol hires general contractor

SPECIAL TO FLORIDA WEEKLY

Suffolk Construction was awarded the contract to build The Bristol in Palm Beach, an ultra-luxury waterfront condominium developed by Flagler Investors LLC.

Suffolk has been performing preconstruction services on the project for over a year and recently began construction on the site. Suffolk's portfolio

of luxury residential developments in South Florida includes Jade Signature, The Ritz Carlton Residences in Sunny Isles Beach and Privé.

The 25-story waterfront condominium will include units ranging from 3,700 to 14,000 square feet.

Flagler Investors LLC and Suffolk Construction broke ground on the project in May and the topping off is anticipated to take place in February 2018. ■



COURTESY RENDERING

Happy Socks collaborates with Iris Apfel

SPECIAL TO FLORIDA WEEKLY

Happy Socks has collaborated with fashion icon Iris Apfel for the Local Hero Project 2016.

The Local Hero Project is a result of the brand's mission: engaging creative freedom to spread happiness.

Featuring strong patterns and color combinations that spotlight rare birds and bold prints, Happy Socks and Ms. Apfel have teamed up to present this new collection of socks and underwear.

The collaboration includes a series of five pairs of men's and women's socks, plus three men's boxer briefs. All items will be sold separately or in combo boxes featuring three different pairs of socks or a trio of men's boxer briefs.

Ms. Apfel, a 94-year-old fashion icon, interior designer and businesswoman from New York City, is a part-time resident of Palm Beach. She and her husband, Carl, launched their company, Old World Weavers, in 1950, and she has taken part in nine White House restoration projects.

The collection will be available at happysocks.com the week of Sept. 12, in Happy Socks Concept Stores and selected retailers alongside the fall/winter 2016 collection. ■

COURTESY PHOTO

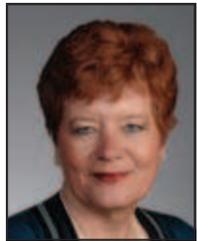
The very colorful Iris Apfel sports a pair of Happy Socks.



SCORE

From page 14

Originally, the SCORE acronym stood for "Service Corps of Retired Executives," but because many mentors continue to work, the organization is now recognized as SCORE Counselors to America's Small Business.



POMPEI

As one of the top retirement destinations in the U.S., it's no surprise that there are hundreds of volunteer mentors across South Florida.

Penny Pompei, chapter chair of Palm Beach SCORE, said business is "booming."

"We serve all of the North Palm Beach area," said Ms. Pompei, who describes herself as a "serial entrepreneur."

"The volume of new requests for mentors has gone up dramatically — last year, we had 600 new requests; this year it's been well over 700, with 95 requests in the month of July alone," Ms. Pompei said.

Ms. Pompei holds the distinction of being the first woman chair of the 41-year old Palm Beach chapter of SCORE and

says that the needs of the local business community have evolved.

"These days we spend at least half of our time mentoring businesses that are already established," she said. "It used to be just start-ups, but now we're helping current businesses with problem solving, hiring, financing, and whatever they need."

One of the largest SCORE chapters on the West coast of Florida is in Naples, which serves all of Collier County and some of southern Lee County.

Frank Friend, SCORE Naples' director of marketing, said between 50 and 60 volunteer mentors

serve up to 40 new clients each month.

"We've noticed a real upswing in business over the last year," said Mr. Friend. "And we're responding a lot to women entrepreneurs. Only about 10 percent of women business owners employ someone other than themselves; our new program called Insights Into Successful Business Strategies was created by SCORE women mentors for Naples area women business owners."

On Nov. 19, the chapter will host a conference with workshops geared exclusively for women business owners.



FRIEND

In Port Charlotte, Bob Burkholder, who has been a mentor with Port Charlotte SCORE for more than eight years, acknowledges that there is less business activity in the Charlotte County area because there are fewer major corporations, but points out that the chapter, which also serves DeSoto County and southern Sarasota County, sees a regular flow of requests for mentors.



BURKHOLDER

Mr. Burkholder said that the Port Charlotte SCORE, like the other chapters of SCORE in South Florida, has had to adapt with the times and that perhaps the biggest challenge of the past few years has been the advent of social media and the internet in the business world.

"The fundamentals of business haven't changed," said Mr. Burkholder. "But since many of our volunteers retired before social media played a part in making a business a success, we've had to deal with a learning curve."

The chapter helps both mentors and clients by hosting monthly workshops on internet technology.

The Port Charlotte and Naples SCORE Associations evolved from the Southwest Florida SCORE, which was established in Fort Myers in 1970. Jack Dunigan, a retired trainer/consultant for both profit

in the know

Palm Beach SCORE

>> 500 S. Australian Ave., #115
>> West Palm Beach
>> 561-833-1672
>> palmbeach.score.org

SCORE Naples

>> 900 Goodlette-Frank Rd.
>> Naples, FL. 34102
>> 239-430-0081
>> www.naples.score.org

Southwest Florida SCORE

>> 3650 Colonial Blvd., Suite 231
>> Fort Myers, FL. 33966
>> 239-489-2935
>> www.southwestflorida.score.org

Port Charlotte SCORE

>> 1777 Tamiami Trail, Suite 411
>> Port Charlotte, FL. 33948
>> 941-743-6179
>> www.portcharlotte.score.org

and nonprofit organizations, has been a mentor with SCORE for four years and the chair of the Southwest Florida chapter for the past two years. He's seen a significant growth in clients recently, and in fact, the SCORE in Fort Myers mentored 350 to 400 businesses this past year.

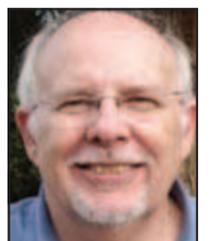
"We've been very aggressive about getting out into the community and demonstrating how effective SCORE can be," Mr. Dunigan said. "Since we serve not only Lee County, but also Hendry and Glades, we're always networking at chamber of commerce events, Rotary and Kiwanis meetings, and more."

Like Mr. Burkholder at the SCORE in Port Charlotte, Mr. Dunigan agrees that social media has been a challenge for some retired mentors.

"Many see the internet as an intrusion," he said. "But it's proven to be an effective business marketing tool. So we're very proactive in instructing our mentors."

These days, SCORE uses the technology available, whether it's mentoring via email, Skype or phone.

"There are so many ways we can reach out and help business people and entrepreneurs," Mr. Dunigan said. "We provide the tools, resources, workshops and experience. The idea is to help our local business community grow and thrive." ■



DUNIGAN



MOVING ON UP

“Downtown West Palm Beach is sustaining its remarkable resurgence and is booming.”

— **Upendo Shabazz,**

Chairman of the West Palm Beach Downtown Development Authority

Name: Upendo Shabazz

Title: Chairman of the West Palm Beach Downtown Development Authority

City of business: West Palm Beach

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

Upendo Shabazz loves downtown West Palm Beach and the waterfront and it makes her happy to see others do, as well. She was on Clematis Street for dinner recently and found it crowded.

“It was packed with people and it was a Tuesday night,” she said.

It was welcome news to Ms. Shabazz, who was just elected as chairman of the West Palm Beach Downtown Development Authority. She has served on the DDA’s seven-person board for two years and is the first woman to become chairman.

“I would like to see more of us (DDA) promoting the good works we do,” she said. “Everything we do is in partnership with the city. We want to make it amenable to sustain what we have right now, because it is thriving,” Ms. Shabazz said.

“Downtown West Palm Beach is sustaining its remarkable resurgence and is booming with an eclectic mix of offices, retailers, restaurants, and arts and entertainment venues,” she said. She’d like to add a few unique boutique shops.

“The DDA has played a key role in this success to enhance the area by working diligently with business owners, resi-



COURTESY PHOTO

Upendo Shabazz has a passion for social work. She is a regional vice president of Alleghany Franciscan Ministries.

dents, visitors and government to create a vibrant, high-energy downtown that keeps people coming back again and again,” she said. “Last fall, we worked with local gallery owner Nicole Henry to launch the largest outdoor museum show in the world, adding a rich new layer to the downtown’s brand appeal. On the heels of CANVAS, the DDA played an integral role in bringing The Swings to Clematis Street, which attracted approximately 34,000 visitors. We have even more exciting plans in store for this fall.”

Ms. Shabazz, 44, works downtown — she is regional vice president of Alle-

gany Franciscan Ministries for the Palm Beach region. The organization works to improve health care for marginalized people.

She enjoys having lunch within walking distance of her office. Her favorite spot is Rocco’s Tacos. “I love the guacamole!” Another favorite is Jardin. “It’s very chic and different.”

Ms. Shabazz was born in West Palm Beach, grew up in Tallahassee and returned to Palm Beach County 22 years ago to re-connect with her dad, who has since died. “We became friends and he became my biggest advocate,” she said.

She has always enjoyed helping others, she said, but didn’t want to become a nurse like her dad and grandmother because, “I don’t care for the sight of blood.” Social work was a better fit.

She is a founding board member for Florida Nonprofit Alliance and Impact Palm Beaches, serves on the board of Prime Time Palm Beach County and is a member of the West Palm Beach chapter of the Links, Leadership Palm Beach County and the Blue Ridge Leadership Institute.

She has worked with United Way of Palm Beach County and served as United Way’s vice president of Community Impact.

She also was a consultant for six years writing grants and coordinating Project Harmony programs under the Department of Safe Schools for the Palm Beach County School District.

For more information about the DDA or Downtown West Palm Beach, visit downtownwpb.com.

Upendo Shabazz

Where I grew up: Tallahassee

Where I live now: Lake Worth

Education: Master of Social Work from Florida State University. Certified in Leadership and Management from University of Miami.

My first job and what it taught me: My very first job was at age 14 shining shoes at the Tallahassee Regional Airport. I learned to be interested in people’s lives and that differences are good. That’s how we live, love and grow as people.

A career highlight: Participating in 2015 St. Francis of Assisi Pilgrimage.

What I do when I’m not working: Listen to music, read and look for art (especially, local artists).

Best advice for someone looking to make it in my field: Know your value and where your heart thrives in service.

About mentors: My friends joke with me about the number of mentors I have. I have several mentors that represent different pieces of me: professional woman (Beth Walton), African-American woman in philanthropy (Janine Lee), spiritual/purpose (Elivio Serrano), accountability/self-awareness (Eileen Coogan) and business (Bruce Lewis). ■

MONEY & INVESTING

Target date funds are never a prudent investment choice



ericBRETAN

estaterick@gmail.com

Americans have a global reputation for being lazy. After all, we are the country that in 1950 invented the TV remote control when there were only three TV stations to choose from (little known fact that Zenith, the company that developed the new device, branded the first TV remote “Lazy Bones”). So it should come as no surprise that we are lazy when it comes to investing, as well.

This is probably why almost all fund companies have developed “target date funds.” You tell the company when you would like these mutual funds to retire and they do all of the investing for you. What could be easier? But are these funds truly a good investment?

Buying a target date fund is very simple. Let’s say you are 40 today and would like to retire when you are 65. Twenty-five years brings us to 2041 so we would buy a 2040 target date fund. And, in theory, we can keep adding money to this one fund until we retire in 25 years.

Behind the scenes, the fund is relying on two core principles of investing. First, equities outperform bonds in the long run. In theory, this makes sense, as bonds have a higher claim on a company’s assets and cash flow. Bond investors always get paid before equity



dividends and in a bankruptcy, bond principal gets paid back before equity holders. Therefore, equity holders must demand a higher return to compensate them for this risk. Over the long run this proves true.

The second core principle is that bond prices are less volatile than stock prices. Again, in the long-term, this is shown to be correct. In fact, stocks were more than three times more volatile than bonds over the last half century. This should not be surprising, as equities are more risky than bonds.

So what a target fund does is use these principles to allocate the percentage of stocks and bonds it holds in the fund.

When you are far away from retirement the fund holds a high percentage of stocks and low percentage of bonds because you are looking for a high return and can take on more risk. But as you get closer to your target retirement date, the fund increases the percentage of bonds held because you should be more concerned about capital preservation rather than returns.

The problem I see with a target date fund is that if that is your primary investment, you are dangerously non-diversified — especially as you reach retirement age. Being concentrated in one investment, even if that is a “safe” investment like government bonds, is never a good idea.

This is especially true today, when interest rates around the world are at all-time lows. At some point, these rates will rise. It may be next month or next year, or even the next decade, but interest rates will not be close to zero forever.

And with bonds, when rates rise, prices decline. You certainly do not want to be holding a large percentage of your assets in bonds when this occurs but that is exactly what you will be doing if you hold a target date fund and are close to retirement.

So is it my advice to avoid a target date fund?

Yes, that is my recommendation.

Diversification is critical for investors no matter what stage of life you are in. Target date funds rob you of this critical strategy.

Having a balance of stocks, bonds, funds, commodities, real estate and other investments is the best hedge against any time of market movement.

Of course, the balance of these investments must shift as your life priorities change but I don’t believe putting your eggs in one basket is a safe or prudent choice.

It is just lazy. ■



COURTESY PHOTOS

A haven for horses, and their humans

SPECIAL TO FLORIDA WEEKLY

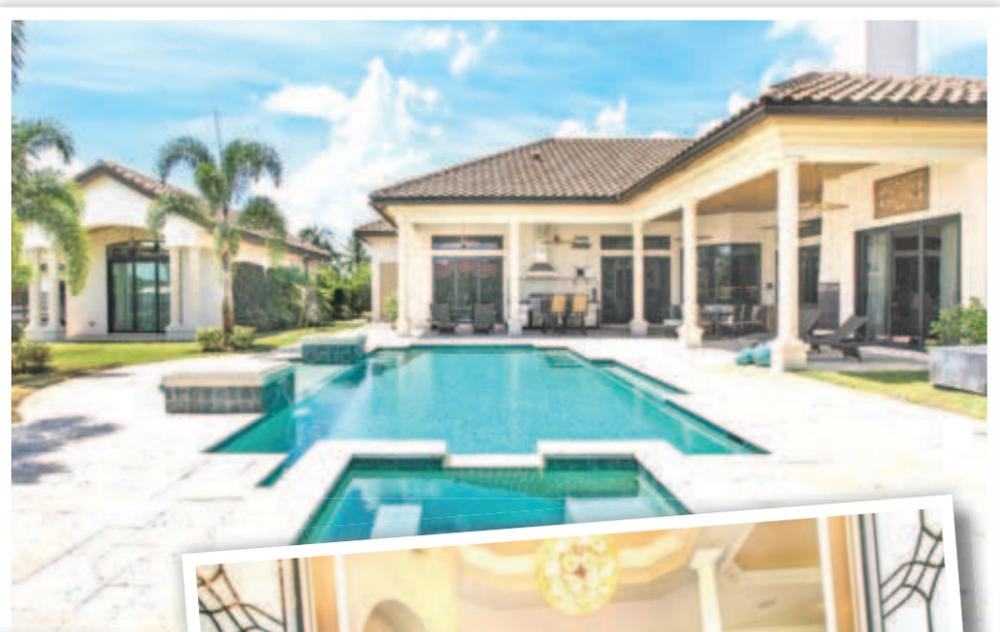
This is the quintessential Wellington farm, a gated custom estate built in 2014 at 1761 Clydesdale Ave.

This spacious, four-bedroom/4.5-bath home offers impact glass and fireplaces throughout. The gourmet kitchen boasts one-of-a-kind granite countertops, and a chef's prep island, which opens to the extended great room. Step out to the marble pool deck and full summer kitchen that surrounds the heated pool — the ideal spot to entertain.

The seven-stall center-aisle barn includes a tack room, wash stall, feed room, laundry room, a sand ring and plenty of paddocks.

Your guests will enjoy the detached one-bedroom, one-bath guest cottage with a full kitchen and living area. There also is a separate building for golf carts and storage. Conveniently located within hacking distance to the Winter Equestrian Festival.

Offered at \$3,789,000 by Martha Jolicoeur PA of Douglas Elliman; (561) 797-8040. ■



BEHIND THE WHEEL

It's a great time to be considering a family sedan



It used to be the only requirements for a midsize family sedan were that the kids fit in the back and the color was acceptable. But this longstanding bread-and-butter market for car companies is going through a revolution. As competition heats up, a class once dominated by utility is now home to affordable and interesting choices.

Two of the more noteworthy vehicles out there right now are the 2016 Chevrolet Malibu Hybrid and the Volkswagen Passat.

Both can be delivered in a desirable specification for under \$30,000. But their allure is very different.

This comparison couldn't have been made a dozen years ago. Back then, the Malibu was the ugly kid trying to make friends with low price rather than build quality, and the Passat was reaching too far into the upper classes to want to be seen with the value-minded folks.

Today the Chevy is a far different machine. The Malibu arrived for 2016 with a full redesign that makes it arguably one of the sleekest midsize sedans on the market. VW's Passat continues to offer smart European styling, but the revised sedan has smaller motors and a smaller price.

Inside, the Malibu is about feeling light and airy. Features like a long dash-



MYLES KORNBLATT / FLORIDA WEEKLY

The Volkswagen Passat

board and a large gap for storage underneath the climate control open up the cabin. So while it looks sleek and sporty on the outside, it performs a nice trick of not feeling compact behind the wheel.

The Passat in the upper-level SE trim goes for a more enveloping driver atmosphere. It doesn't feel more compact than the Malibu, but the essential controls are all within closer reach of the driver, making the VW feel like the sportier buy of the duo.

Both cars come loaded for under \$30,000 with dual-zone climate control, touchscreen infotainment radio, keyless ignition and backup cameras with radar assist. But the best feature is the 38 and

39 inches of legroom offered by the Malibu and Passat, respectively — easily enough room to keep adults comfortable.

It's important to note that we are comparing high-optioned vehicles here. Many of the comfort features can be deleted to save money, and the interior space remains the same. We're just examining premium sedans for a reasonable price.

The base price of a Passat is \$23,620. The Malibu Hybrid begins around \$28K and comes loaded; the traditional gas-engine models with fewer comfort features start at \$22,500.

The hybrid version of the Chevy was chosen for this comparison because the

gas/electric drivetrain is what really helps make this sedan feel special. The 1.8-liter motor is not particularly powerful, it produces only 122 hp total, even with the electric help. But how it all works together makes the experience fun; this car is a constant interactive experience — quite the opposite of the family sedan's snoozer image.

The Passat might be built in the USA, but the sedan goes for a more German-engineered approach. It has a 1.8-liter motor like the Malibu, but with the addition of a turbocharger, the VW delivers a respectable 170 hp. The peppy engine combined with the exceptionally sharp handling makes for a lively driving package. So both sedans do a nice job of feeling like more than just driving an appliance.

Fuel economy is not necessarily on everyone's minds these days, but those looking at a family sedan usually are the first ones to pay attention. After all, these cars are likely to see everything from soccer runs to cross-country road trips. This is where the Malibu Hybrid has an obvious advantage, with an EPA rating of 47/46 mpg city/highway. For those who need a little more power, the Passat's turbo motor returns a very respectable 25/38 mpg city/highway.

The Chevy and the VW are two very different vehicles. What they share is the ability to deliver an engaging experience while remaining practical and affordable. The decision of which one to buy is up to individual taste, but it's clear that this is a great era to be a family sedan shopper. ■

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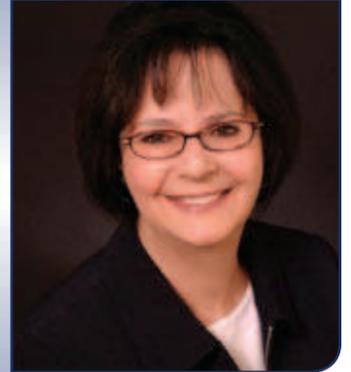
OAKS EAST - PALM BEACH GARDENS



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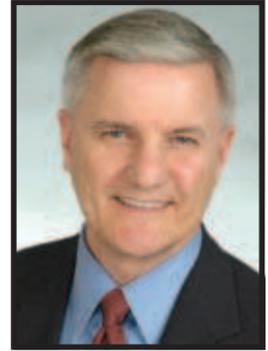
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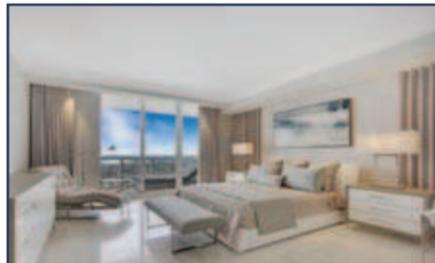
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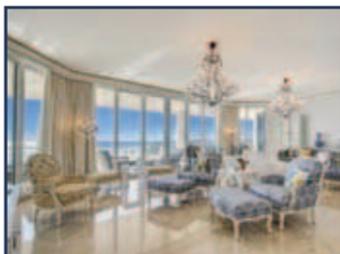
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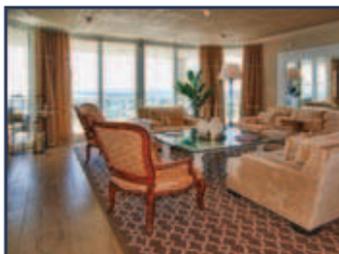
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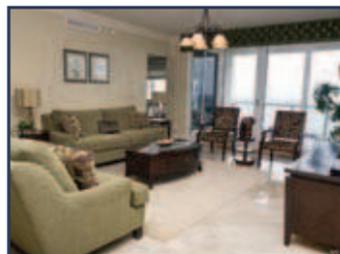
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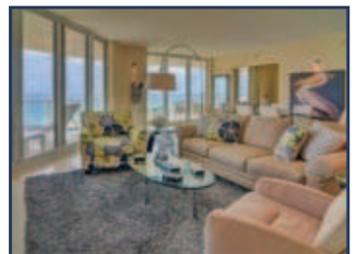
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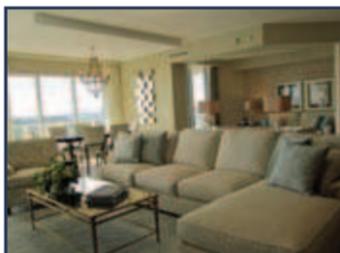
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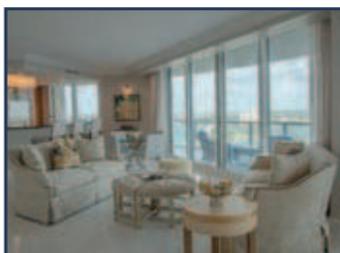
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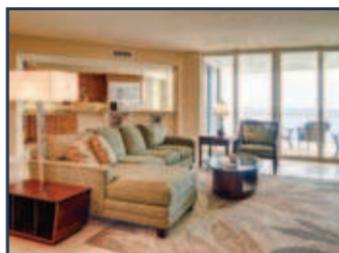
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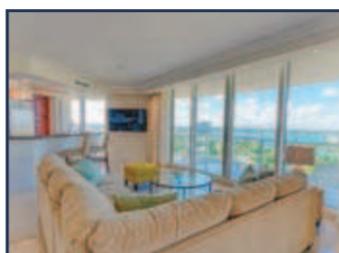
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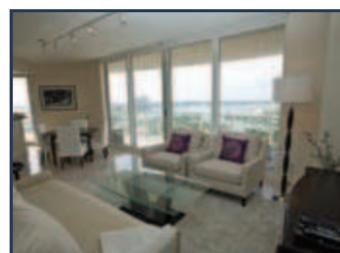
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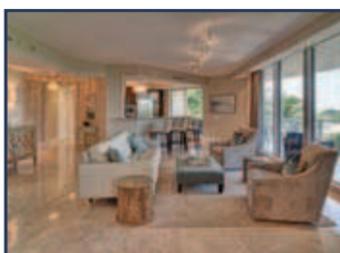
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2BR+DEN/2.5BA - \$1,185,000



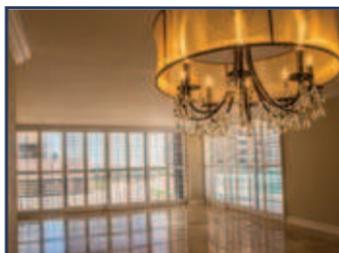
Ritz Carlton Residence 1506B
2BR+DEN/2.5BA - \$1,125,000



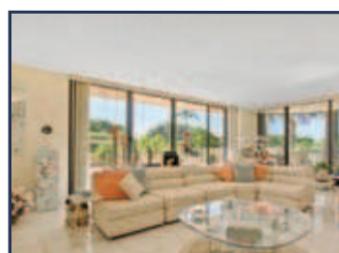
Beach Front 503
3BR/3BA - \$1,100,000



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



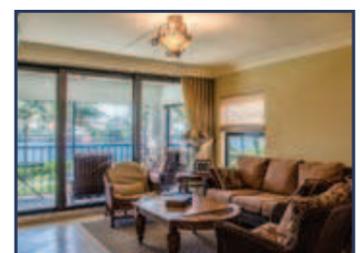
Martinique WT202
3BR/4.5BA - \$599,900



Martinique WT103
3BR/4.5BA - \$575,000



Martinique ET503
2BR/3.5BA - \$530,000



Seascope 8
2BR/2BA - \$450,000



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ARTS & ENTERTAINMENT

WEEK OF SEPTEMBER 8-14, 2016

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| SECTION B

"The Birth Of A Nation" (Oct. 7)

"Miss Peregrine's Home For Peculiar Children" (Sept. 30)

COMING SOON

"Passengers" (Dec. 21)

TO A THEATER NEAR YOU

"Sully" (Sept. 9)

"The Accountant" (Oct. 14)

"The Girl On The Train" (Oct. 7)

BY DAN HUDEK
Florida Weekly Film Critic

LET'S FACE IT. IT WAS A BAD SUMMER AT THE MOVIES. Many high-profile releases were critical and box office flops ("Ghostbusters," "Independence Day: Resurgence"), and some did well even though they weren't as good as expected ("Finding Dory"). But no matter. Now we move on to the fall, which means cooler weather, football and better movies. Here's what to look for through Christmas; dates are

SEE MOVIES, B3 ►



"La La Land" (Dec. 2)

HAPPENINGS



Show offers history of baseball in area.

Baseball show comes up to bat at historical society

BY JANIS FONTAINE
pbnews@floridaweekly.com

Love baseball? So does the Historical Society of Palm Beach County. Its newest special exhibition, "For The Love of the Game: Baseball in The Palm Beaches," will be on display until July 1, 2017. From the early Hotel Leagues, the Negro Leagues and the Municipal Leagues, you can trace the American game back to its Palm Beach County roots, about 120 years ago. From Flagler's staged games, held to entertain guests, to the newest developments in the Ballpark of the Palm Beaches, you'll learn about the rich history of the game. Amusing anecdotes, precious artifacts, fascinating facts and memorabilia await at the Richard and Pat Johnson Palm Beach County History Museum housed within the historic 1916 courthouse, at 300 N. Dixie Highway in downtown West Palm Beach. Museum hours are 10 a.m. to 5 p.m. Tuesday through Friday, and 10 a.m. to 4 p.m. Saturday. Admission is free. For more information, call 832-4164; historicalsocietypbc.org.

Theatre Lab comes to Norton

The creative minds behind the programming at the Norton Museum of Art have found another way to enrich your experience during its popular Art After Dark program, held from 5-9 p.m. Thursdays, nearly every week of the year. This pilot program features readings of three one-act plays and musicals by up-and-coming playwrights, including local writer and actress Angie Radosh, whose work kicks off the series. The program is staged by Theatre Lab, a new company led by Lou Tyrrell, the former artistic direc-



RADOSH

SEE FESTIVAL, B8 ►

SEE HAPPENINGS, B8 ►

Chinese Moon Festival rises again at Norton

SPECIAL TO FLORIDA WEEKLY

The Norton's 11th annual celebration of the Chinese Moon Festival in honor of its collection of Chinese art runs from noon to 5 p.m. Saturday, Sept. 17. Festival highlights include a performance by members of Florida State University's Chinese Music Ensemble. The ensemble is led by Haiqiong Deng, an award-winning musician who has performed at previous Norton Moon Festival celebrations. She returns with half a dozen members of the FSU Ensemble to perform holiday-related music on a range of exotic Chinese instruments. The group also will host a Children's Introduction to



Dragon panels

Chinese Music program. Other highlights of the free festival include a Chinese painting demonstration by painter Liu Nan, who is trained in both Western and traditional Chinese techniques; a ceramic demonstration by artist Lauren Shapiro,

who recently returned from the centuries-old center of Chinese porcelain production in Jingdezhen, China; and a Curator's Conversation by Laurie Barnes, Elizabeth B. McGraw Curator of Chinese Art. Ms. Barnes will discuss the museum's newly acquired Ming Dynasty-era glazed, stoneware panels dramatically emblazoned with dragons and peonies. Also featured during the afternoon are art activities for all ages, and docent spotlight tours of Chinese artwork. A reception with traditional Chinese mooncakes and tea completes the celebration.

COURTESY PHOTOS

COLLECTOR'S CORNER

In the world of antiques, it's not good to be grandmotherly



scott SIMMONS
ssimmons@floridaweekly.com

\$200 apiece or more when it's unlikely he'd get more than \$150 apiece for them in a shop or at a show?

And that's where "grandma" comes in.

"Grandma" is a disparaging word in the world of antiques. It indicates something that's passé, outdated, excessively fussy and maybe even a little frumpy.

Think of the carnival and cranberry glass and quilts and Hummels your grandmother had 30, 40 or 50 years ago.

Nobody really pays top dollar for those items now the way they did decades ago.

Part of the reason is because the market has become saturated.

But "grandma" as a pejorative?

I think my grandmothers would be slightly bemused at the notion.

Both ladies were quite stylish in their day; even now, neither would be considered frumpy.

Neither was a collector in the traditional sense of the word.

But they recognized the importance of preserving their treasures for themselves and for future generations.

My paternal grandmother, Dorothy, was passionate about maintaining the legacy her family created in southern Georgia and northern Florida, where they settled well before the Civil War. I have mule breast chains that helped pull a plow and quilts her mother stitched together from flour sacks.

Her home was beautiful and comfortable. There was a painted chest I now have that belonged to her grandmother,

and she surrounded herself with other objects she adored.

My maternal grandmother, Kathryn, loved the objects her grandfather's uncle had sent back from the Far East at the turn of the last century — Japanese block prints, Chinese cloisonné boxes and jade cups.

Those were the grace notes of her décor, and now form a cornerstone of mine.

Kathryn also was the proud owner of a spectacular red and blue palace-size Sarouk carpet, courtesy of her in-laws — hence some of my interest in the smaller rugs.

My mom has the rug now and it recently appraised for thousands less than it would have 20 years ago. Hopefully, tastes will change and prices will rally by the time my family is ready to sell the rug.

We love it anyway because it's gorgeous and it belonged to our grandparents.

And if that's "grandma," then who can complain?

After all, it was Grandma who nurtured us and Grandma who preserved things.

And, no, there is nothing that's frumpy about that. ■



SCOTT SIMMONS / FLORIDA WEEKLY

Red and blue Sarouk carpets, like this runner, have cycled out of favor with collectors and designers. For now, values for the rugs have dropped. Hopefully, they will rally.

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MOVIES

From page 1

subject to change, but you'll nonetheless want to keep this as a guide for what not to miss.

■ "Sully" (Sept. 9)

Tom Hanks stars as Chesley "Sully" Sullenberger, whom you'll recall landed the US Air flight he was piloting on the Hudson River in January 2009. Sully might have saved all 155 people on board that day, but director Clint Eastwood is also interested in exploring the aftermath, including those who questioned Sully's decisions.

■ "Snowden" (Sept. 16)

Director Oliver Stone tells NSA-whistleblower Edward Snowden's (Joseph Gordon-Levitt) story, and Shailene Woodley and Zachary Quinto co-star. It'll be interesting to see if Mr. Stone addresses this as a political issue (which it's not) or a moral and ethical issue (which it is).



■ "Bridget Jones's Baby" (Sept. 16)

We know it's Bridget Jones's (Renee Zellweger) baby, but we don't know if the baby daddy is her ex-lover Mark (Colin Firth) or the new guy in her life, Jack (Patrick Dempsey). Tough choice, but you'd have to hope for the one we call "McDreamy" (Mr. Dempsey), right?

■ "The Magnificent Seven" (Sept. 23)

I'm trying to remember the last remake I liked. "Ghostbusters"? No. "Point Break"? You've got to be kidding me. "Ben-Hur"? Lord, no. But surely when Denzel Washington reunites with "Training Day" director Antoine Fuqua to remake this 1960 classic, and teams with box office golden boy Chris Pratt, it has to be a good thing, right?



■ "Queen of Katwe" (Sept. 23)

Oscar winner Lupita Nyong'o stars as the mother of a Ugandan chess prodigy alongside David Oyelowo ("Selma") in the latest from Mira Nair ("The Namesake"). Expect excellence across the board.



■ "Miss Peregrine's Home for Peculiar Children" (Sept. 30)

Tim Burton is back in the director's chair for this story of a group of teens with unique talents on a British island run by Eva Greene's Miss Peregrine — that is, until Samuel L. Jackson's villainous Barron tries to take their powers. I wonder if Mr. Jackson threatens to "strike down upon them with furious vengeance."

■ "Deepwater Horizon" (Sept. 30)

Remember the oilrig that exploded 41 miles off the Gulf Coast of Louisiana in 2010, leading to one of the biggest environmental disasters in human history? This is the story of the people it affected, starring Mark Wahlberg and Kate Hudson.

■ "The Birth Of A Nation" (Oct. 7)

The early Oscar front-runner (an accolade it received at the Sundance Film



"Bridget Jones's Baby" (Sept. 16)

Festival in January) tells the story of a preacher who leads a slave uprising in 1831. This is one of those times where all the hype and buzz will lead to greater scrutiny, so let's hope it really is that good.

■ "The Girl On The Train" (Oct. 7)

Emily Blunt plays a divorcee who takes a train by her old home (where her ex-husband lives with his new family) every day and comes to envy the couple living next door — that is, until she sees something shocking and later wakes to find herself battered and bruised, unable to recall how she got that way. Sounds great, and it's from the director of "The Help" and based on Paula Hawkins' acclaimed novel.



■ "The Accountant" (Oct. 14)

Ben Affleck plays an autistic forensic accountant who cooks the books for criminals in this action thriller; Anna Kendrick also stars. Mr. Affleck has never been a great actor, but director Gavin O'Connor did phenomenal work with "Warrior" (2011), so watch for this to sneak up on people.

■ "Jack Reacher: Never Go Back" (Oct. 21)

Tom Cruise returns to the title role, this time teaming with a female badass (Cobie Smulders) to take down a military conspiracy.

■ "Inferno" (Oct. 28)

The good news is that Tom Hanks has a decent hair cut as Professor Robert Langdon. The bad news is he has amnesia in this Ron Howard-directed film, the third in the "Da Vinci Code" trilogy.

■ "Doctor Strange" (Nov. 4)

Yet another tangential part of the Marvel Cinematic Universe, this time with Benedict Cumberbatch as a surgeon who loses his hands but gains mystical powers. No joke: Tilda Swinton plays a character depicted as an Asian man in the comics.



■ "Trolls" (Nov. 4)

No, this is not about the gutless losers who anonymously berate others on social media (a practice commonly called "trolling"), but rather a sweet animated yarn

about those dolls we owned as kids. Anna Kendrick and Justin Timberlake provide voices.

■ "Loving" (Nov 4)

1958. Interracial couple. Forbidden marriage. Violent racists. Hello, Oscars.

■ "Billy Lynn's Long Halftime Walk" (Nov. 11)

Director Ang Lee ("Brokeback Mountain") wants the film to be shown at 120 frames per second (the standard for digital projection is about 30 frames per second). So will it matter if it's four times clearer and crisper than anything we've seen? Perhaps. Hopefully it will serve the story of an Iraq war hero honored at the Super Bowl well.



■ "Arrival" (Nov. 11)

Amy Adams and Jeremy Renner play scientists asked to chat with recently arrived space aliens. Denis Villeneuve ("Prisoners") tends to make pretty gutsy movies that refuse to sanitize harshness, and the trailers look fantastic.



■ "Fantastic Beasts And Where To Find Them" (Nov. 18)

Seventy years before Harry Potter gets to Hogwarts, Newt Scamander (Eddie Redmayne) chases magical creatures around 1926 New York City. Alternately known as "J.K. Rowling's Quest To Keep Harry Potter Royalties Coming."

■ "Nocturnal Animals" (Nov. 18)

Fashion designer Tom Ford wowed us with "A Single Man" in 2009, so eager eyes will be on this movie about an art gallery owner (Amy Adams) taken aback by the violence of her ex-husband's (Jake Gyllenhaal) new novel, which feels all too real.

■ "Manchester By The Sea" (Nov. 18)

More awards bait that came out of Sundance this year, this time about a tormented man (Casey Affleck) who must deal with deep emotional issues concerning his ex-wife



(Michelle Williams). Expect the acting here to be top notch.

■ "Allied" (Nov. 23)

Brad Pitt, Marion Cotillard, directed by Robert Zemeckis, and the story of a romance gone awry during World War II. Everything I just wrote makes this a must-see surefire Oscar contender.

■ "Moana" (Nov. 23)

It's the latest from Disney Animation, whose recent movies include "Frozen" and "Zootopia." Doesn't matter that it's about a girl sailing across the ocean and the help she gets from a demi-god named Maui (voiced by Dwayne Johnson). We're in.

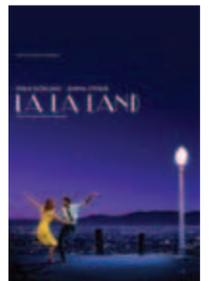


■ "Bad Santa 2" (Nov. 23)

Billy Bob Thornton is back, swearing at little kids and stealing in this long-awaited sequel. Kathy Bates plays his mom, which seems perfect, and Christina Hendricks is the new love interest, which also seems perfect.

■ "La La Land" (Dec. 2)

Damien Chazelle ("Whiplash") directs this musical about falling in love. In one sequence, Emma Stone and Ryan Gosling dance their way into the stars. I loved "Whiplash," but this sounds cheesy.



■ "Office Christmas Party" (Dec. 9)

Every year there's a star-studded new Christmas comedy, and most years they're terrible. Fingers crossed.

■ "Rogue One: A Star Wars Story" (Dec. 16)

Remember in "Star Wars: A New Hope" when they briefly mention stealing the plans for the Death Star? This movie, which is the beginning of the extended "Star Wars" universe, tells the story of how the plans were stolen. If you listen closing, you can hear Disney executives making the "ka-ching!" sound in their heads already.



■ "Passengers" (Dec. 21)

Ask most guys who they'd like to be stuck with for 90 years on a spaceship, and Jennifer Lawrence will be toward the top of the list. Ask most women who they'd like to be stuck with in the same circumstance, and Chris Pratt will be high on the list. But watching them stuck together? Yes, please! ■

CALENDAR

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

THURSDAY, 9/8

Clematis By Night — 6-9 p.m. Thursdays. Clematis returns to its usual schedule from 6-9 p.m. and features just one band. Free. Info: clematisbynight.net.

Spred the Dub performs reggae — Sept. 8. Info: spredthedub.com.

The 5th annual "Teal & Tango" Girls' Night Out — 6-8 p.m. Sept. 8, in Bloomingdale's Court at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. Shop, eat and drink...for a cause: Helping local woman fight ovarian cancer! Food, drinks, exclusive items, raffle baskets, goody bags, and entertainment, benefits H.O.W. (Hearing the Ovarian Cancer Whisper). Tickets: \$20. RSVP to alexa@howflorida.org or call 406-2109.

FRIDAY, 9/9

Workshop: Tips for Unlocking Your Creativity — 9:30 a.m.-12:30 p.m. Sept. 9, at the Arts Council of Martin County, 80 SE Ocean Blvd., Stuart. Certified creativity coach and author Doreen Poreba leads. \$40 for members, \$45 for nonmembers, which includes a copy of Poreba's book, "Unlocking Your Creativity." Check-in and registration begins at 9 a.m. martinarts.org; 772-287-6676 ext. 3.

Screen On The Green — 8-11 p.m. Sept. 9, West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Film: "The Princess and the Frog." Your monthly free outdoor family movie. Wpb.org/events.

SATURDAY, 9/10

Everything Orchids: A Shady Affair Plant Sale — 9 a.m.-4 p.m. Sept. 10 and 9 a.m.-3 p.m. Sept. 11 Mounts Botanical Garden, 531 N. Military Trail, West Palm Beach. The best orchid and shade-loving plants offered for sale, plus lectures on basic orchid care, shade loving plants and fragrance plants. A silent auction will also be held. Free for members; \$10 nonmembers. Info: 233-1737; mounts.org.

Butterfly Walk — 9-11 a.m. Sept. 10, Delaware Scrub Natural Area, 47 N. Delaware Blvd., Jupiter. Hosted by the Atala Chapter of the North American Butterfly Association in partnership with the Palm Beach County Environmental Resources Management's Adopt A Natural Area Program. Free. Register on Eventbrite.com. For info, visit nabapalmbeach.org.

Photography Composition: A Class Dedicated to Creating Dynamic Artistic Compositions — 9:30 a.m.-noon Sept. 10, Jonathan Dickinson State Park, Kimbell Education Center, 16450 SE Federal Highway, Hobe Sound. Learn to compose creative images with tips from photographer Bruce Bain. Hosted by the Friends of Jonathan Dickinson State Park. \$40, includes park entry. For all levels. Advance registration required at Eventbrite.com. Info: 745-5551.

The third annual Countdown 2 Zero Adoption Event — 10 a.m.-5 p.m. Sept. 10, at the Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Nearly 1,000 of Palm Beach County's best dogs, cats, kittens, and puppies available for adoption will be on site. Palm Beach County Animal Care and Control, Peggy Adams Animal Rescue League, and more than

two dozen local animal rescue organizations join forces to offer discounts and deals on all adoptions. Info: 472-8845; countdown2zero.org.

Northwood Village Art Walk — 6 and 7:30 p.m. Sept. 10. Guided walking tours of artists' studios and galleries in the neighborhood, beginning at Hennevelt's Gallery, 540 Northwood Road, West Palm Beach. Reservations are required. Info: northwoodartwalk.com or its Facebook page.

SUNDAY, 9/11

A Class Act NY: An Acting Studio for Kids and Teens — 12:30 -4 p.m. Sept. 11, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Taught by Broadway casting agent Rikki Gimelstob of Telsey + Company. For ages 8-16. \$195. Email Ali Rehm at rehm@kravis.org for an application. For more information on the program: 651-4376.

LOOKING AHEAD

Clematis by Night — 6-9 p.m. Thursdays. Say bye-bye to supersized Clematis by Night. Your favorite free al fresco concert returns to its usual schedule and they've got your favorite acts on tap. Info: clematisbynight.net.

■ **Luis Manuel and the Charambo Band performs classic salsa music** — Sept. 15. (Charamboband.com)

■ **Evil Monkeys perform classic rock** — Sept. 22. (.theevilmonkeys.com)

■ **L-Tribe performs R&B and Top 40 hits** — Sept. 29 (L-Tribeband.com)

Zika Virus in Palm Beach County — 2 p.m. Sept. 15, North Palm Beach Library, 303 Anchorage Drive, North Palm Beach. Chris Reisinger will speak about the number of infections in Palm Beach County and mosquito control activities. Info: 841-3383; npblibrary.org.

AT DRAMAWORKS

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

The 2016-17 season begins Oct. 14 with "The Night of the Iguana."

AT THE KELSEY

The Kelsey Theater, 700 Park Ave., Lake Park. Info: 328-7481; thekelseytheater.com.

The Kelsey Cares Comedy Night with Dean Napolitano — 8 p.m. Sept. 16. Proceeds benefit the Palm Beach Walk to defeat ALS. Tickets: \$15 in advance, \$18 at the door. Age 18 and older.

Full Throttle Pro Wrestling presents Fight Club: Round One — 8-11:30 p.m. Sept. 17. All ages with parent or guardian 21 or older.

AT THE KRAVIS

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

Tickets go on sale to the general public Sept. 9 for 13 shows. Tickets for other shows go on sale Oct. 1. The Kravis Center is at 701 Okeechobee Blvd., West Palm Beach. 832-7469 or Kravis.org.

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 — Sept. 21 and Oct. 19 and 26. Time varies by sunset. \$15 members, \$20 nonmembers.

Lighthouse Moonrise Tour — Sept. 16. \$15 members, \$20 nonmembers.

Twilight Yoga at the Light — 7-8 p.m. Sept. 12, 19, and 26. Mary Veal, Kula Yoga Shala, leads. 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: Oct. 1, Nov. 5, Dec. 3.

AT MACARTHUR PARK

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

Nature Photography Workshop — 9 a.m.-1 p.m. Sept. 10. Bring your own camera equipment - point and shoot or SLR — wear light clothing, bring sun block and mosquito repellent. Fee is \$35 plus park entry fee paid at the gate.

Bluegrass Music with the Conch Stomp Band — 1-3 p.m. Sept. 11. Free with park admission.

AT THE JCC

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

Sept. 8: Bridge: 2/1 Class, Canasta 101 class, duplicate bridge, Bridge: Intermediate bridge class

Sept. 9: Duplicate Bridge, Bridge: Advanced Beginner's supervised play

Sept. 10: Kid's Night Out

Sept. 12: Bridge: Advanced Beginner's supervised play, duplicate bridge

Sept. 13: Parkinson's Patients & Caregivers support group, duplicate bridge

Sept. 14: Skin Cancer Screening, Better Balance & Stability class pre-evaluation, duplicate bridge, mah jongg & canasta

Sept. 15: Bridge: 2/1 Class, Be Less Stressed: An Introduction to Mindfulness, Canasta 101 class, duplicate bridge, Intermediate bridge class

Sept. 16: Duplicate bridge, Bridge: Advanced Beginner's supervised play

Sept. 17: Family Cooking Class

AT MOUNTS

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

Everything Orchids: A Shady Affair Plant Sale — Sept. 10-11.

Literary Garden: Book Discussions — 7-8:30 p.m. Sept. 13, Mounts Exhibit Hall A. Explore exciting fiction and nonfiction titles for book and plant lovers. Featured Book: "Lab Girl," by Hope Jahren. In partnership with the Palm Beach County Library System.

Summer Evening Stroll — 6-7:30 p.m. Sept. 14. An early evening walking tour reveals facts about the garden's history and its future plans. Meet at the Garden Entrance on Military Trail. Free for members, \$10 nonmembers.

AT THE IMPROV

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

Ricky Cruz — Sept. 8. \$15.

JB Smoove — Sept. 9-10. \$25.

Deon Cole — Sept. 11. \$22.

Steve Byrne — Sept. 15-17. \$22.

AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 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; sfsccenter.com.

"Grossology: The (Impolite) Science of the Human Body" — Through Oct. 2.

LIVE MUSIC

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

Camelot Yacht Club — Jazz sessions start at 8 p.m. Tuesdays at Camelot Yacht Club, 114 S. Narcissus Ave., West Palm Beach. TCHAA! Band performs. 318-7675.

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

■ **Motown Fridays with Memory Lane** — 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.

Don Ramon Restaurante Cubano & Social Club — Live music Thursdays through Sundays, 7101 S. Dixie Highway, West Palm Beach. 547-8704.

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

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

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

CALENDAR

ONGOING

The Ann Norton Sculpture Gardens — 2051 S. Flagler Drive, West Palm Beach. Admission: \$10 adults, \$8 seniors and \$5 students. Free for members. Info: 832-5328; ansg.org.

■ **“Botanicals, Antique Engravings & Lithographs”** — Sept. 15-Oct. 30.

Artisans On the Ave. — 630 Lake Ave., Lake Worth. Info: 582-3300; artisansontheave.com.

■ **“Sea You Here”** — Forty artists were asked to reflect on the wonders of the sea.

■ **“Sizzling” HOT** — More than 40 artists display their work which features the art of using heat in various forms, including hot kiln fused glass, encaustic hot wax, welding, soldering, polymer clay, enameling, pottery and ceramics, and raku. Refreshments. Free.

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

■ **Photography 2016 Exhibit:** Through Sept. 30.

The Box Gallery — 811 Belvedere Road, West Palm Beach. 786-521-1199.

■ **“Florida Flora and Fauna: The River of Grass and Beyond”** — Sept. 9-Oct. 2.

The Center for Creative Education — 425 24th St., West Palm Beach. 805-9927, Ext. 160; cceflorida.org.

■ **The third annual ‘Collaboration: African Diaspora’** — Through Oct. 21. This year’s group includes artists who are originally from, reside or are represented in the state of Florida in one location here in Palm Beach County.

■ **Opening reception** — Sept. 10. \$10 at Eventbrite.com

■ **Brunch & Lecture** — Noon-3 p.m. Sept. 17. Tickets: \$35 at Eventbrite.com

The Chocolate Spectrum — 6725 W. Indiantown Road, Suite 38, Jupiter. Info: thechocolatespectrum.com

■ **Chocolate-Making for Teens 13-18** — 5-6:30 p.m. Sept. 8. \$35.

■ **Chocolate-Making for Children 8-13** — 5-6:30 p.m. Sept. 12. \$35.

■ **Ladies Night Out** — 7:30-9:30 p.m. Sept. 16. \$40.

The Cultural Council of Palm Beach County — 601 Lake Ave., Lake Worth. Hours: 10 a.m.-5 p.m. Tuesday-Saturday. Info: 471-2901; palmbeachculture.com.

■ **“Selections from the Armory Art Center”** — Through Oct. 29.

■ **“Women in the Visual Arts: ARTistic Visions”** — Through Oct. 2.

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

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

Live Music on the Waterfront:

■ **Sept. 9:** Groove Merchant, 6-10 p.m.

■ **Sept. 11:** Shauna Sweeney, 6-10 p.m.

■ **ChaseN'Tailz KDW Fishing Tournament** — 11 a.m.-10 p.m. Sept.

10. Chasentailz.com.

■ **Antiques Mall Show** — 10 a.m.-2 p.m. Sept. 10. Bring your treasures to the Wyndham Grand Ibis Room to be appraised by PBS’ expert appraisers from “Antiques Roadshow.” Reservations required at 772-600-3211. Fee: one item is \$20, two items \$30 and three for \$40. All proceeds benefit the Humane Society of the Treasure Coast.

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

The Lighthouse ArtCenter — Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday. Admission is \$5 Monday-Friday, free on Saturday and for members and exhibiting artists. Info: 746-3101; LighthouseArts.org.

■ **“eyes wide open: camera in hand”** — Through Oct. 29.

■ **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.

The Mandel Public Library of West Palm Beach — 411 Clematis St., West Palm Beach. Info: 868-7701; mycitylibrary.com.

■ **Ballet for Adults:** 6:30-7:30 p.m. Sept. 14 and 28. Stretch like a ballerina to strengthen your joints. Free.

■ **Pilates:** 10:30-11:30 a.m. Thursdays. Bring your own mat. By donation.

■ **Music for a Sunday Afternoon - Latin Beat:** 2-3 p.m. Sept. 11. Celebrate Hispanic Heritage Month with a live Latin music performance. Bring your dancing shoes. Free. In the library’s third floor auditorium.

Mark Sivik’s Ento-Insect Adventures — Downer’s Park 16700 E. Downer’s Drive, Loxahatchee. Ento-agricultural expeditions to 20 Mile Bend to collect, identify, museum mount and display local Insects, use microscope, field guides, nets and equipment. Reservations required. Disabled-friendly. \$6. Reservations required at 635-3521.

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

■ **“Giverny: Journal of an Unseen Garden”** — Through Oct. 30. Artist Mark Fox’s experience working on the grounds at Giverny, the home of French painter Claude Monet.

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

■ **The 19th annual Members’ Juried Exhibition** — Through Oct. 29.

Palm Beach Gardens Historical Society Enrichment Program — 7 p.m. Sept. 14, Room 219 at Christ Fellowship Church Administration Building, on its north campus on Northlake Boulevard. Author Harvey Oyer III will present his latest book in the Adventures of Charlie Pierce series, “The Barefoot Mailman.” Free. Contact Don Kiselewski at 622-8538.

The Palm Beach Zoo & Conservation Society — 1301 Summit Blvd., West Palm Beach. Hours: 9 a.m. to 5

#SFL TOP PICKS

#SEEIT

■ **Screen On The Green** — “The Princess and the Frog,” 8-11 p.m. Sept. 9, West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Free. Wpb.org/events

9.10

■ **Northwood Village Art Walk** — 6 and 7:30 p.m. Sept. 10. Guided walking tours of artists’ studios and galleries. Reservations required. Info: northwoodartwalk.com or its Facebook page

#PLANTIT

9.10

■ **Everything Orchids: A Shady Affair Plant Sale** — 9 a.m.-4 p.m. Sept. 10 and 9 a.m.-3 p.m. Sept. 11, Mounts Botanical Garden, West Palm Beach. 233-1737; mounts.org

■ **Miranda Lambert** — She plays Sept. 10 at Perfect Vodka Amphitheatre; 800-345-7000 or ticketmaster.com

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.

Lake Worth High School Flea Market — 5 a.m.-3 p.m. Saturdays and Sundays, under the Interstate 95 overpass on Lake Worth Road. Info: 439-1539.

The Palm Beach Gardens Green-Market — 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. Info: 630-1100, or email recinfo@pbgfl.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. ■

AREA MARKETS

Green & Artisan Market — 3-7 p.m. Thursdays, beginning Sept. 15, at Harbourside Place, 200 U.S. 1, Jupiter. Info: 935-9533; harboursideplace.com.

Riviera Beach Marina Village Green & Artisan Market — 10 a.m. to 2 p.m. Saturdays year-round, 200 E. 13th St. at Broadway, Riviera Beach. Call 623-5600; or visit harrysmarkets.com.

SOCIETY

Second annual Surf Dog Clambake

Tara Wynne, Ryan Wynne and Ava Wynne



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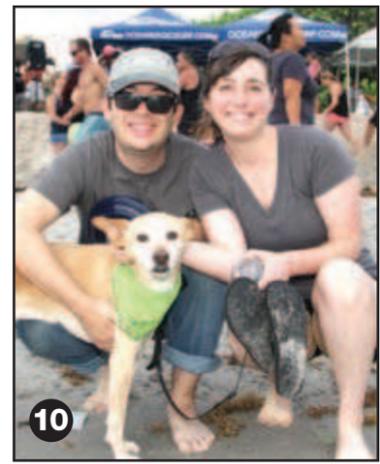
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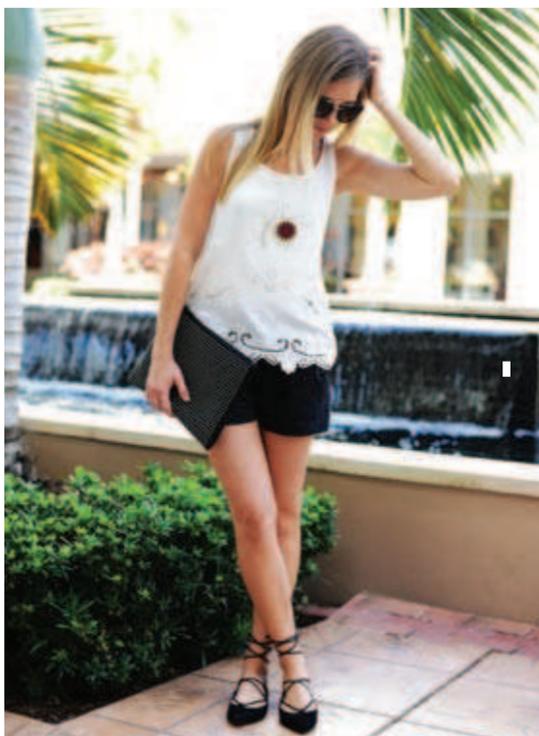
- 1. Natasha Ismail, Annabelle Ismail and Paola Ismail
- 2. Jenn Smith, Ken Smith and Sunny
- 3. Elah Latour, Ricci Bradley, Lizzi Sshaw, Mia Vanalstyne, Elizabeth Terceira, Caitlyn Posey and Macy Shipman
- 4. Debbie Sexton, Nathalie Gendron, Cindy Wodraska, Barbara Handler and Kay Strickland and Riki
- 5. Andrew Sholteg, Adalyn Sholteg and Ashley Sholteg
- 6. Laura Rozycki, Tommy Rozycki, Bob Rozycki and Buster
- 7. Natasha Mueller, Dan Mueller, Chloe Mueller and Mako
- 8. Emory Rogers, Lindsay Rogers and Lilly
- 9. Aimee Waters, Nora Vanegas and Princess
- 10. Spenser Miller, Karlie Miller and Siska
- 11. Myla Thompson, Kelly Hardensen, Haley Johnson and Christian Jacobsen
- 12. Janet Fernandez-Estrada, Adriana Underwon, Gabriella Dressler and Christian Wyatt

ANDY SPILOS / FLORIDA WEEKLY

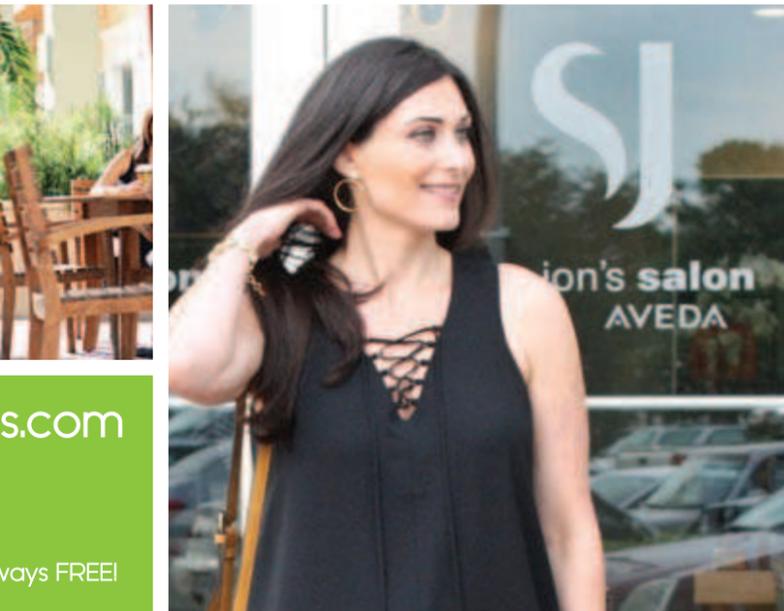
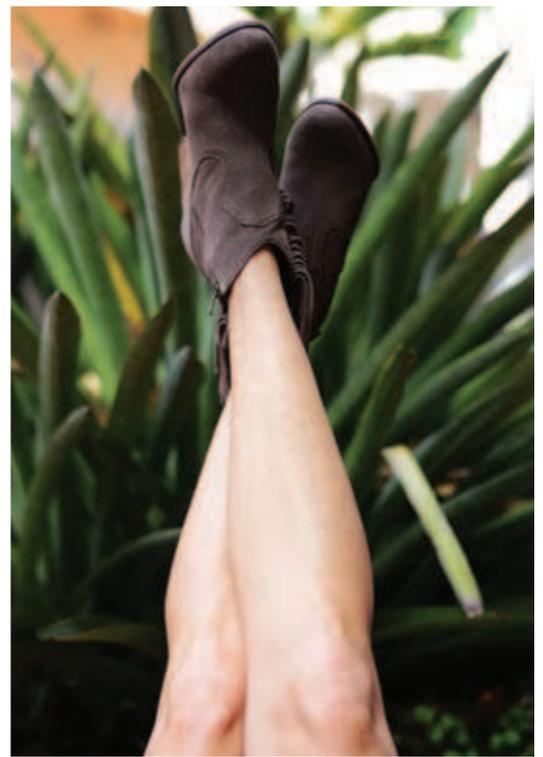
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The Living Dead

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8:00 PM - 11:00 PM

**Kelsey Cares Comedy Night
For ALS**
Featuring Dean Napolitano

Friday, September 16
8:00 PM - 11:00 PM



**KELSEY'S
BUTT**



**Full Throttle: Pro Wrestling
Fight Club: Round 1**

Featuring
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Sam Shaw (TNA)
Rob "The Freak" Terry (TNA)

Saturday, September 17 • 8:00 PM

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HAPPENINGS

From page 1

tor of Florida Stage and theater productions at the Arts Garage. Now, Tyrell serves as the artistic director and an FAU visiting eminent scholar in the arts, and he's focused on bringing attention to new work in American theater.

The chosen works, which include two musicals and a drama, will be performed in a play-reading format, followed by a discussion with the audience. The first performance takes place at 7:30 p.m. Sept. 15, and features "Love Is," a musical by Ms. Radosh and Caryl Fantel, a melodic examination of love in its many forms.

Art After Dark also includes other programming, from guided tours, lectures, film screenings, DIY art projects, musical performances and more.

Admission is free.

Art After Dark at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach, is held 5-9 p.m. Thursdays. Admission is free. For information, call 832-5196 or visit Norton.org.

At the other Norton...

The Ann Norton Sculpture Gardens are hidden from view by a wall that also does a fine job of buffering the traffic that speeds along Flagler Drive just south of downtown West Palm Beach.

Its newest exhibition opens this week.

The ANSG is hosting an exhibition and sale of botanicals, antique engravings and lithographs. An opening night reception will be held in the gallery from 6 to 8 p.m. Wednesday, Sept. 14.

This exhibition and sale of rare engravings and lithographs, including architectural renderings and Coats of Arms dating back to the 1500s, will be on display until Nov. 13. Each piece has been framed by hand in mahogany, burl wood, gold and silver leaf, tortoise shell and marquetry by Giovanni Bello of Florence, Italy.

The gardens were founded in 1977 by sculptor Ann Weaver Norton (1905-1982). The 2-acre sanctuary is deeply shaded by rare palm trees, with some of its mammoth stone and brick sculptures nearly hidden by the lush foliage. It's cool and quiet in the garden, perfect for a peaceful meditation or to listen to the music of nature.

The ANSG also include Norton's historic home, exhibition galleries and Norton's own Marion Sims Wyeth-designed artist studio.

The opening reception, set for 6-8 p.m. Sept. 14, is free for members, \$15 for non-members. Reservations are required at 832-5328.

Regular hours for the sculpture gardens are 10 a.m.-4 p.m. Wednesday through Sunday. Admission is free for members, \$10 adults, \$8 seniors 65+ and \$7 for students and free for kids younger than five. The ANSG is at 2051 S. Flagler Drive; West Palm Beach. For more information, visit ansg.org or call 832-5328. ■

FESTIVAL

From page 1

The schedule is as follows:

12:15-12:30 p.m. — Spotlight Talks / Join docents for brief talks about art related to the moon, the four seasons or Chinese culture. Each talk will be repeated, every hour on the quarter hour. Aside from Chinese works, talks will include related art by Teresita Fernandez, Mark Fox and Georgia O'Keeffe.

12:30-1 p.m. — Curator's Conversation / Chinese Dragon Roof Ridge Fascia Panels by Laurie Barnes, Elizabeth B. McGraw Curator of Chinese Art

12:30-2 p.m. — DIY Art Activity / Paper Dragons!

1-3 p.m. — Ceramics Demonstration / Artist Lauren Shapiro demonstrates the techniques Chinese artisans used to create the Roof Ridge Fascia Panels.

1:15-1:30 p.m. — Spotlight Talks / Encore presentation.

1:30-2:30 p.m. — Chinese Painting Demonstration / Presented by Liu Nan, an artist trained in Chinese and Western styles of painting.

2-2:30 p.m. — Children's Introduction to Chinese Music / Members of the FSU Chinese Music Ensemble present

a concert for young visitors and their parents.

2:15-2:30 p.m. — Spotlight Talks / Encore presentation.

2:30-4:30 p.m. — DIY Art Activity / Paper Dragons!

2:45-3:15 p.m. — Curator's Conversation / Laurie Barnes, Elizabeth B. McGraw Curator of Chinese Art, offers an encore presentation of Chinese Dragon Roof Ridge Fascia Panels.

3:15-4:15 p.m. — Concert / Performance by the FSU Chinese Music Ensemble, featuring Haiqiong Deng. Free tickets to the concert will be available beginning at 2:15 p.m. on a first-come, first-served basis with a limit of four tickets per person.

3:15-3:30 p.m. — Spotlight Talks / Encore presentation, see listing above.

4:15-5 p.m. — Reception / Enjoy traditional Chinese mooncakes and green tea.

The Norton is at 1451 S. Olive Ave. in West Palm Beach, and during construction through December 2018 is open Tuesday, Wednesday, Friday, Saturday and Sunday noon to 5 p.m. and Thursday, noon to 9 p.m., and is free to the public. The museum is closed Mondays and major holidays. For additional information, call 832-5196 or go to norton.org. ■

PUZZLE ANSWERS

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9	6	8	7	3	2	1	4	5
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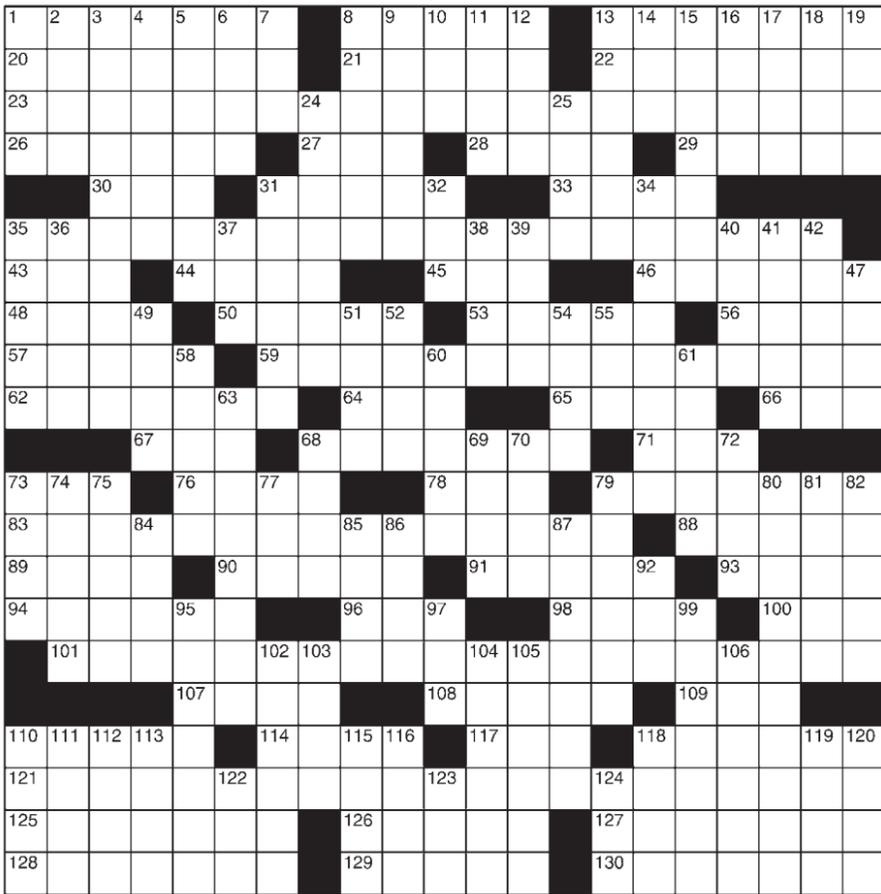


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PUZZLES

BODY OF LITERATURE



- ACROSS**
- 1 Kids' racers
 - 8 "Need —?" (driver's offer)
 - 13 Lamenting loudly
 - 20 Very devoted fans
 - 21 Ecclesiastic deputy
 - 22 Tallinn locale
 - 23 Start of a riddle
 - 26 Bicycle pair
 - 27 Diamond cry
 - 28 Novi Sad native
 - 29 Bowling alley lineup
 - 30 Oath affirmation
 - 31 Covenants
 - 33 Nativity kings
 - 35 Riddle, part 2
 - 43 Beluga eggs
 - 44 Herr's Mrs.
 - 45 Burnsian negative
 - 46 Magazine printer, e.g.
 - 48 Sothern and Dvorak
 - 50 Spirals
 - 53 1970s teen idol Cassidy
 - 56 "On top of that ..."
 - 57 Abbot's hat
 - 59 Riddle, part 3
 - 62 Attach with glue
 - 64 Apple's Cook
 - 65 Hill staffer
 - 66 Post-Q queue
 - 67 Part of SFPD
 - 68 Riddle, part 4
 - 71 "How exciting!"
 - 73 Women with young 'uns
 - 76 Surrender formally
 - 78 Responses of rejection
 - 79 Rock Me! is one of her fragrances
 - 83 Riddle, part 5
 - 88 Coin-op openings
 - 89 Sunscreen additive
 - 90 Elbow-to-wrist links
 - 91 Party givers
 - 93 Coal, e.g.
 - 94 Advil rival
 - 96 Sportscaster Berman
 - 98 — rock (Jethro Tull's genre)
 - 100 Nonsense song syllable
 - 101 End of the riddle
 - 107 Shipped
 - 108 Put — to (stop)
 - 109 "— Rheingold"
 - 110 Swiss — (beet type)
 - 114 Pleads
 - 117 Hostess — Balls
 - 118 Doc's stitch
 - 121 Riddle's answer
 - 125 Puts holy oil on
 - 126 Old Oldsmobile
 - 127 Cut off
 - 128 Of Switzerland's capital
 - 129 Copier need
 - 130 Stirred up
 - DOWN**
 - 1 Catch a quick breath
 - 2 Garfield's canine pal
 - 3 Salt, relish and mustard
 - 4 Pinball site
 - 5 List quickly
 - 6 Baseballer Speaker
 - 7 Old booming jet, briefly
 - 8 Affirm frankly
 - 9 Ray of "Blow"
 - 10 "Ewww!"
 - 11 Online help sheets
 - 12 See 72-Down
 - 13 Place for suite spirits?
 - 14 Ending of enzyme names
 - 15 Right-leaning type
 - 16 1970 Kinks hit
 - 17 Wise to
 - 18 Three trios
 - 19 Chokes
 - 24 Perfectly
 - 25 — la Douce (film title role)
 - 31 Social protest with supplication
 - 32 Depot: Abbr.
 - 34 Got closer to, in a race
 - 35 Disney dog
 - 36 Old Aegean Sea region
 - 37 Kin of .com
 - 38 Wine holder
 - 39 Sty laugh syllables
 - 40 99-Down, for one
 - 41 Calculus pioneer
 - 42 Lies dormant
 - 47 Tooth part
 - 49 Court units
 - 51 Opposite of west, to Juan
 - 52 Thug's blade
 - 54 Lickety-split
 - 55 Major news agcy., once
 - 58 Get to
 - 60 Church service cries
 - 61 Seeming eternities
 - 63 A sixteenth of a pint
 - 68 Celebrity cook Paula
 - 69 Sea arm, to a Scot
 - 70 Norway port
 - 72 With 12-Down, only partially accurate
 - 73 Sir's partner
 - 74 Give the OK
 - 75 Poky animal
 - 77 Fast Net connection
 - 79 Pippi creator Lindgren
 - 80 Juba is its capital
 - 81 Prenatal places
 - 82 Shia's faith
 - 84 Start for byte
 - 85 Galleria
 - 86 Found a purpose for
 - 87 Madrieno's language
 - 92 Lay turf on
 - 95 "The end!"
 - 97 Magic's gp.
 - 99 Old Russian ruler Boris
 - 102 Safe, to a ballplayer
 - 103 Runnin' Rebels' rivals
 - 104 Guarantee
 - 105 Golden ager
 - 106 Femme —
 - 110 Sourpuss
 - 111 Refine
 - 112 Ovid's love
 - 113 It pulls a bit
 - 115 Black fly, e.g.
 - 116 French town W. of Caen
 - 118 "Yes, yes!" in 87-Down
 - 119 Per-unit price
 - 120 Gawked at
 - 122 Lb. and kg.
 - 123 Still of films
 - 124 Up to, in brief

◀ SEE ANSWERS, B8

HOROSCOPES

VIRGO (August 23 to September 22)
This is a good time to get away for some much-needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.

LIBRA (September 23 to October 22)
Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters that could slow things down.

SCORPIO (October 23 to November 21)
Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act on it.

SAGITTARIUS (November 22 to December 21)
You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

CAPRICORN (December 22 to January 19)
Congratulations. This is the week you've been waiting for: After a period of sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.

AQUARIUS (January 20 to February 18)
You're in an exceptionally strong position this week to make decisions on many still-unresolved matters, especially those involving close personal relationships.

PISCES (February 19 to March 20)
The new moon starts this week off with some positive movement in sev-

eral areas. A special person becomes a partner in at least one of the major plans you'll be working on.

ARIES (March 21 to April 19)
After much traveling this year, you're due for some settled time with family and friends. Use this period to check out situations that soon will require a lot of serious decision-making.

TAURUS (April 20 to May 20)
Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive investments.

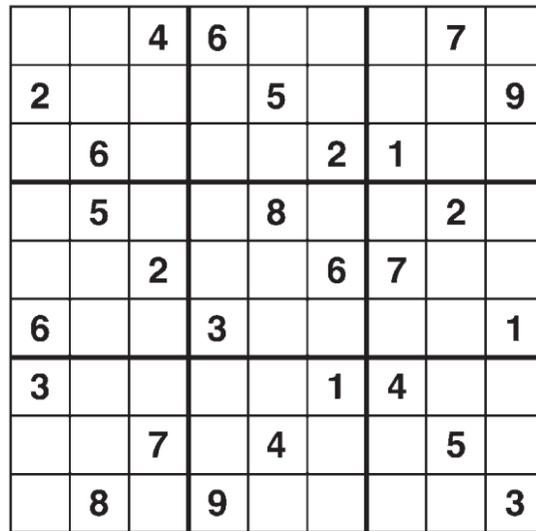
GEMINI (May 21 to June 20)
You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need haven't yet emerged, so move cautiously.

CANCER (June 21 to July 22)
Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.

LEO (July 23 to August 22)
That elusive goal you'd been hoping to claim is still just out of reach. But something else has come along that could prove just as desirable, if only you would take the time to check it out.

BORN THIS WEEK: You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation. ■

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, B8

Deli Selections

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CULTURAL COUNCIL OF PALM BEACH COUNTY

FLORIDA WEEKLY CUISINE

The Regional cooks up an opening at CityPlace



The **Regional Kitchen and Public House**, the long awaited restaurant with “Top Chef” star **Lindsay Autry** at the helm, is finally open.



In an interview just before the doors opened for a “friends and family” round of meals, Ms. Autry said she’s feeling a little “crazy.”

“It’s very exciting,” she said. “It’s also terrifying.”

More terrifying than being on “Top Chef”? “It’s like that, but maybe more. Different. But if you’re not nervous, you’re not doing it right — isn’t that what they say?”

The 300-seat space on the south side of **CityPlace** has been home to **Angelo & Maxie’s**, **Columbia Restaurant**, **McCormick and Schmick’s** and, most recently, the **Pampas Grill**.

Buzz has been building around the restaurant since the chef announced her partnership with **Thierry Beaud**, whose restaurant group, **TITOU Hospitality**, includes **Pistache**, **Paneterie**



COURTESY PHOTO
Lindsay Autry cooked this hand pie as a sample in August. The fruit pies will be on the menu at **The Regional Kitchen & Public House**.

Café and Bakery in West Palm Beach, and **PB Catch** and **Patrick Leze-Palm Beach** on the island.

Ms. Autry has made a name as a chef locally at **Michelle Bernstein’s** at the **Omphoy** in Palm Beach, and at the **Sundy House** in Delray Beach. She’s also well known for contributing as talent to charity food events.

The **Regional**, a year-plus in the planning, is on schedule, but with a slight glitch, she said. “We have scaffolds around the restaurant. They’re doing construction on the building and the apartments above us. I’m hoping they’ll be removed by the end of October, but I’m not in control of it. I’m disappointed we weren’t able to have our pretty façade and awnings. But we’ll have them

in October — just when we’ll start with lunch service.”

The menu is a mainly regional Southern, with some French, a little Mexican, and some South Florida influences. It represents who she is, Ms. Autry said.

“Southern from growing up in North Carolina, the French from my classical training, some Michelle Bernstein, because I worked closely with her, and some Mexican — I lived in Mexico for a while. It’s really a true representation of my experiences over the past 15 years.”

She believes the one star dish on her menu will be the tableside pimiento cheese. “I love pimiento cheese, but I’m a purist. It has to be cold. I don’t like it hot — it separates or something. With mayo, of course. And on white bread.”

Since that wouldn’t quite fly in a restaurant setting, she and **Sarah Sipes**, the pastry chef who’s been with her “forever,” will be creating a club cracker for the spread.

“And I’m doing fried chicken. I’m sure that’ll be a big hit. But I’m doing it only as an appetizer. One cut: thighs only. To be honest, fried chicken makes a big mess. And I didn’t want to compose it. I want to make sure we can do it right. At the beginning I wanted to have it on the menu, but I decided I want the people to be able to taste other things. We might put it on as an entrée later.”

The one food she’s slightly nervous about is the country ham carpaccio. “It’s going to be my way of introducing country ham to South Florida. It will be tricky. It’s much saltier than prosciutto and a lot of people aren’t used to it. It’s something I grew up on — I ate so much I grew up dehydrated because of it,” she said, laughing.

At **The Regional**, it will be served sliced very thin, served with an apple-

pepper jelly and a cornbread stick.

There will be a vegan/vegetarian dish every night. The chef said she doesn’t want to just put out a plate of vegetables for those who don’t eat meat, though the sides are worthy as a plate.

“We do have a section called Greens and Things — they’re my sides: Roasted carrots with feta and dill, crispy Brussels sprouts with hot sauce that I’ve been doing forever, braised greens, sunflower seed risotto with market vegetables.”

A deviled crab, mid-Atlantic style, showcases her French training. “I’m sourcing now to get the actual crab bodies. To make it more elegant, it’ll have a celery — not celery root — remoulade, and served with béarnaise with gremolata.”

Her input has extended to the bar as well, where she has a top bartending staff, she said. A slushy machine will enable them to do different frozen drinks such as a frozen dark and stormy, a frozen Pimm’s cup. “And we’re working on a ‘Frose.’ It’s really popular now.”

Ms. Autry has had a wild summer — not only planning the restaurant but getting married (to area publicist **David Sabin**) and handling the wedding, as well.

“That was crazy,” she said. “I was in my car at the public works office one day, multitasking, trying to do thank-you notes and getting approval for the electric service. I looked in my back seat and there were blueprints, a basket of vegetables for samples, and a garter belt. I just thought: ‘My life is just crazy!’”

The **Regional Kitchen and Bar** opens to the public for dinner daily beginning Sept. 10. It is at 651 Okeechobee Blvd., West Palm Beach; 557-6460; eatregional.com. ■

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COURTESY PHOTO

Aaron’s Table and Wine Bar will fill the space once occupied by **Rooney’s Pub** at **Abacoa**.

In brief

Coming soon: **Aaron’s Table and Wine Bar** is the restaurant taking over the old **Rooney’s Pub** in Jupiter’s **Abacoa**. The former chef of **Mar-a-Lago**, **Aaron Fuller**, lives in the neighborhood. An American menu is planned for the restaurant that is slated to open this month. ... Tickets are now on sale for the 2016 **Palm Beach Food and Wine Fest**. The event, set for Dec. 8-11, is celebrating 10 years feting diners with seminars, special wine dinners, celebrity chefs, a chef throw-down and more. Check out the schedule at pbfoodwinefest.com. ... Another **Bolay**, a fast-casual restaurant with a menu of design-your-own bowls, is opening in North Palm Beach. Created by former **Outback** top dog **Tim Gannon** and his son, **Chris**, the sibling to the original on U.S. 441 in West Palm

Beach is planned for the new plaza on Northlake Boulevard that will house the **Palm Beach Blood Bank**. More details coming soon. ... A new tacqueria,



VILLEGAS

Taco Chula, is moving into the **Shoppes in the Gardens** in Palm Beach Gardens on Military Trail. No date for the opening yet. ... **Roberto Villegas**, chef/owner of **Table 427**, is taking a month off, closing Sept. 6. He’ll reopen the Northwood Village restaurant Sept.

29, after a trip to Mexico to learn new dishes and shop for ingredients in the Yucatan Peninsula. Look for a new contemporary Mexican menu for the fall. ■

FLORIDA WEEKLY CUISINE

In the kitchen with...

GUSTAVO CALDERON,
Chef at 3800 Ocean
Palm Beach Marriott
Singer Island Beach
Resort & SpaBY MARY THURWACHTER
mthurwachter@floridaweekly.com

COURTESY PHOTO

Gustavo Calderon grew up and studied in Mexico before coming to the United States.

When he's at home cooking Mexican food, Chef Gustavo Calderon often has Bob Marley playing in the background. He said he has always felt an affinity toward the Jamaican reggae singer.

"I love Bob Marley," he said. "I do get inspired by his music."

But there is no reggae music playing as his cooks prepare culinary delights at the 3800 Ocean at Palm Beach Marriott Singer Island Beach Resort & Spa. "I try to keep the line distraction free," he said.

As executive chef at the Singer Island resort, Chef Calderon has joined forces with an old colleague, Larry LaValley, the previous executive chef at 3800. They worked together at Mark's South Beach and The Regent Bal Harbour.

"We have the same mentality about food and quality," he said. "He called me one day when I was on vacation after he had been promoted to tell me about the job. The transition for me was very easy. We have the same style."

Before coming to the Palm Beach Marriott, Chef Calderon was the executive sous chef at The Ritz-Carlton Bahrain. Previously, he was with Ritz-Carlton in Cancun and Naples.

He oversees 44 cooks and eight stewards at the Marriott. "We have a great team," he said.

At 3800, Chef Calderon started a Chef's Table on Thursdays and Fridays.

"I cook in front of them," he said. "It's three hours and six courses. Every single menu is different. It has been very popular."

Among his favorite dishes is roasted scallops and braised oxtail with passion fruit sauce and plantain chips.

"I love to play with flavors and textures of foods," he said.

Born in Texas, Chef Calderon moved to Mexico when he was 3. There, he spent much time with the woman who became his inspiration — his grandmother, Martha.

"If it weren't for her, I wouldn't be a chef," he said. "My best memories are with my grandmother at her house cooking and eating."

Working in the hotel business has

allowed him to indulge his love of travel. "I traveled all over Mexico," he said. "When I was in Bahrain, I traveled to Turkey, Egypt and India." And when his family takes its next vacation, the destination will be Cuba, he said.

He and his wife, Denise, and 10-year-old son, Emiliano, live in Jupiter.

Emiliano is getting interested in cooking, too. "He loves pastry and we bake together. I love to bake, especially breads," Chef Calderon said.

Because a good chef tastes everything he makes — "tasting is the best way to judge something," he says — staying in good shape takes effort. "I get up at 5:45 and I'm swimming laps in the pool by 6:15," he said. "I also go cycling on weekends."

Then it's back to cooking —and tasting, of course!

Gustavo Calderon**Age:** 37**Original Hometown:** Grew up in Saltillo, Mexico.**Restaurant:** 3800 Ocean at the Palm Beach Marriott Singer Island Beach Resort & Spa, 3800 N. Ocean Drive, Singer Island, Riviera Beach, 340-1795, 3800oceanrestaurant.com.**Mission:** To make everyone happy with the culinary experience, to elevate the culinary experience.**Cuisine:** Seafood/global**Training:** Bachelor's degree in hotel management from the Monterrey Institute of Technology and Higher Education in Mexico and a degree in culinary arts from the Culinary Institute of America in Hyde Park, N.Y.**What's your footwear of choice in the kitchen?** Birkenstock London.**What advice would you give someone who wants to be a restaurateur or chef?** Surround yourself with the best chefs and the best ingredients and always stay true to your passion. ■

COURTESY PHOTO

Avocado Grill serves an eclectic menu of small-plate items.

SCOTT'S THREE FOR 3 Places in downtown West Palm
A trio worth noting**1 AVOCADO GRILL**

124 Datura St., West Palm Beach; 623-0822 or avocadogrillwpb.com.

Chef-owner Julien Grimaud specializes in small plates at Avocado Grill. A crab cake slider was loaded with fresh crab — no filler, thank you very much — and topped with a house-made tartar sauce. Try one of the chef's ceviche selections — the mango habanero, with shrimp, calamari, mahi mahi and scallops sounds good to me.

2 ROCCO'S TACOS

224 Clematis St., West Palm Beach; 650-1001 or roccostacos.com.

There's a reason why Rocco's is a mob scene — the fun party vibe doesn't stop. But the reality is that Rocco's wouldn't have a crowd were it not for having decent food and drinks. We like to visit on Taco Tuesdays, when there are entrée specials. The tacos with carne molida, or spicy ground beef, are bursting with flavor. Order yours with a Cadillac margarita. You'll be glad you did.

3 PISTACHE FRENCH BISTRO

101 N. Clematis St., West Palm Beach; 833-5090 or pistachewpb.com.

Owner Thierry Beaud has assembled a fine team of chefs and servers at this French restaurant. It's summer, but somehow, I cannot leave this place without the coq au vin, tender fowl braised in red wine and served with roasted carrots and potatoes. Feel like a splurge? The steak frites, with all that heavenly maitre d' butter, will leave you satisfied.

— Scott Simmons

THE DISH: Highlights from local menus**The Dish:** Tacos de Tinga**The Place:** Banko Cantina, 114 S. Olive Ave., West Palm Beach; 355-1399 or bankocantina.com.**The Price:** \$15**The Details:** The building that's now home to Banko Cantina originally was home to Bank of America.

After 1937, the space at 114 S. Olive Ave. in downtown West Palm Beach was home to Morrison's Cafeteria.

I remember my grandmother telling us how she would drive to West Palm

Beach from the Glades in the '50s, stop at Morrison's for a shrimp cocktail before heading to shop at Anthony's and Burdines on Clematis Street. Downtown was THE place to go back then.

When I started my journalism career around the corner from the space in 1986, the terra cotta building was vacant, which it remained until the Mexican-themed Banko Cantina opened this year.

These tacos combined tender braised chicken and chipotle, with its slightly smoky notes. The mild queso fresco cooled it all down, as did the house mar-



SCOTT SIMMONS/FLORIDA WEEKLY

garitas, served on the rocks with salt.

That's nothing like Morrison's fare, though one of my companions enjoyed

the shrimp skewers. But it was comforting nonetheless. ■

— Scott Simmons

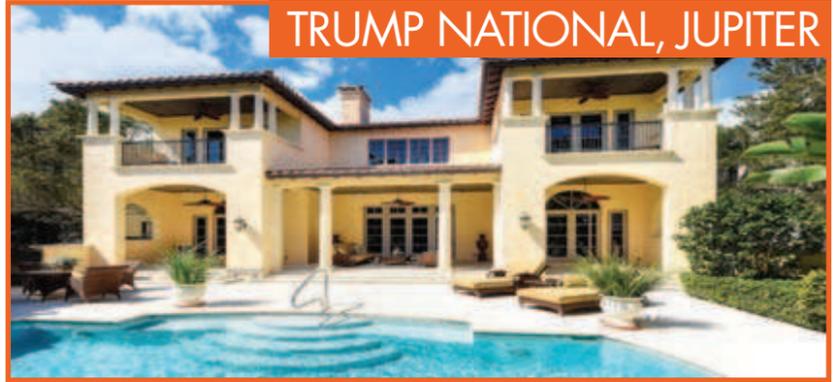
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