

PALM BEACH FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF DECEMBER 15-21, 2016

www.FloridaWeekly.com

Vol. VII, No. 9 • FREE



INSIDE: ■ *Critical wildlife area's expanded map. A11*
 ■ *57 species added to protected list. We list them. A10*



▶ A reddish egret hunts in the Everglades. The species has been added to the Imperiled Species Management Plan by the Florida Fish and Wildlife Conservation Commission.



New FWC conservation efforts focus on an array of species, including many obscure ones

More protection for Florida's creatures

BY EVAN WILLIAMS

ewilliams@floridaweekly.com

A MID URBAN SOUTH FLORIDA, burrowing owls stand tall and proud at the entrances to their homes like miniature 9-inch protesters, refusing to cede to the relentless development and population growth that rages on around them. Fortunately, they are getting some help with that.

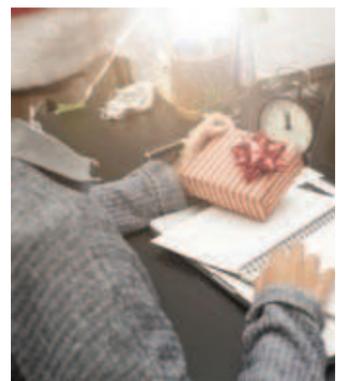
In some of the most sweeping and broad wildlife conservation efforts in decades, the adored owls are one of 57 species — including mammals, birds, reptiles, amphibians, fish, and invertebrates — that the Florida Fish and Wildlife Conservation Commission identified in long-term plans to protect them. At their Nov. 16 meeting, commis-

SEE CREATURES, A10 ▶

INSIDE



Impresario of rock
 Meet Steev Rullman, the area's indie music master. **B1** ▶



Holiday gifting
 Why the process makes business sense/cents. **A19** ▶



Behind the Wheel
 Rethinking the Chrysler Pacifica. **A22** ▶



The Dish
 A burger dressed with bacon jam at the Hilton. **B19** ▶

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JCC gala to honor Ann Brown

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

Ann Brown may be officially retired, but she hasn't slowed down a bit.

"I consider myself an activist for social causes, trying to do the most that I can to help the less fortunate," Mrs. Brown, 79, said.

The Palm Beach Gardens woman is a staunch supporter of the Mandel Jewish

Community Center.

"One of our favorite programs to support at the JCC is Camp Shalom," she said. "It's a children's summer camp program. Our contributions help kids attend who couldn't otherwise afford it, which increases the



BROWN

diversity of the camp, and that is good for everyone. The camp is also inclusive of children and young adults with special needs and we feel that is important, too."

On Jan. 7, Mrs. Brown will be the honoree for The Mandel JCC of the Palm Beaches' annual gala.

Well known for her consumer advocacy, Mrs. Brown is the former two-term chairman of the U.S. Consumer Product

SEE HONOR, A15 ▶

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LESLIE LILLY A2
 OPINION A4
 PETS A6
 BUSINESS A19

REAL ESTATE A21
 BEHIND THE WHEEL A22
 ARTS B1
 COLLECTORS B2

EVENTS B6-8
 PUZZLES B15
 HOLIDAYS B16-17
 CUISINE B18-19

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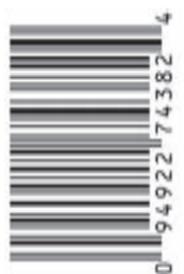


PHOTO BY STEVEN BLANDIN

COMMENTARY

Minority report



leslieLILLY

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Justice is on trial in South Carolina. Two high-profile murder cases are before the courts. They both resurrect the fact and memory of racial animus at the heart of the state's historic past.

Michael Slager, a white former police officer, went on trial for murder. He shot Walter F. Scott five times in the back. Scott was black and unarmed. He was running away from Slager after a routine traffic stop. The ghastly scene was caught on video by a bystander. It was a pitiless execution.

On hearing the testimony, the jury was sequestered for more than 20 hours. It announced to the judge it was deadlocked. One or more jurors said they could not "in good conscience" find Slager guilty of murder or a lesser charge of manslaughter. History weighed heavily on the outcome. The outcome weighed heavily on racial justice. A mistrial was declared. The odyssey of pain continues.

The same week, jury selection began in Charleston for the trial of Dylann S. Roof, the 22-year-old white supremacist accused of murdering nine African-Americans attending a prayer meeting in the Emanuel African Methodist Episcopal Church.

Following the murders, South Caro-

lina's State Legislature removed the Confederate flag from the grounds of the state capitol. It was a conciliatory gesture, made only after the grace of the victims' families put the lawmakers to shame. But reconciliation was short-lived.

The repudiation of the Confederate flag as a racist symbol did not deal a mortal wound to white supremacy. If there was an epiphany of conscience in the months that followed, it was that the racial divide was growing worse. If you are African-American, you have few expectations justice will be served in South Carolina or anywhere else.

Alan Blinder of *The New York Times* interviewed multiple locals about the possible outcomes of the trials, including Rev. Joseph A Darby, a presiding elder in the Beaufort A.M.E Church. Said Darby, "I don't think anybody's expecting that bells will ring, and angels will sing and suddenly the walls of race will fall. For some idiots, the walls will get a little stronger."

The reverend's skepticism is warranted. President-elect Trump puts an exclamation point on the worry that the idiots are ascendant. The people's court ignores the evidence.

Of the thousands of the Clinton e-mails leaked during the presidential campaign, some of the most revelatory were written by a retired four-star general, Colin Powell. Powell served as secretary of state under President George W. Bush. He left an unhappy man, duped into parroting bogus intelligence that Saddam Hussein had weapons of mass destruction.

Now retired from public service, he is seldom seen or heard except by his own command. But the news of his leaked e-mails went front page. Powell's messages disclosed, among other things, his uncensored opinion of Trump and Clinton, neither of whom won his enthusiasm.

Of Hillary, he wrote: "Everything HRC touches she kind of screws up with hubris." Meanwhile, Clinton rather proved his point, suggesting Powell coached her in the e-mail practices that caused her so much grief.

But his most damning remarks were reserved for Trump. Powell said Trump was a "national disgrace and an international pariah." And of Trump's birther prattle? Flatly racist, said Powell. He added, "When Trump couldn't keep that up, Trump also wanted to see if the certificate noted that he (Obama) was a Muslim."

Trump sniffed in reply. He said he never thought much of Powell anyway, his narcissism on full display. Powell is an officer and a gentleman, proven worthy of an enemy's respect. He is the son of impoverished Jamaican immigrants. He graduated from a public university, served 35 years in the U.S. Army and worked his way up the ladder to become a four-star general, the highest rank ever held by an African-American in the U.S. military. He oversaw the Persian Gulf War, was awarded the Congressional Gold Medal and served as chairman of the Joint Chiefs of Staff, the most powerful military post on the planet. Powell knows a thing or two

about character, integrity, country and the calumny of hate.

In 1994, he gave a commencement address at Howard University following a speech delivered weeks earlier by one of Louis Farrakhan's top lieutenants, who spoke on "the sins of white people and the alleged evils of Jewish Americans." Powell lambasted the racist pitch, warning the young graduates, "As the world goes forward, we cannot start going backward ... or take a detour into the swamp of hatred.... I want you to fight racism. But remember, as Dr. King and Dr. Mandela have taught us, racism is the disease of the racist... Let racism always be someone else's burden to carry."

The jury is still out on who carries the burden of racism in America. But if we declare innocent those who are guilty, all suffer the injustice.

And, just so you know, Powell voted for Clinton. Would that the majority of American voters had done the same! Oh, that's right. They did. ■

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



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Palm Beach Gardens
Medical Center



DECEMBER

COMMUNITY EVENTS & LECTURES



Diabetic-Friendly Cooking For the Holidays Demonstration

Thursday, December 15 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

Approximately 22 million people suffer from diabetes. For diabetics, the ingredients you use and the way you cook may make a difference.

Join our Director of Food & Nutritional Services and a registered dietician at Palm Beach Gardens Medical Center, for an informative, diabetic-friendly cooking demonstration. Afterwards, you'll even get to sample the food.

Registration is required.



Hands-Only Adult CPR Class

Tuesday, December 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 PBG Fire Rescue. Local EMS give a hands-only CPR demonstration and review Automated External Defibrillator use. Participants practice their new skills on CPR manikins.

Reservations are required.



FREE COMMUNITY SCREENINGS

Heart Attack Risk Assessment

(blood pressure, BMI, glucose and cholesterol)

Wednesday, December 14 @ 8-11am

Osteoporosis Screenings

Thursday, December 15 @ 9am-1pm

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PALM BEACH
FLORIDA WEEKLY

OPINION

Transfer of power



roger WILLIAMS

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I was relieved last week when the president-elect finally started picking his most important cabinet members, or at least interviewing prospects.

The country can't function without leaders and their staffs, or without a transfer not just of power but of knowledge, which is power, we've been told.

Mr. Trump knows that, of course — he's very, very smart — and I suspect he also recognizes this obvious truth: Without good people doing the work of government starting day one (Jan. 20), he won't have any spare time to get back to his reality show, "Apprentice," or carry on with his campaign rallies. No doubt it's important in his mind to start rallying the base for the 2020 election.

The transfer of power is always a fascinating moment in American political history, chock-full of behind-the-scenes drama we rarely see. One leader and his or her lieutenants have to smile and turn over the keys and computers to another leader and his or her lieutenants. Only then can members of the departing team go home, withdraw to a private bathroom, and retch for the rest of the afternoon.

Secretary of State John Kerry, for example, will have to sit down with his successor, Beelzebub, and explain in civil tones what's going on in the Foreign Service, the Civil Service, the dining service, the laundry service and the limousine service, all of which fall under the aegis of the Department of State. Oh, and the U.S. Agency for International Development, as well. That agency, however, will likely be renamed the U.S. Agency for International Irrelevance, so it won't matter to Beelzebub.

No doubt the conversation will go something like this:

Kerry: Hey Bubba, come on in. How you doin'?

Beelzebub: Good, John. Listen, I know this is difficult for you and I don't want to take a lot of your time. Just show me where the red button is, and you can get going.

Kerry: I'm sorry, Bub, I don't have access to the red button. That's not this office. That's over in the Situation Room of the White House beneath the West Wing.

Beelzebub: Oh yeah — in the basement where they used to have the swimming pool, right? The one where I introduced Marilyn to JFK ... those were good times. Unfortunately, I prefer bad times or better yet, end times. Listen, John, is there anything I could do for you on your way out? Get you a small dictatorship in the Caribbean with hot dancing girls and old muscle cars? Or maybe nuke a North African country? Sink a swift boater or two? Anything?

Kerry: No thanks, Bubba, I'm good. And good luck. Or bad luck, as the case may be.

Beelzebub: That's SECRETARY Bubba, and thanks, Johnny boy ...

Mr. Trump has picked some of the finest talent the country has to offer to lead the other departments too, not just the State Department. He's got Abaddon for Interior, Apollyon for Defense, Tempter for Commerce and so on. He can't bring in Lucifer because he's already running Russia, murdering journalists or dissenters he doesn't like, making lists of professors who ask too many questions, that kind of thing. These are the best in their fields, and I think we have to give them a chance.

All Americans should now keep in mind: The world is watching us, taking its cue from us, especially in Western Europe. We have to behave responsibly.

It's one thing when the British pull out of the European Union — everybody knows the British are not merely eccentric, they're crazy. So nobody pays too much attention. Scientific research and anecdote both suggest they took too much sun marching around Afghanistan or the Punjab in the 19th century and they've never entirely recovered.

But when much more sensible and levelheaded nations start modeling their support of new populist leaders on ours, we have to tread carefully.

Take Holland, where Geert Wilders, the head of the far-right Party for Freedom and a top prospect for prime minister in next year's elections, says the North Africans in his country and in Europe are about to ruin contemporary culture and bring down the 2,000-year civilization that created it.

It's the Moroccan Muslims in particular he objects to, calling for a reduction in their numbers: about 2.2 percent of the 17 million who inhabit the Netherlands, or 374,000.

That's roughly the population of Collier County, Fla. I'll tell you, they must be some very tough Muslims. It probably gets almost as crazy on a Saturday night in Holland as it does in Immokalee or east Bonita Springs or West Palm Beach or downtown Port Charlotte on a Saturday night.

For inspiration and leadership cues, Mr. Wilders traveled to the Republican National Convention in August to watch his pal, Mr. Trump, win the nomination. He was not disappointed, unlike a majority of American voters, some of whom have taken to calling Mr. Trump not the president-elect, but the president-electoral.

How the Dutch will react to Mr. Wilders at the polls depends in part, perhaps, on how well we behave ourselves — on Mr. Trump's new cabinet heads succeeding or failing in the exercise of their talents. All of Europe could follow our example.

Notice, the Dutch have not suggested building any walls to keep out immigrants, like Mr. Trump promises to do here. Maybe that's because they're better at building dikes. I wish they'd come over here and build a decent dike around Lake Okeechobee, since nobody else seems to be able to do the job.

Perhaps this is an opportunity for trade. Mr. Trump can trade the Dutch and his pal, Mr. Wilders, a wall for a dike.

I don't know what that would do for the Dutch, but it would sure help us. ■

To kill a pipeline



richLOWRY

Special to Florida Weekly

One of the Obama administration's core competencies is suspending pipeline projects with no cause.

It will leave office with another notch in its belt, now that the Army Corps of Engineers has acted to block a final piece of the Dakota Access Pipeline. The 1,200-mile pipeline is designed to move oil from North Dakota to Illinois and will have to await completion in a Trump administration with a more rational attitude toward pipelines specifically and fossil fuels generally.

The story of the Dakota Access Pipeline will be familiar to anyone who followed the controversy over the Keystone XL pipeline. As with Keystone, the builders of the pipeline have taken years to dutifully check every environmental and bureaucratic box, only to get stymied when protesters — this time a Native American tribe — made the project a hate totem for the left.

The protests have been led by the Standing Rock Sioux tribe of North

Dakota. The tribe alleges that the Dakota Access project will trample on culturally sensitive sites and taint its drinking water, without much in the way of supporting evidence.

The dispute centers around the pipeline's planned crossing of the Missouri River at Lake Oahe. This isn't exactly virgin territory. Around the lake, the pipeline will run within 22 to 300 feet of the existing Northern Border Gas Pipeline, which has been in service since 1982 and hasn't devastated the Standing Rock tribe. The pipeline also tracks with an overhead utility line.

A decision by a federal judge in September to reject a bid by the Standing Rock tribe to block the pipeline cataloged how deliberate the developers of Dakota Access have been about culturally sensitive sites. According to the opinion, the company found 149 potentially sensitive sites in its own surveying in North Dakota. It modified the route to avoid 140 of them and came up with a plan with the state of North Dakota to limit any effect on the other nine.

Throughout most of this process, representatives of the Standing Rock tribe were notably absent. When the Army Corps invited them to a general meeting to discuss the pipeline in November

2015, five tribes attended, but not Standing Rock.

In the spring of 2016, the Corps invited tribes to conduct their own cultural surveys at locations around the route. Three tribes participated; Standing Rock did not. The tribal surveys identified additional sites of concern, where Dakota Access duly agreed to take additional protective measures.

There is no real defense, though, against protesters staging cable-TV-ready disturbances against a project and making it a cause celebre. For the overwhelming majority of its route, the Dakota Access pipeline requires no permitting, since it traverses private land. It's the tiny percent that would affect waterways that made it subject to federal approval, and thus to political hostage-taking.

For the left, Dakota Access is a symbol. In reality, it is simply a means of moving half a million barrels of crude oil a day from Point A to Point B, an activity that shouldn't be considered dastardly or untoward. Fortunately for Dakota Access, and everyone else in the energy industry, help is on the way. ■

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



COURTESY PHOTO

The Sailfish Derby flotilla sets out sometime in the 1930s.

West Palm Beach Fishing Club's Sailfish Derby coming up Jan. 6-9

The West Palm Beach Fishing Club's 79th annual Silver Sailfish Derby, based out of the Sailfish Marina on Singer Island, is set for Jan. 6-9. Proceeds benefit the West Palm Beach Fishing Club's conservation and education initiatives.

The event was established in 1935, and is recognized as the world's oldest sailfish tournament, attracting the best sailfish anglers, captains and crews in the sport. The tournament is expected to draw 40 boats, with 200 anglers vying for some of sail-fishing's most prestigious awards.

Anchored in tradition, many derby awards are sponsored by families who have been associated with the event for decades.

■ The derby's top angler award is the Mrs. Henry R. Rea trophy, a silver sailfish sculpture that dates back to the event's origins. Henry Rea was a West Palm Beach Fishing Club supporter and seasonal resident of Palm Beach who underwrote the trophy to honor his wife. The Rea Trophy remains one of the most coveted trophies in all of angling.



COURTESY PHOTO

A sailfish leaps during a recent derby off Singer Island.

■ The Top Lady Angler trophy is sponsored by the Hampp Family in memory of Rose Hampp, who earned numerous angling awards in her career in addition to this, won in the 1957 derby.

■ The Louis S. Boski award for Outstanding Angling Achievement honors the late Lou Boski, a West Palm Beach Fishing Club member who set the record for 83 Atlantic sailfish single-day catches and releases in 1980. Other prizes include the Top Small Boat trophy, Top Tag Team, daily angler and boat awards, and overall boat and angler awards.

Those who are not fishing the event can follow tournament boat standings on the derby's mobile-friendly virtual scoreboard. The derby scoreboard will go live just before the event and can be found on the West Palm Beach Fishing Club's official website. Photos from the tournament are routinely posted on Instagram at #SilverSailfishDerby.

For registration and additional details on the Silver Sailfish Derby, call 832-6780 or visit www.westpalmbeachfishingclub.org. ■

Ballpark of the Palm Beaches tickets on sale now

Online sales of four-game flex packs to The Ballpark of the Palm Beaches are on sale at www.BallparkPalmBeaches.com.

Buyers can purchase one Marquee game, complemented by their choice of any three Prime or Regular games during the 2017 Spring Training season.

The 2017 season will be highlighted by visits from the New York Yankees and Boston Red Sox, for a total of four games. The Red Sox will visit on consecutive days, against the Astros on Monday, March 6, and the Nationals on Tuesday, March 7. The Yankees will take on the Astros on Sunday, March 19, and the Nationals host the Bronx Bombers on Monday, March 20.

In addition to the Red Sox and Yankees games having Marquee status, other top-tier games include Feb. 28 Opening Day, when the Nationals host the Astros. The remaining Marquee

schedule dates include:

- Saturday, March 4: Mets vs. Astros
- Monday, March 20: Cardinals vs. Astros
- Friday, March 24: Cardinals vs. Nationals.

Fans will receive a \$2 discount on each Flex Pack ticket for the four games selected. Best available seating will be automatically provided with each purchase.

Single-game tickets can be purchased starting Jan. 14 in-person, online and over the phone. Due to area construction, single-game tickets will be available for purchase at an offsite location to be announced before Jan. 1.

Ticket prices range from \$15 to \$65 each. In some cases, ticketing fees may apply.

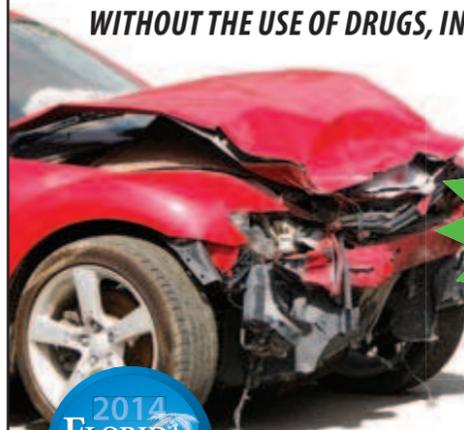
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PET TALES

Six common holiday situations faced by pet lovers

BY DR. MARTY BECKER, KIM CAMPBELL THORNTON AND MIKKEL BECKER

Universal Uclick

It's that time of year again. People are wondering, "Should I tip my dog's groomer?" "What should I get for my pet-loving friends?" And "Is it OK to take cookies to my vet?" You have questions; we have answers.

What's a great gift for my pet sitter, dog groomer or dog walker? It's hard to go wrong with cash stashed inside a cute pet-themed card, signed with your pet's name (and yours). Consider giving the cost of one session or visit. A gift certificate for a manicure or a gift card to a favorite coffee shop may also be welcome.

Should I get my veterinarian a gift? It's definitely not required, but many pet owners enjoy sharing holiday goodies with their pets' other best friends.

"Our amazing clients give us all kinds of goodies, from cookies to candies to fully catered lunch to pizza to gift cards for the staff," says Gershon L. Alaluf, DVM, at Canyon Animal Hospital in Laguna Beach, Calif. "We are always very thankful and very happy to receive every gift given, and every last morsel is ingested."

My dog pooped on my parents' carpet. What should I do? Oops! We hope you brought a good enzymatic cleanser and some cleanup towels with you. Clean it up as best you can, and offer to have the carpet professionally cleaned. It's a small price to pay for family amity.



Opening your heart and home to a dog, cat or other pet who needs a second chance can make holidays even more special.

What's a good gift for pet-loving friends and family? Find out what kinds of bedding and other products they already use or how their pet likes to play. For instance, if the dog is a tough chewer or loves fetching balls, take those preferences into account. Dr. Becker's QT loves squeaky toys, and Mikkel's pug, Willy, is a connoisseur of small, soft, fuzzy toys without stuffing. The Thornton dogs favor treats above all else.

"A personalized item is thoughtful, too," Mikkel adds, "such as a bed, collar or bowl, or breed-specific items like calendars, cards or stationery."

Do the person and dog participate in a sport? A supply of dog treats or a new treat bag will be appreciated. For the pet and pet lover who have everything, make a donation to a pet

charity in his or her name. A couple of our favorites are World Vets (worldvets.org) and The Grey Muzzle Organization (greymuzzle.org).

Is it OK to bring my pet to the family holiday gathering? Always ask first, and respect the response, even if it's negative. Not everyone loves pets as much as we do, and some people suffer from allergies or animal-related phobias. If you must bring your pet, plan to stay in a hotel, and consider your pet a good excuse to go take a walk or have some down time to yourself.

Should I get my family a pet for Christmas? There used to be a sentiment that it was a bad idea to get pets during the holidays, but if done right, it can be a joyful experience. Studies show that pets given as gifts are just as likely to stay in homes and are just as well loved as animals acquired at other times or in other ways.

"Any time someone is considering bringing an animal into a home, they should be mindful of the commitment and give thought to what type of pet will be best for the family and lifestyle," says Kristi Littrell, adoption manager for Best Friends Animal Society.

If you have time off during the holidays, that can be a good opportunity to spend time with and start training a new pet. If that's not an option, present your family with a gift card or certificate from your local animal shelter, rescue group or a reputable breeder. Then you can all go choose your pet together when the time is right. ■

Pets of the Week



>> **Riley** is a 10-year-old, 63-pound, male mixed-breed dog that is gentle and well-mannered.



>> **Gizmo** is a 2-year-old male cat that promises to be one of the most engaging kitties you'll meet anywhere.

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 www.hspb.org. For adoption information, call 686-6656.



>> **Dodie** is a 4-year-old male orange tabby that's very affectionate and loves to play (especially in water).

>> **Pinkie** is a 3-year-old sandy-colored female tabby that's very friendly and loves to be held. She gets along well with other cats.

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, www.adoptacatfoundation.org. ■

Advertorial

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

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

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

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

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

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FWC's Imperiled Species Management Plan

BY EVAN WILLIAMS

ewilliams@floridaweekly.com

The Imperiled Species Management Plan is a capstone on five years of work developing the plan, and over a decade of revising the listing process. In the plan, the details of conserving each of Florida's 57 imperiled species are coupled with the broader approach of restoring habitats and addressing other large-scale issues essential to the long-term survival of multiple fish and wildlife species.

"Our charismatic species get a lot of attention, but the animals covered by this Imperiled Species Management Plan need attention too," said FWC Commissioner Chuck Roberts. "All of these species are very important to long-term resource management here in Florida."

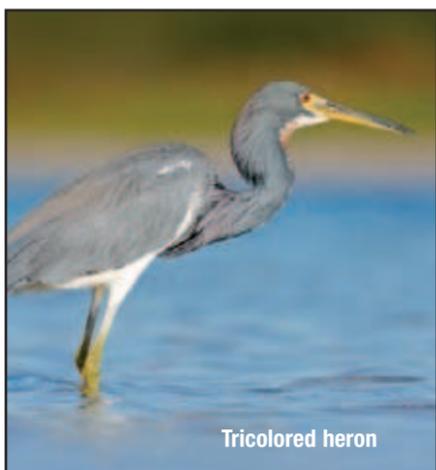
After adopting a new conservation model in 2010 that requires a management plan for imperiled species, the FWC embarked upon a process of collaboration with stakeholders and the public. Three drafts of the plan were presented for review, generating hundreds of comments on each draft, and leading to changes in the plan. Experts from outside the FWC also participated in Biological Status Reviews that evaluated which fish and wildlife species should be designated as imperiled.

"The Imperiled Species Management Plan addresses a diversity of imperiled species, from the reddish egret to the Florida bog frog, Barbour's map turtle and bluenose shiner," said Brad Gruver, who leads the agency's Species Conservation Planning section. "In the past, we successfully used management plans for individual species like the bald eagle and manatee. With this plan, we take into account what imperiled species have in common, such as the need for us to improve what we know about them and to better coordinate how we manage multiple species."

While the biologists who developed this 10-year plan are responsible for its



Reddish egret



Tricolored heron



Little blue heron



Snowy egret



Snowy plover

implementation, the public is encouraged to step into key roles. Citizen-scientists can volunteer to help survey wildlife and collect data. Private landowners can conserve imperiled species on their property. Schools, businesses, organizations and individuals can become informal educators.

"We have been involved in the effort to revise Florida's imperiled species listing process and management system since the very beginning," said Elizabeth Fleming, senior Florida representative, Defenders of Wildlife. "We are extremely pleased to see the adoption of a comprehensive imperiled species management plan and associated rules. Now the important work of implementing these important conservation measures can begin."

Important things to know about the Imperiled Species Management Plan:

- It includes one-page summaries for each species, including a map of its range in Florida and online links to Species Action Plans. The 49 Species Action Plans contain specific conservation goals, objectives and actions for all 57 imperiled species.

- It also has Integrated Conservation Strategies that benefit multiple species and their habitats, and focus implementation of the plan on areas and issues that yield the greatest conservation benefit for the greatest number of species.

- It highlights conservation success with 15 species that are being removed from the list of imperiled species but are still being monitored and conserved under the plan.

What are the 57 fish and wildlife species in the plan?

- Eight mammals: Big Cypress fox squirrel, eastern chipmunk*, Everglades mink, Florida mouse*, Homosassa shrew, Sanibel rice rat, Sherman's fox squirrel and Sherman's short-tailed shrew.

- 21 birds: American oystercatcher, black skimmer, brown pelican*, Florida burrowing owl, Florida sandhill crane, least tern, limpkin*, little blue heron, Marian's marsh wren, osprey (Monroe County population), reddish egret, roseate spoonbill, Scott's seaside sparrow, snowy egret*, snowy plover, southeastern American kestrel, tricolored heron, Wakulla seaside sparrow, white ibis*, white-crowned pigeon and Worthington's marsh wren.

- 12 reptiles: alligator snapping turtle, Barbour's map turtle, Florida brown snake (Lower Keys population), Florida Keys mole skink, Florida pine snake, Key ringneck snake, peninsula ribbon snake* (Lower Keys population), red rat snake* (Lower Keys population), rim rock crowned snake, short-tailed snake, striped mud turtle* (Lower Keys population) and Suwannee cooter*.

- Four amphibians: Florida bog frog, Georgia blind salamander, gopher frog* and Pine Barrens treefrog*.

- Nine fish: blackmouth shiner, bluenose shiner, crystal darter, harlequin darter, Lake Eustis pupfish*, key silverside, mangrove rivulus*, salt-marsh topminnow and southeastern tessellated darter.

- Three invertebrates: Black Creek crayfish, Florida tree snail* and Santa Fe crayfish

As to the listing status of all the plan's 57 species, 14 were listed as state Threatened prior to the plan and will remain listed as state Threatened; 23 will change listing from Species of Special Concern to state Threatened; five will remain Species of Special Concern; and 15 will be removed from the imperiled species list.

Rule changes associated with implementing the plan are anticipated to take effect this month.

Learn more about the plan at www.MyFWC.com/Imperiled. ■

* Indicates a species coming off the imperiled list but still being conserved.

CREATURES

From page 1

sioners approved the Imperiled Species Management Plan, which had been in the works since 2010.

They also created 13 new Critical Wildlife Areas throughout the state and renewed five others, the largest number established at one time in nearly three decades. CWAs restrict access around certain islands to keep people from bothering vulnerable shore and wading birds during their breeding process.



FROHLICH

"We have a responsibility to maintain Florida wildlife not just for people's enjoyment today but for future generations,"

said Kipp Frohlich, deputy director for FWC's Division of Habitat and Species Conservation. "The support for both the Imperiled Species Management Plan and establishment of the new Critical Wildlife Areas was overwhelming, so I think it really speaks to the will of Floridians, that they value their wildlife resources."

The Imperiled Species Plan is meant to help protect creatures that are officially designated as state threatened species but are lesser known or have fewer protections. The Florida panther, for instance, a federally endangered species, isn't on the list. Many of the 57 are found only in certain regions or even on a single island, such as the Sanibel Island rice rat. The plan will provide a framework including recommendations and guidelines for how to protect each species.

"It's a refocus on state-listed species which maybe haven't received as much attention or care in the past, but are very important to our biodiversity and also are struggling to recover," said Amber Crooks, senior environmental policy specialist with the Conservancy of Southwest Florida.

Just some of the threatened species to be protected under the plan include:

- The Georgia blind salamander, a northwestern Florida native.

- Alligator snapping turtles found in the Panhandle, one of the largest freshwater turtles in the world.

- The Florida bonneted bat, found only in Dade, Monroe, Collier, Lee and Charlotte counties. (Their name comes from their large, broad ears that slant over their eyes).

- And of course, burrowing owls, which have their highest concentrations in Lee, Broward and Palm Beach counties, in that order.

"Our hope is that owls displaced because of development could be better protected in the future," said Kelly Hefernan, director of South Florida Audubon's Project Perch, which has partnered with Palm Beach County schools and others to protect the owls in urban areas. Unlike wading birds protected by CWAs, the owls look for high ground to make their homes in places such as undeveloped lots or golf courses. While the Imperiled Species Plan will offer guidelines for how to protect this species and others, they in part depend on buy in from local communities.

The nonprofit work that Project Perch does to protect the owls relies on volunteers and is generally not covered by developers or landowners, Ms. Hefernan pointed out.

"So we'd like to see some conservation efforts be included when they develop these areas to protect the owls," she said.

Critical Wildlife Areas

Usually created one at a time and often years apart, this is the first time the agency has created multiple CWAs in nearly 30 years. They are aimed at protecting vulnerable shore and wading birds from human disturbance during their breeding process and when feeding or migrating.

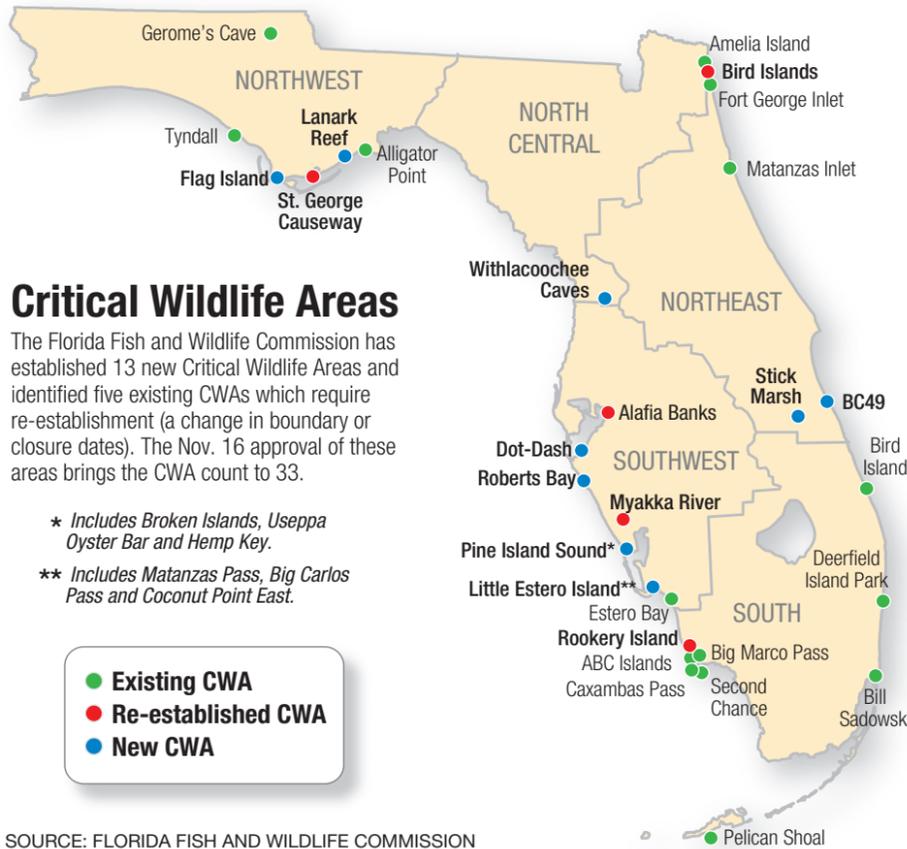
“It’s extremely exciting, unprecedented and fantastic news for birds, for habitat and for the people of Florida,” said Doug Young with the South Florida Audubon Society.

The CWAs are certain small islands or pieces of land to which public access is illegal for all or part of a year. FWC created 13 new CWAs around the state and re-established five others in Lee, Collier, Sarasota, Brevard, Franklin, Citrus, Duval, Nassau, Hillsborough and Manatee counties.

“(They) will serve as wildlife conservation hubs — places that function as nurseries and feeding stations for signature Florida species,” said FWC Chairman Brian Yablonski in a statement. “These small areas will have a huge impact on our vulnerable bird and wildlife populations, such as red-dish egrets, roseate spoonbills and oystercatchers.”

The new restricted areas may have downsides for anglers, though. The new regulations don’t help on top of a year in which water releases from Lake Okeechobee hurt business for many guides, said Capt. Richard LeRoy — although he added that since most of his charters are in Charlotte Harbor and Boca Grande Pass, they probably won’t affect his business much.

“I just believe our waters are already regulated enough,” he said. “You put regulations where people can fish and can’t fish, I don’t think that’s right.”



SOURCE: FLORIDA FISH AND WILDLIFE COMMISSION

SCOTT SLEEPER / FLORIDA WEEKLY

Even in Pine Island Sound in Lee County, where FWC established more restricted areas than in any other part of the state, Matlacha native and fishing guide Capt. Bill Russell isn’t worried it will hurt his business.

“It just changes the way you fish a little bit,” he said.

Still, he’s not in favor of the CWAs restricting Broken Islands, Useppa Oyster Bar and Hemp Key that includes

about 25 acres of uplands and 31 acres of water.

Hemp Key, near the middle of the Sound, has a handful of sandholes where people like to fish for snook and redfish, he noted. Even so, he said he spotted an unusual sight there recently, what he estimated to be as many as 1,000 white pelicans roosting.

“The birds on those islands have been there for a long time,” he said.

“Our hope is that owls displaced because of development could be better protected in the future.”

— Kelly Heffernan, director of South Florida Audubon’s Project Perch

“They seem to be doing just fine on the island.”

Overall, FWC’s Mr. Frohlich points out, the restricted areas are a relatively tiny fraction of the space available for fishing and boating. Statewide they make up about 200 acres of upland and 180 acres of water that will be closed seasonally or year-round to protect more than two dozen species of birds with declining populations. Little blue and tricolored herons, for instance, have lost at least 30 percent of their population size in the last 36 years, FWC says.

“Overall, I think it’s going to be a long-term benefit for tourism and eco-tourism and conservation,” Mr. Frohlich said. “People come from all over the world to see our bird life as well as enjoy our world-class fishing, so I think it’s going to be a win win.”

To obtain public input on proposals to establish the CWAs, more than 400 people attended 14 workshops held throughout the state. The FWC used the input to improve the initial CWA proposals.

“Much of our support is based on the trust we have built with the FWC,” said Brett Fitzgerald, executive director of the Snook and Gamefish Foundation, in a press release. “We trust the FWC to do things which benefit the resource and the people.” ■

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“I used to be known as the mother of toy safety, now I’m known as the grandmother of toy safety.”
— Ann Brown

HONOR

From page 1

Safety Commission from 1994 to 2001, appointed by President Bill Clinton. As chairman, Mrs. Brown was recognized for gaining publicity for the agency’s work through appearances on the “Today” show and other national media, for revitalizing the agency and for demonstrating outstanding commitment, caring and concern for the safety of families.

She was vice president of the Consumer Federation of America for 15 years and chairman of the board of the consumer advocacy group Public Voice.

But today, much of her time is devoted to supporting and enjoying the JCC. “I play bridge at the JCC, just one of their wonderful program for older residents, which also include great continuing education programs and The Silver Sneakers, a fitness program for older adults,” she said.

The Mandel JCC has more than 2,000 Silver Sneakers members, with 14 classes offered each week. The organization also offers Parkinson support groups, she said.

Other causes near and dear to her include The Lord’s Place, where she serves on the board to help the homeless. She’s also on the board of El Sol in Jupiter, helping those who are new to America.

She is one of the founding trustees of the Jewish Women’s Foundation.

“The arts are also a passion so we (she and her husband, Don) are very involved with Palm Beach Dramaworks, helping to reinvigorate downtown West Palm Beach,” she said. The theater at Palm Beach Dramaworks is named for Ms. Brown and her husband.

Married for 58 years, Mrs. Brown said her secret to a long, healthy life is concentrating on helping others.

“The more I can do for others, the better I feel about myself,” she said. “I’m happier being as helpful as I can be.”

She and her husband have two daughters, Kathy and Laura; four grandchil-

dren and one great-grandson.

“Even our dog, Rosebud, is called to help others,” she said. “He brings in our two newspapers every morning before I feed him.” The 10-year-old black lab is a service dog that visits people in the hospital.



Ann Brown

• **Age:** 79

• **Where I grew up:** Born in Philadelphia and grew up in Washington, D.C., where my parents owned and operated a clothing store. My mother worked as the buyer for the business, so I had a working mom as my role model.

• **Where I live now:** Palm Beach Gardens and Washington, D.C.

• **Education:** Went to public school for six years and then attended Sidwell Friends School in D.C. and then Smith College for three years and got married and finished my degree at George Washington University.

• **What brought me to Florida:** My husband has had health problems, so it is better for his health to live here in the winters. We purchased a home here in 1993, but started living here seasonally in 2001.

• **My first job and what it taught me:** My first job out of college was to work for the assistant Washington correspondent for *The New York Post*, a liberal newspaper of the time. I learned to do everything, including how to spur social action. I saw the whole political world and learned how to get things done.

• **A career highlight:** Serving as the chairman of the U.S. Product Safety Commission for nearly eight years during the administration of President Bill Clinton. I started as a volunteer with consumer groups 20 years earlier and did all kinds of consumer awareness, especially with toys and children’s product safety. I used to be known as the mother of toy safety, now I’m known as the grandmother of toy safety.

• **Hobbies:** Playing bridge and tennis and going to movies in movie theaters. I also love live theater and Broadway musicals. My newest hobby is playing pickle ball.

• **Best advice for someone looking to succeed:** First of all, self educate. Don’t go into a field on a wing and a prayer. Work hard, even if you are a volunteer, and do the very best you can to help people.

• **About mentors:** My mentor was Esther Peterson, a great consumer advocate. I was out picketing in my early days as an activist and Esther took me to lunch and told me it’s just as easy to attract bees with honey as it is with vinegar. ■

in the know

- >> **What:** Mandel JCC Gala Celebrating a Woman of Valor features cocktails, dinner and a cabaret show by Broadway singer, author, teacher and coach Jodie Langel.
- >> **When:** 7 p.m. Jan. 7
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COURTESY PHOTO

Debbie Calderone (left), Amanda Dimantha, Barbara Burkhardt, Laraine Montgomery and Sandy Casey-Schneider, members of the Palm Beach Gardens Woman's Club.

Woman's Club takes part in Gardens holiday bazaar

The GFWC Palm Beach Gardens Woman's Club participated in the Palm Beach Gardens Annual Holiday Bazaar. This year was the 33rd year for this event, which is always held the first weekend in December.

This year, it boasted 90 gift and craft vendors.

The Woman's Club adds the yummy touch as they offer an array of home-made goodies.

This year, club members wore new shirts with the club logo embroidered

on them.

On Dec. 21, the General Federation of Women's Clubs Palm Beach Gardens Woman's Club will hold its holiday party at Paddy Mac's restaurant. Members will collect books for young children attending the Hispanic Resource Center, and they will hold a Chinese auction for holiday fun.

For more information about the club, contact Membership Chairman Ronnye Sands at 622-3751 or go online to www.pbgwomansclub.org. ■

Hamilton Jewelers offering free cruise with purchase of engagement ring

Hamilton Jewelers is offering the perfect finale to that all-important "Yes!"

Through Dec. 24, the jeweler will offer clients a chance to "Celebrate at Sea" with the gift of a cruise.

With the purchase of any engagement ring valued at \$5,000 or more, clients will receive a trip on the Norwegian Sky cruise ship. The three-night package includes accommodations for two adults, all meals and beverages, port fees and more.

"We wanted to offer our bridal clients a great opportunity to enjoy a romantic getaway to commemorate their engagement, and we felt that a beautiful cruise on the high seas was a memorable option," Hamilton President Hank Siegel said in a statement.



Hamilton, a family-owned and operated firm with locations in Florida and New Jersey, has been in business since 1912. All items are responsibly sourced with care for the environment and communities, the company says. For more information, visit www.hamiltonjewelers.com. ■

Gardens Mall pop-up suites facilitate holiday shopping

The Gardens Mall in Palm Beach Gardens has opened two pop-up suites on its second level to help holiday shoppers.

Gardens on the Go features high-end gift ideas from about two dozen retailers, and the Holiday Gift Wrap Suite offers complimentary gift wrapping. Gratuities for this service will benefit The Arc of Palm Beach County.

The Gardens Mall, at 3101 PGA Blvd. in Palm Beach Gardens, is a 1.4 million-square-foot shopping center with more than 150 retail specialty shops and restaurants. Info at www.thegardensmall.com. ■



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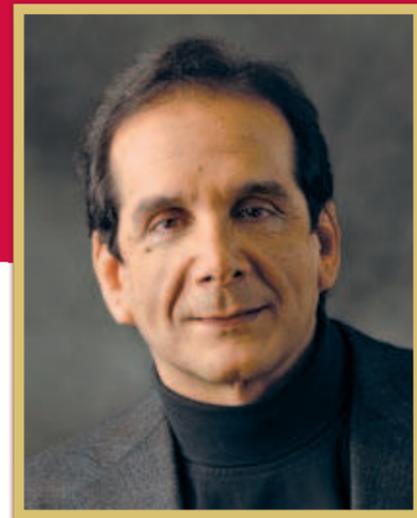
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3. Vanessa Diaz, Michael Athmer and Kirsten Stevens
4. Sarah Turner, Greg Etimos and Rene Layman
5. Joel Cohen, Joyce Cohen and Ian Black
6. Gustav Krapup, E. Libby Thompson and Jackie Gorissen
7. Jeremy Johnson and Cathy Burk
8. Marie Deckert, Sean Davis and Pierre Smith
9. Rose Warner and Scott McCranels
10. Sue Damon, Lynn Kalogeropoulos and Janelle Dowley



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BUSINESS

WEEK OF DECEMBER 15-21, 2016

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| A19

“Historically you sent chocolates, cookies or something like that ... A lot of my clients were commenting that they didn’t care for the cookies because they were watching their health.”

— Gary Crisci, managing principal at Crisci Private Wealth Management in Naples



COURTESY PHOTO

Gifts for clients and customers can be tricky but we have a few tips this season.

Holiday gifting

Why giving thought makes sense/cents for businesses

BY NANCI THEORET

Florida Weekly Correspondent

Many local business executives have long ago filled out their naughty and nice lists, deciding which clients and customers will receive holiday gifts. Once the staple of corporate America, business gift giving has made a comeback since the recession, although most companies are forgoing extravaganza

and putting more thought into showing customers appreciation.

“You don’t want to be lavish,” said Jacqueline Whitmore, an international etiquette expert, author and speaker who works with many Palm Beach County business owners. “It can be as extremely simple as giving a coffee card with a note saying, ‘Thanks a latte for your business’ or something you know your client collects. In my travels, I’m always finding unique gifts.”

There’s a fine line between appreciation and bribery. And regulations on certain industries max out annual gifts.

By law, Gary Crisci, managing principal at Crisci Private Wealth Management in Naples, can spend only \$100 per client per year. During his 27 years in the business, including the last 11 in Naples, he’s always sent holiday gifts.

“Historically you sent chocolates,



WHITMORE

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GIFTING

From page 19

cookies or something like that," he said. "A lot of my clients were commenting that they didn't care for the cookies because they were watching their health."

So what do you give the client who has everything? Six years ago, Mr. Crisci started donating \$100 per client to local charities. They receive cards noting the recipient nonprofits, website links and a promise of client confidentiality.

"I probably give more now than I did before the recession," he said. "It's a win-win for everyone and makes more sense. I'm very fortunate to have great clients who are already very involved in the community. They want to give back and prefer to think of people less fortunate. If you have, say, 80 clients you can give a lot of money."

When dealing with high-worth individuals or the customer who has everything, choose a gift for their pet or their children, Ms. Whitmore suggested. Or take them to lunch or dinner. "Because of the internet, most businesspeople are not spending as much face-to-face time with their clients," she said.

Holiday gift giving is a way to recognize top customers and share your appreciation.

"As adults, not many people say thank you to us," said Patti Guerzo, founder of Guerzo Business Consulting in Port Charlotte. "The value of loyal customers is really important. Everybody likes to feel they're appreciated."



GUERZO

"There are different reasons for holiday gifts," said Sherri Hynden, the matriarch of the family-run Flint Financial Group at USB in Fort Myers. "From our viewpoint, we want to give back and let clients know they're special to us, we care about them, are thinking of them, and that our appreciation of our relationship goes beyond the financial."

"We try to give clients practical gifts like fresh fruits, sweets, muffins or nuts but you have to know if they're diabetic, put thought into the gift and be sensitive to their needs."

Budgets and business histories often make it prohibitive for businesses with an expansive client base to send a gift to everyone. Consultants and etiquette experts said it's best to make a tiered list of top clients and gift accordingly. There's no percentage rule or magic formula to determine what you should spend.

"Some rules apply and you have to be a little more discerning when giving outside the office," said Ms. Whitmore. "Most businesses can accept food and it's always a great gift. I'd stay away from alcohol unless you know a client loves a certain type of alcohol."

Businesses also have to factor in the costs of an employee wrapping or preparing gifts, signing cards and shipping, noted Ms. Guerzo.

"You can't buy for every single client," Ms. Whitmore said. "It's just not reason-



Daniel, Brooke, Eric, Sherri and Benjamin Hynden. The Hydens run Flint Financial Group at USB in Fort Myers.

able. You have to consider those who make your life easier or your most valuable clients, your bread and butter. Some of the best gifts are well thought out and don't cost much."

"Ten years ago, every business would send 100 gift baskets that were all the same," said Shelly Pryor Aristizabal, founder of Neapolitan Consultants in Naples.

"That's not happening anymore, but holiday giving is a conversation every business should have. Some companies have just a few clients and can put more thought into it. Others have prospects they want to impress or create loyalty. Let's face it: Most businesses are doing this as an act of goodwill but also to get more business and keep their name in front of people. It has the potential for people thinking about your brand."



ARISTIZABAL

Pay attention, get personal

Personal and thoughtful gifts are most meaningful — just don't bestow jew-

elry or other gifts that could be misconstrued as crossing the professional line.

"You want to stay away from intimate gifts like jewelry or flowers," said Ms. Whitmore. "I always try to give gifts that are made in my hometown like Florida marmalade or Key lime cookies.

It makes the gift more special and you can tailor it to your client's personality." She even works with *Florida Weekly's* Scott Simmons, editor of the Palm Beach Gardens/Jupiter and West Palm Beach/Palm Beach editions. He's also known for his antique collections, and he sources American-made Lenox teacups for her overseas clients.

"Before I travel, I try to find something in Scott's collection," Ms. Whitmore said. "I like to give clients Lenox teacups because it's so hard to find American-made china. Lenox is also the official china of the White House and people really like that. I might pay \$10 to \$20 but it's reasonable compared to the impact I'm going to make, when I walk in and give a unique piece."

Ms. Pryor Aristizabal said executives and owners should also take note of favorite foods and wines while wining and dining clients throughout the year and create gift baskets designed to their tastes. If you've played golf together consider something along those lines.

"The more personal, the more impact it has," she said. "I always encourage my clients to pay attention when they're with their client. It's an investment and a way of saying thank you. In the business world, clients are the number one referring agent."

Gift cards to a favorite restaurant also work, she said.

"You can get \$100 gift cards to Flemings and other restaurants for \$80 at Costco," she said. "Most everyone likes to go out for dinner and it's all about you thought of them and want them to splurge on themselves."

For her clients, Ms. Guerzo went hyper local this year, purchasing fruit-forward wines with whimsical labels from the Gilded Grape Winery. She also incorporated scarf- and hat-wearing bottles on the beach into her greeting cards.

Don't overlook the underlings

All too often businesses send holiday gifts to higher ups, unintentionally omitting administrative assistants who patch through their calls and support staff who often shoulder the brunt of the workload. Holiday gift giving is a marketing strategy, part of the overall business plan, and ideally should acknowledge receptionists and others who function as gatekeepers between you and their boss.

"I can tell you first-hand, an administrative assistant resents the fact the boss gets a gift and doesn't share and they do half the work," Ms. Whitmore said. "It's often best to give to an entire office and make mention of an assistant."

To brand or not to brand

Logoed items are one area where the experts disagree. Some call it tacky and too self-serving; others say it's a great way to keep your company's name out there all year. Desk supplies are good, but stay away from the overdone coffee

cup even if it's filled with chocolate or nuts.

For Lucy Costa, co-owner of Promotional Incentives in Cape Coral, most of her business is logoed merchandise — from insulated tumblers and food baskets and tins to beach towels and embroidered apparel. The company has specialized in corporate branding and logo merchandising since 1990 and has seen a return to business gift giving in recent years.



COSTA

"I think we're returning to where it was 10 years ago," Ms. Costa said.

Personalization and customization now allow companies to emblazon their brand on everything; however, Ms. Costa said less is often more. "Too much advertising becomes a promotion and not a gift. It's always a dilemma," she said. "I recommend clients imprint an icon or subtle logo. Look at Nike: It took years of brand building before it could drop the name and just use the swoosh."

She's currently working with a Naples law firm to deliver insulated duffle bags embroidered with client's surnames. Inside, 30-ounce tumblers will be laser-etched with individual's first names.

"Drink ware has always been a best-selling promo item and we're scrambling to get tumblers for clients. My goal is to source out the best option at the least expense."

Promotional Incentive also works with health-care organizations, government entities and nonprofit agencies, the latter of which have to walk the proverbial tightrope between thanking donors and spending their money on gifts. "They want to be good stewards," Ms. Costa said. "It's been proven in research the visibility of these gifts doubles as a public relations tool."

No missed opportunities

Whether you dropped the ball or just couldn't make things happen in December due to production and shipping timelines, consider waiting until after the hustle and bustle of the holiday season. A New Year's gift is perfectly acceptable and also novel. So is one sent in the spirit of the Chinese New Year, said Ms. Guerzo.

"I think Thanksgiving or New Years is best," said Ms. Pryor Aristizabal. "That way you don't have to know a client's religious beliefs. You can also give thanks during the year."

That's exactly what Markham Norton Mosteller Wright and Co. in Fort Myers does.

"We value our relationships with our clientele and the community. We want our clients to have a quality relationship with us and try to stay in-the-know of landmark events in their lives," says Jessica Walker, marketing and public relations manager. "MNMW will send gifts to clients at various times through the year for special events, promotions, awards and other 'life' events, not necessarily focused on the holiday time of year. Gifts are sent on a case-by-case basis depending on the events taking place. We want our clientele to know they are family and to feel that connection with our entire team."

Because Ms. Costa's work depends on manufacturers and shipping company schedules, making the holiday deadline sometimes just isn't possible or economically feasible. "If you've waited too long, it's better to wait and do something in January."

Whether you give now or later, know you have a great opportunity, said Ms. Guerzo.

"For \$500 or whatever it might take, it's not much money. No one else is doing it, so you're going to stand out from the competition." ■



Patti Guerzo's holiday card

COURTESY PHOTO

elery or other gifts that could be misconstrued as crossing the professional line.

"You want to stay away from intimate gifts like jewelry or flowers," said Ms. Whitmore. "I always try to give gifts that are made in my hometown like Florida marmalade or Key lime cookies.

REAL ESTATE

WEEK OF DECEMBER 15-21, 2016

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| A21



COURTESY PHOTOS

Luxury Pirates Cove nest

SPECIAL TO FLORIDA WEEKLY

Nestled in Palm Beach Gardens in the very quiet enclave of Pirates Cove is this waterfront home that was completely redone in 2014. This home has three bedrooms and two bathrooms within its 1,821 square feet of indoor living space. Outdoors, the waterview patio and dock add over 2200 additional square feet of space. The 98-foot PVC dock was rebuilt in 2014, in addition to the 12,000-pound added boat lift.

The kitchen is a gourmet chef's dream, with a SubZero refrigerator and freezer, Bosch dishwasher, Wolf six-burner grill stove and double oven along with a Wolf drawer-style microwave oven, SubZero wine refrigerator, stainless steel farmhouse-style sink and vegetable sink. Complementing that are granite countertops and a bar-Height counter able to accommodate five barstools. All cabinets are soft-closing and accented by crown molding. Adjacent to the kitchen is a banquette-style dining table that also allows a great view of the water.

The master bedroom features an oversized walk-in closet with built-in shelving, long water views, coffered ceiling with accent lights and a walk-in shower, dual vanity bathroom cabinetry and a glass-doored linen closet.

Additional interior touches include PGT Impact Glass windows, remote-controlled window coverings by Somfy, all Capitol Lighting light fixtures, tankless water heater and 2016 LG washer and dryer.

Outdoor features include beautiful Florida-style landscaping and lighting, Energy-saving metal roof, saltwater pool, Travertine pavers, outdoor shower, outdoor speaker system and gutters on all rooflines, in addition to a remote-control awning. The circular driveway boasts brick pavers with plenty of parking.

Place your boat on the Hi-Tide 12,000-pound boat lift or cruise to Peanut Island, just a 15-minute boat ride — even closer is Sailfish Marina, at just a short 12 minutes away by boat.

All of these wonderful features and without fixed bridges or HOA fee.

Lang Realty has this home at Pirates Cove in Palm Beach Gardens offered at \$1,375,000. The agent is Nancy Waligora, (561) 4146381, nwaligora@comcast.net. ■



BEHIND THE WHEEL

Chrysler Pacifica says it's OK to return to the minivan



The candle that shines the brightest usually burns out the quickest, and the minivan is the perfect example. Its instant popularity with one generation made the kids who grew up in the back seat desperate to find any alternative when it came time for their own families. So the company that invented the minivan is back to make versatility cool again with the new 2017 Chrysler Pacifica.

The established names like Caravan and Town & Country were purposely killed off. This a clear symbol that the new vehicle wants to break from the past, but not entirely.

Those who know Chryslers might find "Pacifica" ironic considering they already used it back in 2003. That car borrowed the Caravan platform, but it was marketed as a three-row crossover — a segment that was specifically created to carry the dimensions of a minivan without the family hauler stigma.

And the name isn't the only piece of Chrysler's history to carry over. The company that created the rule book for this segment knew there were some fundamentals that needed to be followed.

A minivan should be front-wheel drive. It eliminates bulky drivetrain pieces that need to run through the cabin, or raise the ride height beyond what fits in

the normal garage. Also, from the driver door backward, the design needs to be as boxy as possible. After all, those swoopy rear ends that we all love in sports cars are also inefficient for interior space.

But while the Pacifica is barred from becoming a performance vehicle, the designers borrowed every available trick to add some speedy flair into the design. The grille and headlights are borrowed from the outgoing Chrysler 200 sedan; the front fenders have been flared to a muscle car-like size; and the rear pillar has the kind of strong presence that made BMWs so popular. And yes, faux wood paneling is no longer an option.

The result is still obviously a minivan,

but it is now handsome enough that owners no longer have to point to its usefulness as justification for owning one.

More important than disguising the exterior is making sure the interior maximizes versatility. Standard on all Pacificas are features such as dual sliding side doors, three-zone climate control, and the Stow-n-Go seating that allows for a flat floor for cargo and added storage when the seats are in place. There is a standard backup camera, but busy parents will enjoy the Surround View upgrade that provides 360-degree vision a good distance around the car.

A long option list offers everything from a upping the seating from seven to

eight (\$495) to dual touchscreen entertainment systems for the second row (\$1,995 bundled entertainment package). But what really distinguishes the Pacifica is the Chrysler seems to remember dad and mom when thinking about available features. Everything from heated/cooled seats to high-end leather can be chosen (These might not be the best for sticky fingers, but it's a great reminder that the heads of the household need to feel loved, too.) This can all take the base Pacifica from \$29,590 to over \$43K for a loaded Limited model.

No matter the trim level, the engine is the same. The 3.6-liter Pentastar V6 is a carryover from the previous minivan, but it has been updated. On paper, the revised 237 horsepower is a less than 2 percent increase, but it feels much more powerful out on the road. There's a hint of growl when the accelerator is firmly pegged to the floor that wasn't there before. It almost feels like Chrysler's new parent at Fiat drove the old minivan, and the only instruction to engineers was "Avanti!"

That's the new spirit of the minivan. It gets the fundamentals right, and then goes searching for a little soul.

The new Chrysler Pacifica is out to recapture a generation that remembers all the weekend family adventures of the Caravan. But its real trick is to minimize the awkward feeling when entering the corporate parking lot on Monday morning. It will never be cooler than that sports car from your bachelor days, but now that the minivan has gone premium, you no longer have to rebel against your parents' car. ■

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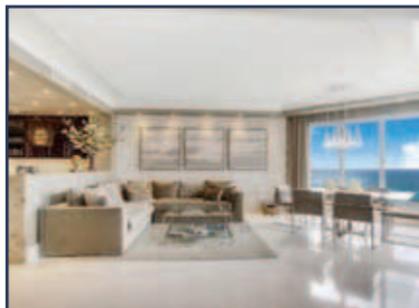
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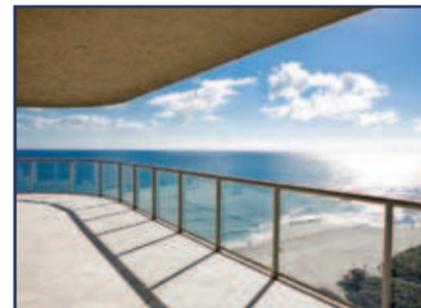
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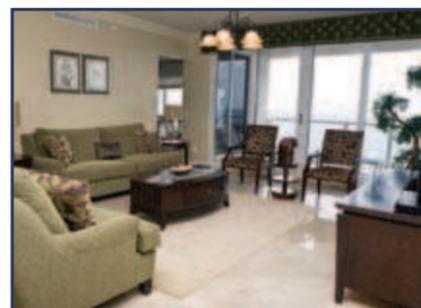
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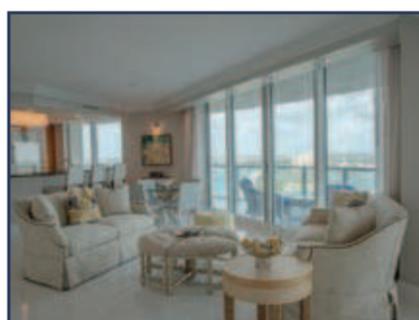


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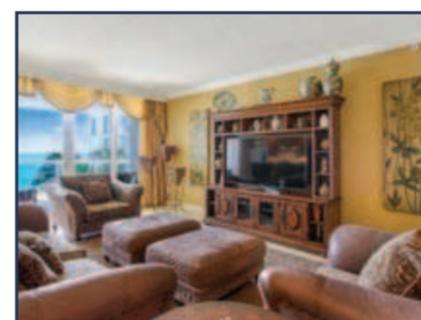
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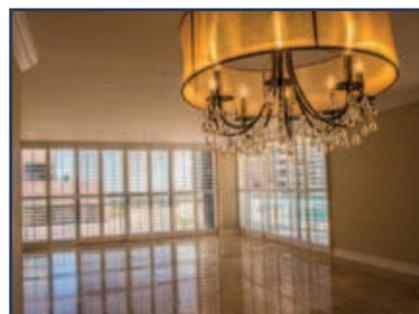
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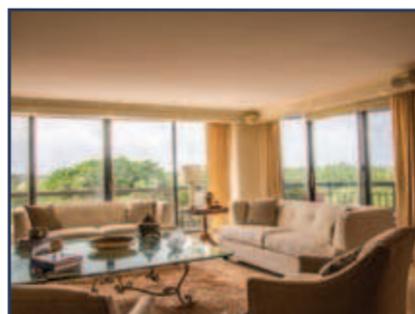
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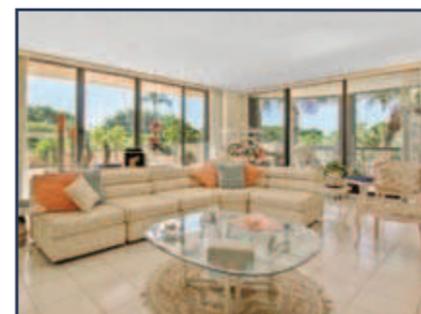
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ARTS & ENTERTAINMENT

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| SECTION B

Music

“Steev has single-handedly provided the South Florida music scene with a sense of community that you can’t find anywhere else in Florida.”

— **Billy Schmidt**, of Whiskey Wasps



Steev Rullman relaxes at home in Lake Clarke Shores.

COURTESY PHOTO

master

Steev Rullman is the area’s impresario of rock music.

BY BILL MEREDITH
Florida Weekly Correspondent

BANDS AND NIGHTCLUBS COME AND GO IN entertainment.

But music promoter Steev Rullman has outlasted most venues and acts in South Florida over the past quarter-century, while profoundly shaping the region’s entertainment scene.

Yet to call the tireless, omnipresent Boynton Beach native a constant would be an injustice to his amoebic musical activities. Mr. Rullman has been a lead vocalist in multiple area bands, including the Unseelie Court (1991-1996), Boca Raton (1998), and The Dewars (2010). He’s also booked and promoted artists since the early 1990s, worked with clubs from former (The

SEE MUSIC, B13 ►



Steev Rullman’s PureHoney recently marked its fifth anniversary.

Good Vibrations: The Beach Boys come to Kravis

BY ALAN SCULLEY
Florida Weekly Correspondent

Beach Boys lead singer Mike Love came out with an autobiography in September that covers the long and at times tumultuous history of the group, not to mention more than a few parts of his personal life.

But when asked what he hopes readers will take away from the book, which is titled “Good Vibrations: My Life as a Beach Boy,” Mr. Love points to something that might surprise some — his lifestyle.

“I’m hoping they get the fact that the reason I’m still doing what I’m doing at the level we’re doing it, meaning a volume of work and stuff like that, is probably because I chose a path that wasn’t a path of all the nefarious drugs that my cousins did, I mean, serious, serious stuff, and I chose not to,” Mr. Love said, referring to his Beach Boys bandmates, brothers Brian, Carl and Dennis Wilson, during a recent phone interview in advance of a Dec. 16 stop at the Kravis Center. “I will say that during the ‘60s, I did my share of weed. But once I learned to meditate,

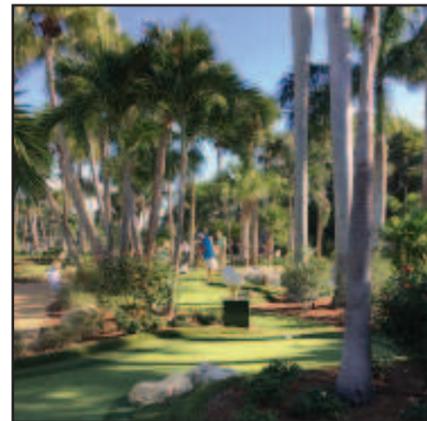
I gave up hard liquor and anything to do with drugs. So that meditation has given me the ability to relax and yet gain more energy and clarity and be able to, what would you call it, withstand the negatives that are thrown at you, that life does.”

Mr. Love learned meditation in 1967 from Maharishi Mahesh Yogi — the same man who introduced meditation to the Beatles — and it has been a twice-daily practice of the singer ever since.

He remains very much a working musician, fronting the latest incarnation of the

SEE BEACH BOYS, B12 ►

HAPPENINGS



COURTESY PHOTO

The South Florida Science Center & Aquarium’s new Conservation Course

Science Center opens Conservation Course for duffers of all ages

BY JANIS FONTAINE
pbnews@floridaweekly.com

The South Florida Science Center and Aquarium opened its new golf course in November and though it’s small and it’s golf, it’s definitely not mini-golf.

The Conservation Course is a 100 percent authentic golf course laid out in a butterfly garden, on a smaller scale, of course. Designed by Gary Nicklaus and Jim Fazio, two big names in the golf world, the 18-hole course is challenging enough to be fun for all ages.

But guests won’t find any crazy windmill obstacles or cheap clown noses to shoot through. Instead, brooks babble, waters fall, plants thrive and butterflies flutter by.

And because it’s at the SFSC, it’s assured guests will learn something about South Florida science. The course has an Everglades theme and each hole is named for a plant or animal found in the Everglades. Signs offer details about the plant or animal and its habitat. Kids also can learn about physics, geometry and problem-solving, as they learn to putt and drive, as well as golf etiquette and strategy. The SFSC plans to offer putting clinics and tournaments.

Inside the center, guests can explore 50 hands-on educational exhibits, a 10,000-gallon freshwater and saltwater aquarium, and a digital planetarium. Right now, the special exhibition, “Our Body,” is on display. If you ever marveled about how your body works, you’ll love this exhibition.

Tickets to the center are \$16.95 for adults, \$14.95 seniors 60+, \$12.95 age 3-12 and free for members and children younger than 3. Tickets for the Conservation Course tickets are \$5 for members and \$7 for nonmembers. For more information, call 832-1988 or visit www.sfsiencecenter.org.

Pairings & Paws Art Auction

Help yourself to some wine and cheese and help homeless pets at the same time.

The “Pairings & Paws” Art Auction, from 7 to 10 p.m. Friday, Dec. 16, takes place at the Box Gallery, 811 Belvedere Road, West Palm Beach. Hosted by the Justin Bartlett Animal Rescue, in partnership with the Grife Law Firm, guests are invited to enjoy wine and cheese as

SEE HAPPENINGS, B16 ►



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LATEST FILMS

'Manchester By The Sea'

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Is it worth \$10? Yes

There's something to the barren cold and whistling winds of "Manchester By The Sea." They represent, no doubt intentionally, the bitterly harsh reality endured by the film's main character, Lee Chandler (Casey Affleck), whose life is inundated with death and despair. Like the cold, Lee's emotional pain is something he must persevere through until the eventual spring, when conditions are restored to a more natural state.

It wasn't always bad for Lee. We learn he had a loving wife named Randi (Michelle Williams) and three kids. Things were good, then tragedy struck and Lee had to move away from his hometown of Manchester-by-the-Sea, Mass., to Boston, which is about an hour away. He settles in, works miserably as a handyman and dwells on the past because he doesn't know how to move on. Then a phone call: His brother Joe (Kyle Chandler) died, and he now must become the caregiver of his 16 year-old nephew Patrick (Lucas Hedges).

The majority of writer/director Kenneth Lonergan's ("You Can Count On

Me") story follows Lee as he returns to Manchester, deals with funeral arrangements, comes to terms with Patrick, and encounters Randi. None of it is necessarily pleasant to watch, but all of it feels essential, and it's in this immediacy that our rapt attention can't (and doesn't want to) look away. Lonergan's direction is steady but not showy, and appropriately relies on the drama and performances to carry the load.

And boy, do they. The ensemble is terrific, especially Affleck, who is worthy of a best actor Oscar nomination. Lee is a man who is detached from the world and all who are in it; he doesn't want to connect with others in any kind of meaningful way, and you understand why. You also see his flaws and root for him, because he seems to be a good soul who's experienced unthinkably terrible events. Affleck's approach is to not over-emote, and it's the right one. This is not a time for histrionics. Lee's restraint in dealing with anything



makes this a performance that's easy to underappreciate. Don't. It deserves all the attention it can get.

Williams is also great, as usual, especially in a big emotional scene, and Chandler makes his presence felt in limited screen time as Lee's big brother. The real breakout here, though, is Hedges, a relative unknown (and the son of "Dan in Real Life" writer/director Peter Hedges) who's about to receive plenty of critical acclaim, and possibly even a supporting actor Oscar nomination. Patrick is an afflicted youth to whom life hasn't been fair, but he doesn't play the pity or sympathy card. Instead he acts out in other ways, such as having two girlfriends, playing in a band and taking hockey more seriously than school. Hedges allows us to understand the numbness that Patrick feels, and because of this façade when he does get emotional it has a tremendous impact.

Very simply, "Manchester By The Sea" is one of the best films of 2016. Multiple Oscar nominations are in its future. Brace yourself and don't miss it. ■

in the know

>> It was recently named the best film of the year by the National Board of Review, which is a group of film professors, critics and students whose awards kick off the annual Oscar season.



Holidays at Eau Palm Beach

Create #EauMoments this Holiday Season

CHRISTMAS

Mediterranean Seafood Buffet at Temple Orange Mediterranean Bistro
December 24th - 6 - 10pm | \$65 Adults | \$16 Children ages 5 - 12

Christmas Dinner at Angle

December 25th - 5 - 10pm | Five-course prix fixe tasting menu with optional wine pairing \$85++

NEW YEAR'S EVE

Rock 'n Roll Tribute | December 31st - 8pm - 1:30am in the Grand Ballroom

Champagne reception, open bar, five-course dinner, live entertainment by Decades Rewind and Philip Myers, midnight toast and late night after-party buffet \$525 per couple | \$265 per person

Reserve the Rock 'N Roll Tribute Package inclusive of room and two tickets, rates from \$999

Dinner at Angle

December 31st | First seatings at 6, 6:30, 7pm | Five-course prix-fixe menu \$90

**Second seatings at 8:30, 9, 9:30pm | Five-course prix-fixe menu, includes wine pairing and champagne toast at midnight \$175

**Rock 'n Roll Tribute access pass available for late seating guests at \$95



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COURTESY PHOTO

Kevin Locke will perform Dec. 18 in honor of activists at Standing Rock, S.D.

Native American hoop dancer to perform in Delray Beach

Kevin Locke will present a traditional Native American hoop dance from 2:30 to 4:30 p.m. Dec. 18 at the Duncan Conference Center Chapel in Delray Beach.

Mr. Locke, whose name in Lakota — Tokaheya Inajin — means “First to Rise,” is a hoop dancer, preeminent player of the indigenous Northern Plains flute, traditional storyteller, cultural ambassador, recording artist, National Heritage Award Winner and educator.

His Dec. 18 performance will include songs of honor and prayer for the activists in South Dakota.

Duncan Conference Center Chapel is at 15820 S Military Trail, Delray Beach. Cost: \$25 donation (100 percent of donations go directly to the Water Protector Camps at Standing Rock).

The event is hosted by Carey Stokes, www.CareyStokes.com/Calendar. Info on Mr. Locke: www.KevinLocke.com. ■



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The Colony

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Colony Hotel, 155 Hammon Ave. PB • 561-655-5430 • www.TheColonyPalmBeach.com



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SUNDAY, DECEMBER 25 • 1:00pm – 8:30pm

THE MENU

- Hickory Smoked Leg of Lamb
- Herb Roasted Prime Rib
- Grilled Foie Gras Bratwurst
- Oysters on the Half Shell
- Maple Roasted Pumpkin and Smoked Gouda Bisque
- Spinach
- Cider-Black Pepper Brined Pork Loin
- Butter Basted Tom Turkey
- Old Bay Poached Shrimp
- Smoked Salmon
- Candied Walnut Calimyrna Figs
- Black Eyed Pea and Smithfield Ham
- Black Truffle Pecorino

SIDES

Stuffing, Apple Wood Bacon and Sweet Cornspoon, Yorkshire Pudding, Gingerbread Cranberry Brown Butter Roasted Yams, Bourbon BBQ Brussels Sprouts, Chimichurri Baby Carrots, Creamed Spinach, Boursin Whipped Potatoes, Ricotta Tortellini Mac N' Cheese, Turkey Leg Confit

CHILDREN'S BUFFET

mac n' cheese, mini cheeseburgers, pepperoni pizza, chicken fingers, curly fries, fresh fruit salad with marshmallows and cherries

DESSERTS

Pumpkin flan, Pecan pie, Dark Chocolate French Silk Pie, Cupcakes, Candied and Caramel Apples, Assorted Pies and Tarts, Mulled Cider and Hot Cocoa

\$79 per adult • \$30 per child age 6-12
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For more information or to book your reservation call 561.627.4852
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CALENDAR

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

THURSDAY 12/15

Clematis by Night — 6-9 p.m. on the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. A free, family friendly concert. www.clematisbynight.net.

■ **Roots Shakedown performs Reggae** — Dec. 15.

Mandel JCC Book Festival: "The Orchestra of Exiles" — 7 p.m. Dec. 15, at the Mandel JCC, 5221 Hood Road, Palm Beach Gardens. The compelling biography of the violinist who founded the Palestine Symphony Orchestra and saved hundreds of people from Hitler, by author and documentary filmmaker Josh Aronson. Tickets: \$16 Literary Society author and reader Levels; \$20 guests, which includes a dessert reception with the author. Info: 689-7700; www.jcconline.com/pbg.

"Sister Act the Musical" — Through Dec. 23, at the Wick Theatre, 7901 N. Federal Highway, Boca Raton. Disco diva Deloris Van Cartier finds a new calling no one expected and changes her new group in ways no one anticipated. Info: 995-2333; www.thewick.org.

FRIDAY 12/16

"AVENUE Q" — Dec. 16-18 in the Crest Theatre, at Old School Square, 51 N. Swinton Ave., Delray Beach. A Slow Burn Theatre Co. production of the show that won the Tony "Triple Crown." Mature subject matter. Tickets: \$42-\$52. Showtimes: 8 p.m. Friday and Saturday, 2 p.m. Saturday and Sunday. 243-7922; www.oldschool.org.

Opening Reception: "Men and Women Inspired" — 6-9 p.m. Dec. 16, Artisans on The Ave, 630 Lake Ave., Lake Worth. Do your holiday shopping at the gallery by choosing a one-of-a-kind piece of art handmade by a local artist. Meet the artists. Share holiday cheer. Refreshments. Free. Info: 582-3300; www.ArtisansOnTheAve.com

Jazz vocalist Yvette Norwood-Tiger — 6-8:30 p.m. Dec. 16, Cultural Council of Palm Beach County, 601 Lake Ave., Lake Worth. Refreshments and the Council gift shop will be open for holiday shopping. \$20. www.palmbeachculture.com.

Kendra Erika Single Release Party — 10 p.m. Dec. 16, Sketch Nightclub, 219 Clematis St., West Palm Beach. The South Florida native introduces "Oasis," produced by Damon Sharpe. 802-6140; www.pawnshopwpb.com.

SATURDAY 12/17

Paws in the Park — 11 a.m. - 5 p.m. Dec. 17 at Carlin Park, Jupiter. Costume contest, doggie fun zone, pet psychic, talent contest, celebrity pet wash, splash dogs pool and a photo booth. Free. Dogs must be leashed. Take the free trolley service for humans and pets will be offered from alternate parking lots at the Maltz Jupiter Theater and First United Methodist Church. Paid preferred parking is available onsite for \$10. Info: www.pawsintheparksouthflorida.com.

The 27th Annual Musicthon — 10 a.m.-7 p.m. Dec. 17, in Bloomingdale's court at the Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. The students of the Palm Beach and Treasure Coast Music Teachers perform on piano, vio-

lin, voice, flute and guitars. Proceeds from the event will benefit Camp VITAS, a bereavement camp for children and teens who have lost a loved one and is sponsored by VITAS Community Connection. www.thegardensmall.com.

Ugly Holiday Sweater Crawl — 3-9 p.m. Saturday, Dec. 17, in downtown West Palm Beach. An evening of bar-hopping along Clematis Street with complimentary drinks and exclusive food, drink, and entertainment specials at participating venues, including ER Bradley's, Duffy's, Grease, Bar Louie, Tap House, O'Shea's, Jardin, with more to come. Check-In is from 3-6 p.m. at the City Center Courtyard next to the West Palm Beach Library at the corner of Clematis Street and South Dixie Highway. Bring a new, unwrapped toy for Toys for Tots. Tickets are \$20 in advance, \$40 at the door. Info: Josh Weiner at josh@sunfest.com or 837-8066.

LOOKING AHEAD

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

■ **Bobby Rodriguez Orchestra performs American Classics & holiday favorites** — Dec. 22.

■ **No Clematis by Night** — Dec. 29.

AT DRAMAWORKS

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

"Tru" — Through Jan. 1.

"Collected Stories" — Feb. 3-March 5.

AT THE EISSEY

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

Dance Theatre of Florida presents "The Bell" — 7 p.m. Dec. 17 and 2 p.m. Dec. 18, PBSC Eissey Campus Theatre, 11051 Campus Drive, Palm Beach Gardens. This contemporary ballet is an interpretation of the classic children's story, "The Polar Express." Tickets: \$24 adults, \$20 students and seniors. 627-9797; www.dancetheaterofflorida.com.

AT THE GARDENS MALL

The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. 775-7750.

(See our holiday list for happenings.)

AT THE KELSEY

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

Bar Church — Beer & Carols Edition — 6:30 p.m. Dec. 16. Cheer, beer, holiday party foods, nonalcoholic drinks and your favorite Christmas songs. Bring an unwrapped gently used or new toy for children in Haiti. Ugly sweater contest with prizes. All ages. \$10; \$30 per family. Free for kids age 5 and younger. A ministry and fellowship event of Holy Spirit Lutheran Church.

AT THE KRAVIS

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

Kalichstein-Laredo-Robinson Trio — 2 p.m. Dec. 15. Arrive by 12:45 p.m. for Beyond The Stage, a pre-concert discussion by Sharon McDaniel. Regional Arts Concert Series. \$29 and up.

From Broadway to Hollywood with Richard Glazier — 1:30 and 7:30 p.m. Dec. 17. \$39.

Itzhak Perlman, Violin — 8 p.m. Dec. 18. \$35 and up.

The Battle of the Broadway Comedians, starring Steve Solomon & Dick Capri — 11 a.m. and 2 p.m. Dec. 19. Adults at Leisure Series. Single tickets: \$29; \$99 for the six-show package.

Eric Yves Garcia and Carole J. Bufford in Bing & Rosie — Dec. 21-22. Tickets: \$35.

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; www.jupiterlighthouse.org.

Lighthouse Sunset Tour — Dec. 28. Time varies by sunset. \$15 members, \$20 nonmembers.

Twilight Yoga at the Light — 5:45 p.m. Dec. 19 and 26. Mary Veal, Kula Yoga Shala, leads.

AT THE MALTZ

Maltz Jupiter Theatre, 1001 E. Indian-town Road, Jupiter. Tickets: \$56 single tickets. Ask about the four-play and the five-play package. Season tickets are \$202. www.jupitertheatre.org; 575-2223.

"Me and My Girl" — Through Dec. 18.

"The Producers" — Jan. 1- 29.

AT THE JCC

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

Dec. 15: Bridge; Joan Lipton's Art History Lecture Series; Bereavement Support Group; bridge: intermediate class; Book Festival Presents: The Orchestra of Exiles

Dec. 16: Bridge; advanced beginner's supervised play; Women's Self Protection Training

Dec. 18: Perseverance Basketball Clinic

Dec. 19: Advanced beginner's supervised bridge play; Timely Topics Discussion Group; mah jongg and canasta

Dec. 20: Mah Jongg 101; Bridge; Hanukkah Dinner at the J

Dec. 21: Bridge; mah jongg and canasta

Dec. 22: Bridge

Dec. 23: Bridge

Dec. 25: Family Day at the J; A Hanukkah Celebration: Jewish People Who Made a Difference

AT THE PLAYHOUSE

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

Movies in the Stonzek Theatre:

"American Honey" — Dec. 16-22.

"A Kind of Murder" — Dec. 16-22.

AT THE IMPROV

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

Clayton English — Dec. 15-16.

Aries Spears — Dec. 21-23 and Dec. 25.

AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 4801 Dreher Park Road, West Palm Beach. Admission is \$16.95 for adults, \$12.95 for children ages 3 to 12 and \$14.95 for seniors aged 60 and older. Admission is free for kids younger than age 3 and museum members. Hours: 9 a.m.-5 p.m. Monday-Friday, 10 a.m.-6 p.m. Saturday and Sunday. Info: 832-1988; www.sfsiencecenter.org.

Our Body: The Universe Within — Through April 23.

LIVE MUSIC

BB&T Center — 1 Panther Parkway, Sunrise. Tickets available through Ticketmaster. 800-745-3000; www.thebbtcenter.com.

■ **Trans-Siberian Orchestra 2016 Winter Tour** — Dec. 16.

■ **Y100 Jingle Ball** — Dec. 18.

■ **Billy Joel New Year's Eve** — Dec. 31.

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

■ **Motown Fridays with Memory Lane** — 9:30 p.m. to 12:30 a.m.

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

Royal Room Cabaret: The doors open at 6:30 for dinner and the show starts at 8:30 p.m.

■ **The Four Freshmen** — Dec. 15-17. Tickets: \$70, plus \$50 food and beverage minimum.

■ **Lainie Kazan** — Dec. 27-30. Tickets: \$80, plus \$60 food and beverage minimum.

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

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

■ **Flaunt with The Dewars &**

CALENDAR

Room 13 — Dec. 15-16.

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; www.ansg.org.

■ **“Eye on Photography: A Survey of Contemporary Themes”** — Through Dec. 28.

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

■ **APBC Art on Park Gallery’s Members 2017 Exhibit** — Submission deadline is Dec. 21.

■ **Call for student work** — Submit your work by Jan. 25 for judging in STUDENTS 2017: An Exhibit of the Work of Palm Beach County Artists 12-17, on display at Art on Park gallery, 800 Park Ave., Lake Park. The judge is Caron Bowman. Exhibit dates: Feb. 6-18. Opening reception: Feb. 10.

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

■ **“New & Now: Work by New Faculty Fall 2016”** — On display in the East and Greenfield Galleries. It’s a multimedia exhibition.

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

■ **The United States of American Art** — Dec. 16-Jan. 3. The work of Daniel J. O’Keefe, Gary Kroman, Rolando Chang Barrero, Doreen Grasso, Robert Catapano, Patricio Rodriguez, Nelson Babilonia and Amber Tutwiler. Opening reception 6 p.m. Dec. 23. is free, but register online at Eventbrite.com

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

■ **“Wild Florida”** — A group exhibition featuring native, wild Florida photography. Through Dec. 17.

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

■ **“Tony Arruza’s 15 Surfboards by 15 Shapers”** — Through Jan. 21.

The Flagler Museum — One Whitehall Way, Palm Beach. Hours: 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Sunday. Tickets: free for members; \$18 adults, \$10 youth (13-17) with adult; \$3 child (6-12) with adult; younger than 6 free. 655-2833; www.flaglERMuseum.us.

■ **“Edward S. Curtis: One Hundred Masterworks”** — Through Dec. 31.

The Florida Trail Association Loxahatchee Chapter — Leads nature walks. New adventurers are welcomed. Get info and register at www.loxfltrail.org.

Okeehelée Park Walk — 7:30 a.m. Dec. 17, 7715 Forest Hill Blvd, West Palm Beach. A 4-mile leisure-paced walk. Call Margaret at 324-3543.

■ **A 16 Mile Hike** — 7:30 a.m. Dec. 17. A strenuous hike from Hobe Sound to Riverbend Park. Meet at Riverbend Park, 9060 W. Indiantown Road, Jupiter, to be shuttled to the start. Call Alan 685-4276.

■ **Hike The Apoxee Wilderness Trail** — Dec. 24, 3125 North Jog Road, West Palm Beach. Joe Rosenberg leads this 9-mile moderate-paced hike. Call 859-1954.

■ **Trail Maintenance In Okeehelée Park** — 7:30 a.m. Dec. 31, 7715 Forest Hill Blvd, West Palm Beach. Meet at the Nature Center. Call Paul at 963-9906.

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

■ **Live Music on the Waterfront** — 6-10 p.m. in the amphitheater.

■ **Live Music Sunday on the Waterfront** — Noon-4 p.m. Sundays in the amphitheater.

■ **Tai Chi Class** — 9 a.m. Saturdays. Cost: \$10.

■ **AMPed Yoga** — 10 a.m. Sundays. An all-levels vinyasa yoga class led by Jennifer Martin. \$10. Alison Berkery offers at kids yoga class for \$5.

■ **Jupiter Green & Artisan Market** — 10 a.m.-2 p.m. Sundays, year-round.

■ **Jupiter Green & Artisan Market Mid-Week** — 3-7 p.m. Wednesdays, year-round.

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

■ **“For the Love of the Game: Baseball in the Palm Beaches”** — Highlights of America’s favorite pastime in Palm Beach County.

Jonathan Dickinson State Park — 16450 SE Federal Highway, Hobe Sound. Park entry is a suggested donation of \$5. Info: 745-5551 or email friend-sjdisp@gmail.com.

■ **Canoe or kayak river tours** — Every Friday and the last Saturday of the month, from 9:45 a.m. to noon. Rent a canoe or kayak at the park’s River Store or bring your own. The tour is free with park admission. Registration in advance is required at 745-5551.

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; www.LighthouseArts.org.

■ **Illuminating the Deep** — Dec. 22-March 4. The exhibition also features The Fine Art of Exploration. An opening reception will take place at 5:30 p.m. Jan. 5.

■ **The Fine Art of Exploration** — Features the art of Else Bostlemann.

■ **Third Thursday** — 5:30-7:30 p.m. the third Thursday of the month. Wine and passed hors d’oeuvres reception and lectures, demonstrations and gallery talks.

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

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

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

■ **“Question Bridge: Black Males”** — Through Dec. 18.

#SFL TOP PICKS

12.16

■ **Jazz vocalist Yvette Norwood-Tiger** — 6-8:30 p.m. Dec. 16, Cultural Council of Palm Beach County, Lake Worth. \$20. www.palmbeachculture.com; 575-2223

#HARMONIES

■ **The Four Freshmen** — Dec. 15-17, The Colony Hotel’s Royal Room, Palm Beach. Info: 659-8100 or 655-5430; www.thecolonypalmbeach.com

12.18

#SEEME

■ **Violinist Itzhak Perlman** — 8 p.m. Dec. 18, Kravis Center. 832-7469; www.kravis.org

■ **“Me and My Girl”** — Through Dec. 18. Maltz Jupiter Theatre. www.jupitertheatre.org; 575-2223

- **Art After Dark** — 5-9 p.m. Thursdays.
- **The North Palm Beach Library** — 303 Anchorage Drive, North Palm Beach. 841-3383; www.npblibrary.org.
- **Holiday Movie: “The Nutcracker”** — 2 p.m. Dec. 15.
- **Friends of the Library Holiday Gift Wrap** — 2-6:45 p.m. Dec. 19. Bring your boxed presents.
- **Ongoing: Knit & Crochet** on Mondays at 1 p.m. Quilters on Fridays at 10 a.m. Chess on the first and third Saturday at 9 a.m. TreeSearchers Genealogy Club on the third Tuesday in Jan-May.
- **Palm Beach Gardens City Hall Lobby Gallery** — 10500 N. Military Trail, Palm Beach Gardens. Hours: 8 a.m.-5 p.m. Monday-Friday. at 630-1116 or astepper@pbgfl.com
- **Exhibition: Marine Life Paintings by Carey Chen** — Through Jan. 12. A Meet & Greet is 5:30-7:30 p.m. Jan. 12.
- **The Palm Beach Photographic Centre** — 415 Clematis St., West Palm Beach. Info: 253-2600; www.workshop.org.
- **“Dead Images: Photographs of the Grateful Dead”** — Through Jan. 4.
- **Palm Beach Gator Snow Ski Club** — Meets at 6:30 p.m. the second Thursday of the month at the North Palm Beach Country Club, 951 US Highway 1, North Palm Beach. Info: www.gatorsnowskiclub.com.
- **The Palm Beach Zoo & Conservation Society** — 1301 Summit Blvd., West Palm Beach. Hours: 9 a.m.-5 p.m. every day, except Thanksgiving and Christ-

CALENDAR



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mas. Tickets: \$18.95 adults; \$16.95 seniors, \$12.95 age 3-12, free for younger than 3. Info: 533-0887; www.palmbeachzoo.org.

The River Center — 805 N. U.S. 1, Jupiter. Hours: 9 a.m.-4 p.m. Tuesday-Saturday. The Loxahatchee River District was created more than 30 years ago to monitor and protect the river. Today it's a teaching facility and recreation area that offers programs to enrich the community and the river. Call 743-7123; www.loxahatcheeriver.org.

■ **Public Tour and Fish Feeding** — 2-3 p.m. Saturdays. A staff member leads a tour of the facility, including a touch tank presentation and feeding.

The Society of the Four Arts — 2 Four Arts Plaza, Palm Beach. Call 655-7227; www.fourarts.org.

■ **"The Nutcracker" Special Screening** — Dec. 18. Staatsballett Berlin performs.

■ **The Met Opera: Live in HD:**

■ **Mozart's "The Magic Flute"** — Dec. 17. \$27 or \$15 for students

■ **"When Modern Was Contemporary: Selections from the Roy R. Neuberger Collection"** — Through Jan. 29. Admission is \$5.

■ **"Illustrating Words: The Wondrous Fantasy World of Robert L. Forbes and Ronald Searle"** — In the Mary Alice Fortin Children's Art Gallery.

■ **"Buddy Bombard: A Life of**

Grand Adventure," with Buddy Bombard — Dec. 15. Lecture; book signing follows. Reservations required.

■ **Film Series: "The English Patient"** — Dec. 16.

■ **Florida Voices: "The One Man," with Andrew Gross** — Dec. 15. Features a presentation by the author, a Q&A and a book signing.

The Town of Palm Beach Recreation Center — 340 Seaview Ave., Palm Beach. Info: 838-5485; www.palm-beachrecreation.com.

■ Adult programs beginning Jan. 9 include: Italian, French and Spanish for beginners through Advanced students; Ballroom Dance; Karate (Self Defense); Painting/Drawing; Digital Photography; Yoga (For all levels); Stretching; Toning. Get times, days and fees online.

AREA MARKETS

West Palm Beach Antique & Flea Market — 8:30 a.m.-2:30 p.m. Saturdays through May on Narcissus Avenue. Info: www.wpbantiqueandflea-market.com.

The West Palm Beach Greenmarket — 9 a.m.-1 p.m. Saturdays along the West Palm Beach Waterfront, 100 N. Flagler Drive, West Palm Beach. Parking is free in the Banyan and Evernia garages during market hours. Info: www.wpb.org/greenmarket.

The Green Market at Wellington



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CALENDAR

— 9 a.m. Saturdays through April 29 at 12100 Forest Hill Blvd., Wellington, next to the amphitheater. Pet friendly. Info: www.greenmarketatwellington.com.

Jupiter Farmers Market at El Sol — 9 a.m.-1 p.m. Sundays through April 30, 106 Military Trail, Jupiter. Info: 283-5856; www.jupiterfarmersmarket.com.

Jupiter Green & Artisan Market at Harbourside Place — 3-7 p.m. Wednesdays at Harbourside Place, 200 U.S. 1, Jupiter. New vendors welcomed. Info: 623-5600 or www.harrysmarkets.com.

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

Lake Worth Farmers' Market — 9 a.m.-1 p.m. Saturdays, through April 29, Old Bridge Park, 1 S. Ocean Blvd., Lake Worth. Info: 283-5856; www.lakeworthfarmersmarket.com.

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 Gardens GreenMarket — 8 a.m.-1 p.m. Sundays, City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. Live entertainment from 9 a.m.-1 p.m. No pets. Through May 7. 630-1100; www.pbgfl.com.

Royal Palm Beach Green Mar-

ket & Bazaar Veterans Park — 9 a.m.-1 p.m. Sundays, Veterans Park, 1036 Royal Palm Beach Blvd. Royal Palm Beach. Through April 30. Pet friendly. www.rpbgreenmarket.com.

Jupiter Green & Artisan Market at Harbourside Place — 10 a.m.-2 p.m. Sundays year-round, 200 N. U.S. 1. Pet friendly. Call 623-5600 or visit www.harrysmarket.com.

The Green Market at Palm Beach Outlets — 11 a.m.-4 p.m. Sundays, 1751 Palm Beach Lakes Blvd., West Palm Beach. Info: 515-4400; www.palmbeachoutlets.com. ■

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Rinker Playhouse • Tickets \$39

32 characters, one man – *It's a Wonderful Life* is reborn through actor's brilliance in solo play

BEACH BOYS CHRISTMAS



Friday, December 16 at 8 pm

Dreyfoos Hall • Tickets start at \$30

Little Saint Nick is here! *Wouldn't It Be Nice* to have a *Merry Christmas, Baby* with these guys!

Sponsored by **Nina and Edgar Otto**

With support from

Beyond the Stage: Join us for a free musical presentation by Boca Raton Elementary School's Eaglet Singers, Eagle Singers & Chime Ringers in the Dreyfoos Hall lobby at 7:15 pm.

FROM BROADWAY TO HOLLYWOOD

WITH RICHARD GLAZIER



Saturday, December 17 at 1:30 pm and 7:30 pm

Rinker Playhouse • Tickets \$39

From *Medley* to *So in Love* and more: Pianist, historian Richard Glazier weaves tapestry of tunes.

ITZHAK PERLMAN



Sunday, December 18 at 8 pm

Dreyfoos Hall • Tickets start at \$35

Artistry and joy: Violin virtuoso and 16-time Grammy winner returns with stirring performance.

Sponsored by **Stacey and Mark Levy Vicki and Arthur Loring**

Beyond the Stage: Join us for a free musical presentation by Palm Beach Atlantic University Preparatory Department in the Dreyfoos Hall lobby at 7:15 pm.

ERIC YVES GARCIA AND CAROLE J. BUFFORD IN BING & ROSIE



Wednesday and Thursday, December 21-22

Wednesday at 1:30 pm and 7:30 pm
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Persson Hall • Tickets \$35

Crosby and Clooney are back! Eric Yves Garcia, Carole J. Bufford pay tribute to beloved pair

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Monday, December 26 at 8 pm

Dreyfoos Hall • Tickets start at \$15

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SOCIETY

Jupiter Medical Center Foundation honors



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2017

December 31st, 11am • Carousel Courtyard

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 Macaroni Kid
 WILD955 THE PALM BEACHES #1 HIT MUSIC STATION
 Jupiter bounce
 DOWNTOWN at the gardens

Palm Beach Gardens Medical Center

DOWNTOWN at the gardens

SOCIETY

Joe Namath at Plaza Hotel in New York City



1. John Couris and Joe Namath
2. Brinsley Matthews, Cheryl Jarvis and Carleton Varney
3. Barry Miskin, Joe Namath and Lee Fox
4. Joe Cabrera, Charlie Modica, Joe Namath and Dan Ricciardi
5. Dan Ricciardi and John Dockery
6. Joe Namath and Michael O'Brien
7. Liv Vesely and Jerson Diaz
8. Joe Namath and John Schmidt
9. Harry Benson and Gigi Benson
10. Robert Chelberg
11. Stacey Brandt, John Couris, Kathy Petri, Joe Petri and Lee Fox
12. Larry Meli



COURTESY PHOTOS

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MUSIC

From page 1

Wormhole and The Lounge in West Palm Beach, City Limits in Delray Beach) to current (Respectable Street in West Palm Beach, Propaganda in Lake Worth, Dada in Delray Beach), and been involved with publications that include *The Palm Beach Post* and *Closer*, as well as his own 'zine, the 5-year-old *PureHoney*.

With a strong online presence and print distribution of 8,000-10,000, Mr. Rullman's monthly foldout offers pre-views, creative full-color graphics and a Soundcloud playlist of his selections. The featured acts range from local to the touring artists that he lures into South Florida venues.

"The idea for *PureHoney* basically came out of necessity," Mr. Rullman said, "because you have to find a way to make money doing something. I wanted a magazine with good foldout art that could turn into posters, making it like opening a gift. And since the middle of 2013, it's become my sole source of income. But I still think it can be taken to another level."

The name of Mr. Rullman's popular mag sprang from The Honeycomb, his popular 1998-2013 local music website. As for the unorthodox spelling of his first name, that came from a different source.

"That's the way my goddaughter spells it," he said, "so I decided to keep it. I needed a new email address a few years ago, anyway."

Hence steev@purehoneymagazine.com. As for how old he is, Mr. Rullman prefers a different, more mysterious title.

"I'm ageless," he said.

It's true. Other publications have reported his age erroneously, according to Mr. Rullman, so let's just say he's young enough to have his own 5-year-old, at least in magazine form.

PureHoney's fifth anniversary party on Sept. 17, Bumblefest, featured Pennsylvania-based headliners the Stargazer Lillies with two-dozen South Florida acts on multiple stages along the 500 block of Clematis Street in downtown West Palm Beach. Mr. Rullman estimates that more than 1,000 people attended that evening.

One participant was acoustic duo the Whiskey Wasps, featuring the married co-founders of the sonic electric West Palm Beach rock quintet Raggy Monster, vocalist Rachel DuVall and singing guitarist and keyboardist Billy Schmidt.

"Steev has single-handedly provided the South Florida music scene with a sense of community that you can't find anywhere else in Florida," Mr. Schmidt said. "Bumblefest was a perfect example, and a beautiful way to celebrate *PureHoney's* five years of success. Can't wait to see what he has planned next."

"Bumblefest was a great lineup all-around by Steev," said Lake Worth-based singer/songwriter John Ralston, who also performed. "The bands were back-to-back at every club, and all were great fun."

Audience members of all ages reflected *PureHoney's* readership and Mr. Rullman's calendar-defiant, man-about-town approach.

"I'd say the bulk of our readers are between 25 and 35," he said. "But there's also a significant readership between 15 and 25, plus in the 35-and-over bracket."

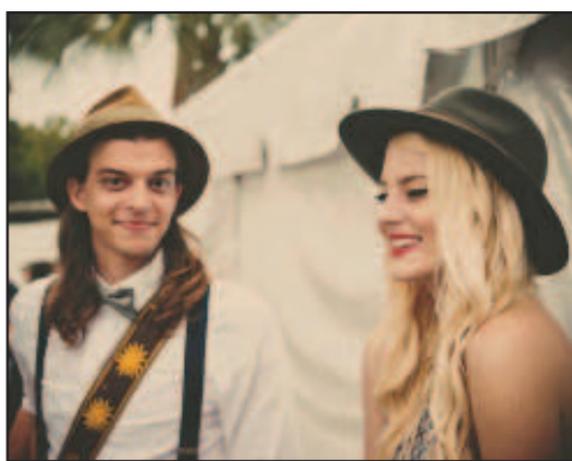
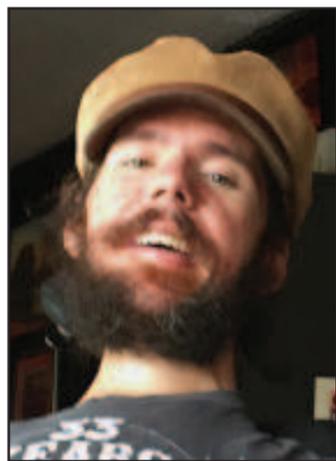
"Steev and I have run into each other twice in the cat aisle at the grocery store," Ms. DuVall said. "That's how you know he's a groovy guy."

By turning a monthly publication into a profitable venture while so many others fail, Mr. Rullman's latest groove is impressive, even if he isn't basking in



Steev Rullman relaxes at home next to a Victorian parlor organ.

COURTESY PHOTO



AJ Brockman, left, and The Whiskey Wasps, with Billy Schmidt and Rachel DuVall.

COURTESY PHOTO

the achievement.

"I'd still like to gain more support from the local scene," he said, "but it should eventually be there. I initially started out studying film and radio in Gainesville, but came back here, got involved with bands, and never went back. I just knew I didn't want to do anything corporate. So I started out doing booking and promotion of my own band, which got me going in this general direction."

Club owners seem as impressed with Mr. Rullman's myriad arts and entertainment skills as are the musicians he promotes.

"What stands out to me the most about Steev is that he's one of the rare few that puts the arts and our scene above money," said AJ Brockman, who co-owns the Lake Park plaza that houses performance venues the Brew-house Gallery and the Kelsey Theater with his mother and business partner, Jo Brockman.

"He's been an extremely influen-

tial member of the artist community, both visual and performing, not only through publications like *PureHoney*, but by literally pounding the pavement, networking, promoting and attending shows. To him, it's not really a matter of what's cool and trendy. It's more a matter of love and passion for the arts and music, and supporting artists who are in it for the right reasons. He was supporting a grassroots effort before people really even knew what that meant — focusing on local talent and local businesses, not major tourism. No matter how you look at it, he marches to the beat of his own drum, and that's what has really propelled our South Florida scene above anything else."

Mr. Rullman's most frequent partner in such endeavors has been Rodney Mayo, proprietor of diverse venues within his Sub-Culture Group — from the 29-year-old Respectable Street and the venerable Howley's restaurant in West Palm Beach to Dada, which blends fine cuisine and original live



COURTESY PHOTO

Musician John Ralston says his work with Mr. Rullman led to the release of his first album.

music in Delray Beach.

"Rodney and I have worked together since 1998, right after I stopped working for Fantasma Productions," said Mr. Rullman, citing yet another tentacle in his octopus-worthy sphere of area entertainment influence.

"Steev not only pioneered the local music scene some 20-something years ago," said Mr. Mayo, "but he continues to bring bands to our area that we would otherwise never have a chance to experience, even in well-known music cities like Austin, New York City and Chicago."

Or Los Angeles, home to Vagrant Records, Mr. Ralston's label for multiple solo albums. The singer and guitarist gives Mr. Rullman credit for the years of work together that led up to his first Vagrant release in 2006.

"I think I first worked with Steev around 1998 or 1999," Mr. Ralston said, "though I'd seen his band the Unseelie Court before that. He booked my former band, Legends of Rodeo, to open shows at Respectable Street. Between then and 2005, it seemed like we were averaging a show per month there, and he also hired us to play Moonfest, his annual Halloween festival. If Steev hadn't been a part of the scene here, I don't know if I'd have ever done the touring I did, or gotten noticed by Vagrant."

Mr. Ralston's drummer, Lantana-based Jeff Snow, remembers more vividly the first time he encountered Mr. Rullman.

"I saw Steev singing with the Unseelie Court at an old club called the Foundation, at Southern Boulevard and Military Trail in West Palm Beach," Mr. Snow said. "He was on stage with a microphone in one hand and a beer bottle in the other, and at one point, he put his thumb over the mic and started singing into the beer bottle. Which, in my mind at the time, made them the greatest band ever. So I followed them for the rest of their career."

The influence and mystery of Mr. Rullman may coalesce in forthcoming ventures that he paints only with broad strokes.

"All signs point to me running a new venue in the downtown West Palm area with Rodney in the next several months," he said. "And I had a meeting with an FM station recently in West Palm, and I may have another one with a station in Miami. Both are looking to be more community-centric through local music."

Mr. Rullman is much more specific in talking about several regional music labels, publishers, stations, publications, blogs, shops, promoters and agencies that may have followed some of his multiple leads.

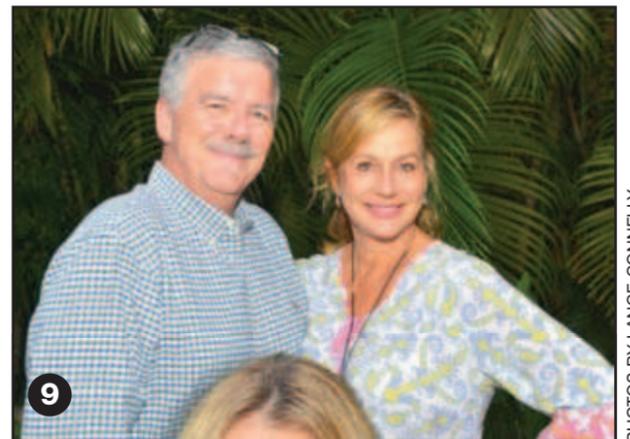
"I'm really excited to see what's lurking just around the corner for the South Florida music community," he said. "There are so many good people doing so many great things right now."

He cited Houndstooth Cottage, Jolt Radio, Ghost Drag, The Infinite Channel, Fuzz Baby, Kismet Vintage, Cheap Miami, Decades, Independent Ethos, PoDunk Radio, Too Much Love, Limitless Agency, ArtSynergy, Crass Lips and SoundBytes, among others.

"It's super-inspiring to see many of these entities working together," he said. ■

SOCIETY

Lions of Recovery dinner at The Palm Beach Zoo & Conservation Society



Tracie Duich and Megan Leach



1. Chip James, Jeannie Nicola and Carl Nicola
2. Claudia Leon-Shapiro, Terry Shapiro and Coky Lopez
3. Diane Jehle, Kirk Jamgotchian and Sahra Jamgotchian
4. Alicia Vannini and Liza Picekarsky
5. Anthony Viggiano and David Roy
6. John Grant, Michele Lutz and Kelly Landers
7. Mark Heimann, Meghan Ryan and John McGreevy
8. Paul Masaracchio, Karen Dodge and Richard Wolff
9. Joe Considine and Lavinia Baker
10. Brad Berkos, Betsy Rosander, Diane Dinkins and Meaghan Rossi-Hudson
11. Robert Needle and Kathleen Moore



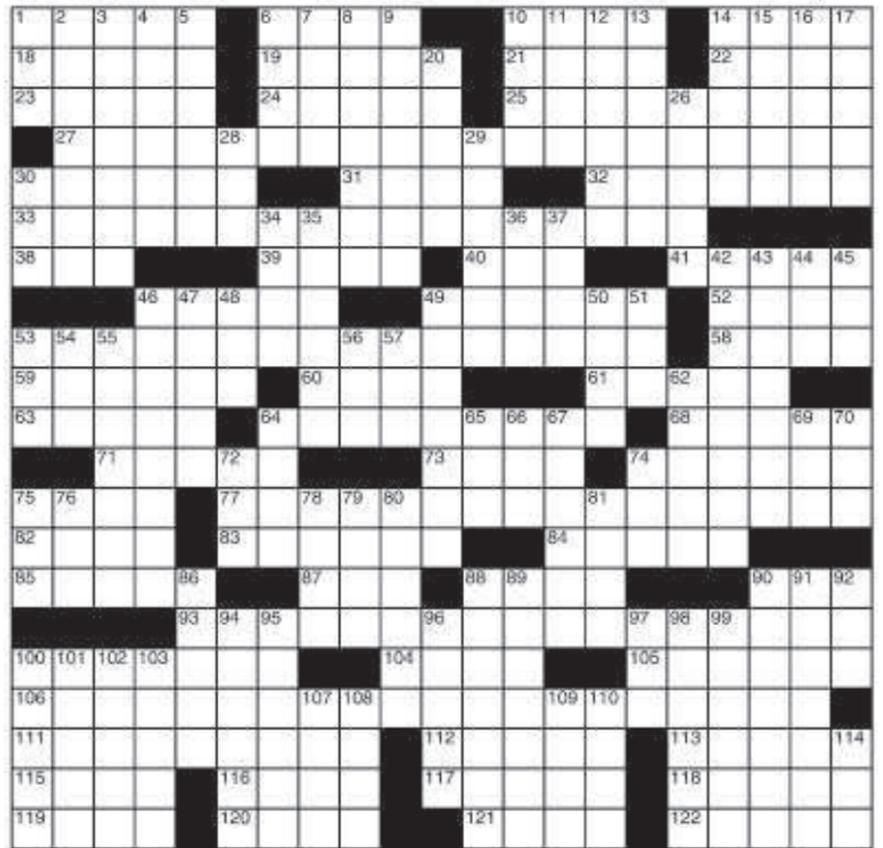
PHOTOS BY LANCE CONNELLY

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PUZZLES

UNSPOKEN BEVERAGE OF CHOICE

- ACROSS**
- 1 Out on — (in potential danger)
 - 6 "I'm just sayin'," in a text
 - 10 Letters after chis
 - 14 Apple variety
 - 18 — de Mayo
 - 19 Indian melodies
 - 21 "Don't say it!"
 - 22 Famed flood figure
 - 23 Challenges
 - 24 School, in France
 - 25 Card game for one
 - 27 Start of a riddle
 - 30 Popular Eli Lilly brand
 - 31 Sacred vow
 - 32 Tdies
 - 33 Riddle, part 2
 - 38 Fit — bill
 - 39 Sodium hydroxide, chemically
 - 40 Lean — (shacks)
 - 41 Octet count
 - 46 "You Got It" singer
 - 49 Ghostly spirit
 - 52 Trivial lies
 - 53 Riddle, part 3
 - 58 Cozy spot
 - 59 Publishes
 - 60 Morales of Hollywood
 - 61 Citrate, e.g.
 - 63 Burrito
 - 64 Riddle, part 4
 - 66 Like a king
 - 71 Pupa-to-be
 - 73 Microwave, informally
 - 74 Islamic holy city
 - 75 Turn liquid
 - 77 Riddle, part 5
 - 82 — Lama
 - 83 Like a scornful villain's face
 - 84 "Für —" (piano classic)
 - 85 Annual sports awards
 - 87 TV actress
 - 88 Roosevelt's term
 - 90 — West (life jacket)
 - 93 End of the riddle
 - 100 Devotee
 - 104 Tombstone lawman
 - 105 Theater area
 - 106 Riddle's answer
 - 111 Sent by plane, as a letter
 - 112 Ghostly
 - 113 Pop singer
 - 115 Word after a noun, often
 - 116 Snow glider
 - 117 "Fear Street" author R.L. —
 - 118 Perfect spots
 - 119 Big ice cream brand
 - 120 Old fast jets, for short
 - 121 Finger sound
 - 122 TV "explorer" and others
 - 7 1993 siege site in Texas
 - 8 1952 Walt Kelly comic strip collection
 - 9 "The Misfits" actor Eli
 - 10 Swank
 - 11 "Flee, fly!"
 - 12 Off the coast
 - 13 Evening do
 - 14 Out of place
 - 15 Silk pattern
 - 16 RBI king
 - 17 The mating game?
 - 20 Catches sight of, biblically
 - 26 Josh
 - 28 — Ops (CIA mind games)
 - 29 — ya up to?"
 - 30 Curious pet
 - 34 See 70-Down
 - 35 "Taboo" cable chan.
 - 36 Copy a tiger
 - 37 "Keep dreaming!"
 - 42 Assuming it's necessary
 - 43 Fashion's Armani
 - 44 "Veep" cable channel
 - 45 "Tut" relative
 - 46 Flees
 - 47 Perfume from flower petals
 - 48 — my fault!
 - 49 Singer
 - 50 Stocking tips
 - 51 168 in a wk.
 - 53 Car navig. aid
 - 54 Man-mouse link
 - 55 Old indoor light source
 - 56 "Go back" PC key
 - 57 "... we'll — a cup of kindness ..."
 - 62 Deuce
 - 64 Lyricist
 - 65 Neighbor of Switzerland
 - 66 34th prez
 - 67 Lowest tier of a parking garage, perhaps
 - 69 "Further ..."
 - 70 With 34-Down, chew out
 - 72 Beetles, e.g., briefly
 - 74 CAT scan relative
 - 75 Three, in Milan
 - 76 — -been
 - 78 "Judge not, lest — judged"
 - 79 Rice, e.g.
 - 80 Spouts forth
 - 81 Biblical kingdom
 - 86 "Yes and no"
 - 88 Mink cousins
 - 89 Pain-relief pill
 - 90 More clouded
 - 91 Insect feeler
 - 92 Conceit
 - 94 Careless
 - 95 Boring tools
 - 96 Devil's place
 - 97 Notable time
 - 98 Leaning
 - 99 Afro, e.g.
 - 100 Tequila plant
 - 101 Dehydrated
 - 102 Cheerful
 - 103 Feet, in verse
 - 107 Cross paths
 - 108 Roush and Byrnes
 - 109 Singer
 - 110 Don't discard
 - 114 Mag., printing



SEE ANSWERS, B12

HOROSCOPES

SAGITTARIUS (November 22 to December 21) The coming year will bring more people into your life. Some situations might not work out as well as others. But overall, everyone earns something, and that's always a good thing.

CAPRICORN (December 22 to January 19) The new year could find you indulging in one or more of the hobbies you've always wanted to take up. And don't be surprised if they ultimately direct you toward a new career.

AQUARIUS (January 20 to February 18) The artistic Aquarian should find more opportunities in the new year. You might even make some potentially helpful contacts as you gather to ring in the year 2017.

PISCES (February 19 to March 20) The new year offers challenges for Pisceans who want to make better use of the skills they now have and learn new ones. Personal relationships show stronger positive aspects.

ARIES (March 21 to April 19) With the new year's opportunities almost

within reach, the Arian's courageous aspects are raring to go. And don't be surprised if a lot of people follow the zodiac's most trusted leader.

TAURUS (April 20 to May 20) Change lies ahead for the brave Bovine who is ready to shuck off the tried and true to try something new. But appearances can be deceptive. Check it all out before you charge into anything.

GEMINI (May 21 to June 20) This week promises a peek into what the new year holds for the Gemini Twins, both in love and careers. Family matters continue to be a factor in decisions you're going to be facing.

CANCER (June 21 to July 22) As you move into the new year, your travel aspects grow stronger, and you might find yourself making decisions about a destination and a traveling companion sooner than you'd expected.

LEO (July 23 to August 22) The new year holds both glitter and gold. This means Leos and Leonas should begin getting the facts they'll need to separate

the real thing from the sham in order to make important decisions next year.

VIRGO (August 23 to September 22) A good way to start the new year might be to arrange for a visit to someone you haven't seen in a long time. You also might want to pick up that project you put off a while back.

LIBRA (September 23 to October 22) As you contemplate the new year's potential, you might want to talk things over with people who are or have been where you want to go. Their experience and advice can be helpful.

SCORPIO (October 23 to November 21) Someone close to you might feel like you have no more room for him or her in your life. This calls for immediate reassurance of your love so you can start the new year on a high note.

BORN THIS WEEK: Although at times you tend to be a bit judgmental, you are generous and caring and very much beloved. ■

By Linda Thistle

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

Difficulty level:



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.

SEE ANSWERS, B12

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Deli Selections

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TURKEY "OFF THE FRAME"
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HOLIDAY CELEBRATIONS

PARADES

■ **The second annual Lake Osborne Holiday Boat Parade** — 7:30 p.m. Dec. 16 in John Prince Park, Lantana. Meet on the water at Anchor Inn by 6 p.m. The parade starts at 7:30 p.m. The parade route starts and ends at Anchor Inn. For info, or to participate, email osborneachtclub@gmail.com a registration form or visit the Facebook page.

■ **Boca Raton Boat Parade** — 6:30-8 p.m. Dec. 17. A 6½-mile parade route from the C-15 Canal to the Boca/Delray border south to the Hillsboro Boulevard Bridge. 393-7995; www.myboca.us.

CONCERTS

■ **Blue Suede Christmas** — 7:30 p.m. Dec. 15, in the Pavilion at Old School Square, 51 N. Swinton Ave., Delray Beach. A holiday tribute to Elvis Presley. \$5 donation. www.OldSchoolsquare.org

■ **“The Polar Express” Movie and Activities** — 5 p.m. Dec. 16, Mizner Park Amphitheatre, 590 Plaza Real, Boca Raton. Train rides, snow, refreshments. The movie starts at 6:30 p.m. 393-7984; www.myboca.us/pages/mizneramph.

■ **St. Peter Catholic Church’s Singing Christmas Tree** — 7 p.m. Dec. 16 and 17, St. Peter’s Parish Hall, 1701 Indian Creek Parkway, Jupiter. Features adult, children’s and bell choirs, with an orchestra and audience sing-along. Tickets: \$10 adults, \$5 children age 12 and younger. 575-0837 or www.stpetercatholicchurch.com.

■ **Handel’s “Messiah”** — 7 p.m. Dec. 16, at the United Methodist Church of the Palm Beaches, 900 Brandywine Road, West Palm Beach. The Masterworks Chorus of the Palm Beaches performs this classical masterpiece. Soloists

for these performances are Amber Rose, soprano, Danielle MacMillan, mezzo-soprano, Christopher Waite, tenor, and Mark Aliapoulos, bass. A second show takes place at 7 p.m. Dec. 18, at the Royal Poinciana Chapel, 60 Coconut Row, Palm Beach. Tickets: \$25 adults, \$10 students at www.masterworkspb.org or 845-9696. Tickets may be available at the door.

■ **Beach Boys Christmas** — 8 p.m. Dec. 16 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Join the iconic group, grooving for more than 50 years, in a “Merry Christmas, Baby” show. \$30 and up. www.Kravis.org; 832-7469.

■ **TubaChristmas** — 6 p.m. Dec. 17, Downtown at The Gardens, 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. 340-1600; www.downtownatthegardens.com.

■ **Dance Theatre of Florida presents “The Bell”** — 7 p.m. Dec. 17 and 2 p.m. Dec. 18, PBSC Eisey Campus Theatre, 11051 Campus Drive, Palm Beach Gardens. This contemporary ballet is an interpretation of the classic children’s story, “The Polar Express.” Tickets: \$24 adults, \$20 students and seniors. 627-9797; www.dancetheaterofflorida.com.

■ **Lessons and Carols — Noël! Noël! A French Christmas** — 3 p.m. Dec. 18, St. Paul’s Episcopal Church, 188 S. Swinton Ave., Delray Beach. Part of Music at St. Paul’s. 278-6003; www.stpaulsdelray.org.

■ **Handel’s “Messiah”** — 7 p.m. Dec. 18, Royal Poinciana Chapel, 60 Coconut Row, Palm Beach. The Masterworks Chorus of the Palm Beaches performs. 845-9696; www.masterworkspb.org.



■ **“Rudolph the Red-Nosed Reindeer: The Musical”** — 2 and 7 p.m. Dec. 23 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. The beloved TV classic on stage with all your favorite characters. \$20 and up. www.Kravis.org; 832-7469.

■ **Christmas Cabaret on The Club Level** — 7:30 p.m. Dec. 23, Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. A holiday concert featuring three special guest soloists and a choir from the Goldner Conservatory of Performing Arts and a family sing-along. Tickets: \$25. 575-2223; www.jupitertheater.org.

■ **Live Christmas Eve Music** — 6-10 p.m. Dec. 24, Downtown At The Gardens, 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. 340-1600; www.downtownatthegardens.com.

■ **The State Ballet Theatre of Russia** — 7:30 p.m. Dec. 26 in the Pavilion at Old School Square, 51 N. Swinton Ave., Delray Beach. Program: The Tchaikovsky Christmas Spectacular featuring selections from two of the greatest classical ballets of all time, all set to the music of Tchaikovsky, and featuring 50 of Russia’s brightest ballet stars. \$30 adults, \$20 students. General admission seating. 243-7922; www.oldschoolsquare.org.

PLAYS

■ **“The Christmas Carol”** — Through Dec. 18, at the Sol Theatre, 3333 N. Federal Highway, Boca Raton. This adaption by Brian Way of the beloved story about Tiny Tim and his poor family, and Mr. Scrooge, the local miser, is directed by Christopher Mitchell. Tickets: \$20 adults, \$12 for kids age 11 and younger. www.solchildren.org; 447-8829.

■ **“This Wonderful Life”** — 7:30 p.m. Dec. 16 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Jeremy Kendall brings this poignant and uplifting one-man play based on the iconic 1946 holiday film, “It’s a Wonderful Life,” to the stage. Tickets: \$39. www.Kravis.org; 832-7469.

■ **Steve Solomon: Home for the Holidays** — Dec. 22-23 in the Crest Theatre at Old School Square, 51 N. Swinton Ave., Delray Beach. The star and creator of “My Mother’s Italian, My Father’s Jewish & I’m in Therapy” returns with “My Mother’s Italian, My Father’s Jewish, I’m Home for The Holidays: The Therapy Continues...” Tickets: \$36-\$46. 243-7922; www.oldschoolsquare.org.

HOME TOURS

■ **The 29th Annual Old Northwood Candlelight Holiday Home Tour** — 5-9 p.m. Dec. 18. Homes are all decked out for the holidays, so what better time for a tour? John Volk, an Austrian-born architect made a major contribution to Old Northwood, designing his first five homes when he was only 25 years old. Four of those homes are on the tour. Other homes are Mediterranean Revival and Spanish Mission style, made popular by Addison Mizner, plus Craftsman-style

HAPPENINGS

From page 1

they browse the art, bid on a silent auction item or two, tap their toes to some lively music and meet other people who love animals.

A \$20 donation includes five wine tastings and an assortment of gourmet cheeses. For more information, call (786) 521-1199 or visit www.theboxgallery.info

Teacher William Merritt Chase

Art After Dark from 5-9 p.m. Dec. 22 at the Norton Museum of Art will spotlight the opening of the exhibition of American painter William Merritt Chase. The artist’s legacy is that of founding father of the Chase School, which evolved into the revered and respected Parsons School of Design.

Labeled an exponent of Impressionism, Chase’s work as a teacher left an impact on the art world that can be seen and felt today. For some it will seem the students have surpassed the teacher. For others, Edward Hopper and Georgia O’Keeffe would not be household names but for Chase’s influence.

The docent-led tour of the French impressionism offered at 5:30 p.m. is followed by four spotlight talks focusing on Chase’s students. The talks begin at 6:30 p.m. with George Bellows followed by Edward Hopper, Georgia O’Keeffe and Charles Demuth.

Guests who want to try their hand at Impressionism should join the DIY activity, from 6 to 8 p.m. in the Davis Gallery.



William Merritt Chase (American, 1849–1916) *Shinnecock Hills, Autumn, circa 1893* Oil on canvas Courtesy of Washington D.C. Collectors

Sammi McLean will teach.

Take a minute to enjoy the Irwin Solomon Trio, which includes bass-player Dave Tomasello and Giuseppe Pucci on drums, performing jazzy holiday songs and selections from the Great American Songbook.

Art After Dark takes place each Thursday from 5 to 9 p.m. at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. Admission is free. For more information,

call 8332-5196 or visit Norton.org

Get ready to run

The Palm Beach Zoo will host the annual “Save the Panther 5K Run” on Jan. 7. This run spotlights the plight of Florida’s state animal, the Florida panther, whose wild population hovers around 150 cats, although it’s hard to say for sure, but everyone does agree that number should

be higher.

The Panther Run meanders through the lovely tree-shaded park and finishes inside the zoo. This is a true chip-timed, USATF-sanctioned run. Race registration includes a running T-shirt and zoo admission. Runners can also register for the entire “2017 Big Cat Race Series,” which includes the “Save the Tiger 5K” in May and the “Save the Jaguar 5K” in September.

For adults, registration for the 5K is \$30 until Dec. 28 when it increases to \$35. Race day registration is \$40. Fees to register for the Big Cat series are \$80 until Dec. 28, and \$95 after. There is no race day registration for the series. Youth fees for age 17 and younger are \$20 for the Panther Run until race day when the fee is \$25. The Big Cat series is \$50, increasing to \$60 on Dec. 28.

Proceeds from this race support the Palm Beach Zoo’s partnership with Florida Wildlife Corridor to protect panthers and their habitat. “Save The Tiger 5k” proceeds help tiger conservation at Endau Rompin in Malaysia, and “Save The Jaguar 5k” proceeds aid the Madidi Tambopata in Bolivia.

For more information, call 533-0887 or visit www.palmbeachzoo.org/save-the-panther-5k-2017.

Get ready to write

Julie Gilbert returns to the Kravis Center with her popular Writers’ Academy on Jan. 3. If you’re ready to finally write that memoir, novel, or book of poems, this is just the push you need. Ms. Gilbert believes everyone has the potential to write truly and deeply. Let her help you unlock the writer in you. Tickets are \$30. Register online at www.kravis.org or call 832-7469. ■

HOLIDAY CELEBRATIONS

bungalows and American FourSquare-style. Champagne, beer and wine and light tastings will be offered at homes on this self-guided walking tour. There will be a trolley for those who don't want to stroll. Tickets: \$35 or \$62.50 for VIP, which includes a pre-party, and a spot first in line for the tour. www.oldnorthwood.com.

OTHER

■ **Sandi Land** — Through Dec. 31, The West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. www.wpb.org.

• “Sandi,” the world’s only 600-ton, 35-foot-tall holiday sand tree, is strung with more than 5,000 lights and is becoming a tradition in West Palm Beach. Sandi returns to center stage and kicks off “Holiday in Paradise,” a monthlong holiday celebration that features free family-friendly entertainment, including:

• Sandi’s baby sculptures: Stop to “ooh” and “aah” over Sandi’s four little baby (25-ton) sculptures along the waterfront.

• Sandi’s Light Shows: Light shows take place in 15-minute cycles 6:15-10 p.m. Sunday-Thursday and 6:15-11 p.m. Friday and Saturday. Twinkling lights and ‘snowflakes’ fill the sky.

• Glow for it Mini-Golf: Tee it up along the scenic Intracoastal Waterway with 9 es of glow-in-the-dark mini golf for \$2.50 per person per round.

• Snowie-Ville: Create your own tropical snowman with fun mix-and-match pieces.

• Sandi’s Dressing Room: New this year, get a behind-the-scenes look at the glamorous side of Sandi. See her celebrity dressing room and all that it takes to keep Sandi looking Holiday-ready. Open at 10 a.m. daily. Free.

■ **Holiday Hope Tree** — Through Dec. 19 at the Mall at Wellington Green, 10300 Forest Hill Blvd., Wellington. Donate a gift to a child at Place for Hope at the Hope Tree, or donate to one of the collection boxes throughout the community until Dec. 20. You can also donate directly to the Place of Hope, a faith-based, state-licensed children’s organization that provides children and families with the care they need. www.placeofhope.com/events.

■ **Holiday Light Show** — Every night through Dec. 31, Downtown at The Gardens, 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. This display of more than 500,000 colored lights is set to holiday music runs on the hour from 6 to 9 p.m. every night through the holidays. Visit on Wednesday for free carousel rides. 340-1600; www.downtownatthegardens.com.

■ **Hoffman’s Chocolate’s Winter Wonderland** — Through Dec. 30, 5190 Lake Worth Road, Lake Worth. More than 75,000 LED lights, a 12-foot Christmas tree, a decorated gazebo, fountains, a Nativity scene, a Hanukkah display and an Arctic zone with lighted polar bears and penguins, and a Sweet Shack with assorted sweets for sale. Vote for your favorite holiday wreath and help a local charity, which gets \$1,000 for winning the popular vote. Live music. Info: hoffmans.com/winterwonderland.

■ **At the Gardens Mall** — 3101 PGA Blvd., Palm Beach Gardens. www.thegardensmall.com

• Santa’s Enchanted Garden Photo Set — Through Dec. 24. Meet Santa in his wonderland decorated with boughs of evergreen, decadent, treasure-filled trees, twinkling lights, snow-covered drifts, and festive adornments of red and green, silver and gold, plus reindeer,



COURTESY PHOTO

Hoffman’s Chocolate’s Winter Wonderland

snowmen, and various woodland creatures, elves and holiday music. Through Dec. 24 during mall hours. Photo packages for purchase. Purchase a FastPass and you can zip through the line by choosing a day to visit ahead of time. You must bring a printed copy of your FastPass.

• “Christmas Eve Interlude,” by Franco Corso — Noon Dec. 24, in Grand Court. Italian singer Franco Corso performs a 30-minute holiday concert.

• Holiday Gift Wrap Suite — Through Dec. 24, on the Upper Level of Grand Court. Complimentary gift wrapping, cell phone charging, holiday movies from 11 a.m. to 7 p.m. On Christmas Eve, they close at 6 p.m. Tips will be donated to The Arc of Palm Beach County.

• Bonus — Find out how to get a bonus gift or a gift card for yourself when you buy a gift card for a gift. — Dec. 18-22.

Dec. 15-31

■ **Bar Church — The Beer & Carols Edition** — 6:30 p.m. Dec. 16, Kelsey Theatre, 700 Park Ave., Lake Park. “Cheer, beer, good eats and your favorite Christmas songs! Bring an unwrapped gently used or new toy for children in Haiti. Don’t miss the ugly Christmas sweater contest. All ages. \$10, or \$30 for a family, including food and nonalcoholic drinks. Free for kids age 5 and younger. A ministry and fellowship event of Holy Spirit Lutheran Church. Get tickets online at www.thekelseytheater.com/upcoming_events.

■ **Breakfasts with Santa** — 9-11 a.m. Dec. 17, BRIO at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. A plated breakfast and holiday activities including face painting, holiday crafts, cookie decorating, ornament making, and Christmas carolers. Santa Claus will visit each table to collect wish lists, and will also take photos with guests. BYO cameras. \$11.95 adults; \$5.95 children. Reservations are required. 622-0491.

■ **Cookie Cruise with Santa** — 10 a.m. Dec. 17 aboard the Lady Atlantic, Delray Yacht Cruises. 243-7922, Ext. 1; www.OldSchoolsquare.org; www.delray-beachcruises.com.

■ **Jupiter Jingle Jog** — 5 p.m. Dec. 17, Harbourside Place, Jupiter. A 1.5 mile fun run/walk. \$20 for the jog, \$10 for the kids 200-yard scamper. Holiday attire encouraged. Register online at active.com.

■ **Screen on the Green Delray Beach** — 6:30 p.m. Dec. 17, Old School Square Park, Delray Beach. An outdoor holiday double feature. www.oldschoolsquare.org.

■ **Sunday On the Waterfront** — 4-7 p.m. Dec. 18 on the Palm Stage at the West Palm Beach Waterfront. The Aloha Islanders Tropical Holiday Spectacular is a high-energy Polynesian entertainment troupe whose show is packed with pulsating drums, hula dancers and Samoan fire-knife dancers. Info: www.Wpb.org/events for details.

■ **Christmas in the Caribbean** — 5-7 p.m. Dec. 18, Bistro Ten Zero One at the West Palm Beach Marriott, 1001 Okeechobee Blvd., West Palm Beach. Chef Christian moves the party to the garden for a dinner on the grill that’s a nod to Puerto Rico and the surrounding islands. Live entertainment. Food and two drinks, \$35, plus tax and gratuity. RSVP to Local Wine Events at <http://bit.ly/bistro121816>.

■ **Live Nativity** — 6 p.m. Dec. 18, on the front lawn of First Presbyterian Church, 482 Tequesta Drive, Tequesta. Hear the Christmas story, followed by cookies and cocoa. Bring a lawn chair. Info: 746-5161, Ext. 10; www.tequestapres.org.

■ **Holiday Evening Tours of Whitehall** — Dec. 18-23, Flagler Museum, 1 Whitehall Way, Palm Beach. 655-2833; www.flaglermuseum.us.

■ **Christmas Eve Candlelight Services** — 3 and 7 p.m. Dec. 24, the First Presbyterian Church, 482 Tequesta Drive, Tequesta. Services include the bell choir, chancel choir, communion and a children’s sermon. 746-5161, Ext. 10; www.tequestapres.org.

■ **The Avenue Church Candlelight Service** — 7 p.m. Dec. 24, at the Pavilion

at Old School Square, 51 N. Swinton Ave., Delray Beach. 243-7922; www.oldschoolsquare.org.

■ **Christmas Day Songs and Prayers** — 10 a.m. Dec. 25, the First Presbyterian Church, 482 Tequesta Drive, Tequesta. No sermon. Children may wear pajamas and bring a toy. Stay for free Christmas brunch. 746-5161, Ext. 10; www.tequestapres.org.

■ **Christmas Dinner at Avocado Grill** — 1-9 p.m. Dec. 25, 125 Datura St, West Palm Beach. The three-course prix fixe dinner is \$49.50 for adults, \$25 for children. Get the complete menu online at avocadogrillwpb.com Reservations required through OpenTable.com or 623-0822.

HANUKKAH

■ **Temple Sinai of Palm Beach County Hanukkah Concert** — 5:30 p.m. Dec. 18, Temple Sinai, 2475 W. Atlantic Ave., Delray Beach. Performers include the shabbat choir, junior choir, cantor Margaret Schmitt, cantor Rennie Brown and Rabbi Aviva Bass. Organist Vindhya Khare will be the accompanist. A program of traditional Chanukah Songs and several contemporary songs is planned. Free. No tickets are required. 276-6161, Ext. 100.

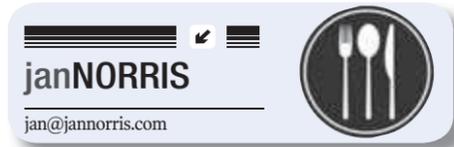
■ **Menorah Lighting** — 6 p.m. Dec. 24 on the Front Lawn at Old School Square, 51 N. Swinton Ave., Delray Beach. 243-7922; www.oldschoolsquare.org.

■ **Hanukkah Celebration** — 5:30 p.m. Dec. 28, Delray Marketplace, 14851 Lyons Road, Delray Beach. A magical themed celebration in conjunction with Chabad of Delray. A menorah lighting takes place in the amphitheater. A magic and illusion stage show, latkes and doughnuts, photos and giveaways. Info: 865-4613 or visit www.delraymarket.com.

■ **Hanukkah in Center Court** — 5-7:30 p.m. Dec. 29, Palm Beach Outlets, Palm Beach Lakes Blvd., West Palm Beach. The menorah lighting, music, dancing, latkes. 515-4400; www.palm-beachoutlets.com. ■

CUISINE

Blue Marlin Grille opens in former Bonefish space



From the families of the restaurants **Divino Ristorante Italiano** in Palm Beach Gardens and **Tiramisu** in Tequesta comes the **Blue Marlin Grille** in the **Shoppes of Oakbrook** in Palm Beach Gardens.

General manager **Matthew Concova** said the restaurant opened at the end of November in the space formerly occupied by **Bonefish Grill**.

"We gutted the whole place, replaced the floor, made it a completely different space. It's trendy and modern, with a lounge/bar area, and a bar menu," he said. Purple uplights highlight the bar, and tint the white coral set in glass, and white leatherette banquettes with dark wood accents give it an upscale luxe feel.

The menu is Continental — "heavy on the seafood," he said, with plenty of choices for omnivores. Steaks listed as Grade A Prime, veal osso buco, pistachio-crusted snapper, ribeye with a choice of three preparations, and a filet mignon join a list of seafood dishes.

"We're kid-friendly, with several dishes for kids, and we have gluten-free options, vegetarian options — we can accommodate almost anyone's request."

They're already very busy despite a soft opening, Mr. Concova said, and he expects crowds once they find out about



The owners of the Blue Marlin Grille completely gutted the former Bonefish Grill space.

COURTESY PHOTO

a sunset special, or the happy hours, and Tuesdays, when ladies get two free glasses of house wines. A separate bar menu is available all night.

A note: This Blue Marlin is no relation to the former Blue Marlin in Jupiter.

The Blue Marlin Grille is at 11658 U.S. Highway 1, Palm Beach Gardens. Phone 331-8989; www.bluemarlinpb.com. It's open for dinner daily at 4 p.m.

Bistro Ten Zero One plans Christmas in the Caribbean

It's Christmas in the Caribbean at **Bistro Ten Zero One** in the West Palm Beach Marriott.

Chef **Christian Quiñones** is pulling together his favorites from his native

Puerto Rico and the surrounding islands to offer guests a tropical holiday party in the hotel's garden courtyard on Dec. 18, 5-7 p.m.

Guineito salad with local bananas, onion escovitch and cilantro; Sancocho stew made with a flavorful broth, beef, yucca, and herbs; a roasted whole pig, marinated with adobo seasoning and oranges; flank steak with a Creole sauce; the rich, creamy coconut pudding known as tembleque, traditional rice pudding, and a cheese flan are on



QUIÑONES

the buffet-style menu with other dishes. Fresh, seasonal beer from local brewers and wines will be served; live entertainment will be provided by the Puerto Rican Salsa Project.

Cost is \$35 plus tax and tip per person (includes two drinks).

Reservations can be made through www.Opentable.com. For more information, visit www.bistro1001.com.

Mai-Kai turns 60

Happy birthday to the now-famous



Mai-Kai, which turns 60 this month. The Fort Lauderdale landmark restaurant on U.S. 1 was built during the height of the craze for all things tiki-related, thanks to returning World War II servicemen who came home via Polynesia, and to Hawaii's statehood. The Mai-Kai is the last remaining example of the classic midcentury Polynesian supper clubs. Birthday specials take place all month, and there's a new Polynesian dance show. But a special Symposia Series and Customer Celebration Party is planned for Dec. 28, 1:30-4 p.m. Go to www.tikiliki.com. ■

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FLORIDA WEEKLY CUISINE

In the kitchen with...

MARVIN BARRERA, Daytime chef and partner at Caffé Luna Rosa, Delray Beach

BY MARY THURWACHTER
mthurwachter@floridaweekly.com

You could call Marvin Barrera the King of the Best Bites. That's because Mr. Barrera, daytime chef and partner at Caffé Luna Rosa in Delray Beach, won first place in the annual "Best Bite on the Ave." competition at Crane's Beach-House Hotel & Tiki Bar for the past three years. And he's got the trophies to prove it.

The popular chow-down pairs 10 local restaurant chefs and 10 nonprofits to compete for votes and donations. At the most recent competition, Caffé Luna Rosa's entry, created by Chef Barrera, involved yellowtail snapper with a saffron sauce and a jumbo crab garnish.

"I like to win," admits Chef Barrera. "But winning is not something that happens one time. You do it all the time."

With that in mind, Chef Barrera prepares winning dishes day after day at the Oceanside restaurant. But don't ask him to pick one favorite.

"Everything on our menu is good," he says. "Eggs Benedict, omelets, pancakes, they are all good and very popular. And I do four specials every week."

"I look at almost every plate that leaves the kitchen to be sure it meets our standards for quality, consistency and freshness," he says. "I'm always focused on making sure we do the best for all our customers and it makes me proud to know that customers are enjoying their meals."

Caffé Luna Rosa was founded as a gelateria and paninoteca in 1993 by Fran Marincola. It became a full service restaurant serving breakfast, lunch and dinner in 1997. Six years ago, Mr. Marincola made some of the longtime employees, including Chef Barrera, partners. Other partners are Executive Chef Ernesto DeBlasi, Day Manager John Gergen, Office Manager Bonnie Beer, Nikola Stijak and Aaron Hallyburton.

Chef Barrera learned the ropes by working with good chefs over the years.

"I enjoy the chance to use my creativity when putting together our daily lunch and brunch specials," he says. "At Caffé Luna Rosa, I have been given an



COURTESY PHOTO

Marvin Barrera has won prizes for his cooking at competitions in Delray Beach.

opportunity to grow and everyone truly is treated like a member of the family."

Being a partner at a top restaurant in Delray Beach is quite an accomplishment for Chef Barrera, who grew up on a vegetable farm in Guatemala. There, he rose at 4:30 each morning to tend to the cows and horses and to work the land.

He moved to the U.S. when he was 20 and started working in restaurants. He remains an early riser, up at 5:30 to open the kitchen at Caffé Luna Rosa.

"Fran Marincola has helped me and my family in so many ways," he says. "We're all grateful for the kindness we've received and for what Fran has done for us."

Chef Barrera and his wife, Maria Isabel Barrera, have two children, Isabella, 13, and Ivana, 11, and live in Palm Beach Gardens.

Marvin Barrera

Age: 47

Original country: Guatemala

Restaurant: Caffé Luna Rosa, 34 S. Ocean Blvd., Delray Beach, 274-9404, www.caffelunarosa.com. It's open for breakfast, brunch, lunch and dinner.

Mission: To be the best I can. To get out to customers the best food I can every day.

Cuisine: Italian at night and Italian-American during the day.

Training: I learned from professionals and soaked in as much knowledge as I could every day.

What's your footwear of choice in the kitchen? No particular brand, just comfortable shoes for someone on his feet a lot.

What advice would you give someone who wants to be a restaurateur or chef? Focus at all times. You have to have a passion for food and for cooking. And keep customers in mind. ■



COURTESY PHOTO

Ironwood Steak & Seafood at PGA National Resort and Spa.

SCOTT'S THREE FOR 3 Hotel restaurants A trio worth noting

1 IRONWOOD STEAK & SEAFOOD

PGA National Resort and Spa, 400 Ave. of Champions, Palm Beach Gardens; 627-2000 or www.pgaresort.com.

You never know who you will see hanging out at PGA National's iBar, but Ironwood is where all the top culinary action takes place. Steaks are the main attraction here, but the restaurant also is known for its locally caught seafood. You also can raise a glass with vintages produced by PGA Tour legends Jack Nicklaus, Greg Norman, Ernie Els, Nick Faldo and Luke Donald.

2 POLO STEAKS AND SEAFOOD

The Colony Hotel, 155 Hammon Ave., Palm Beach; 655-5430 or www.thecolonypalmbeach.com.

The best seat in the house is outside, especially during the winter. And it's there that I love to feast on the curry chicken salad, with plump bits of chicken, apples and raisins tossed in an aromatic curry sauce. Also quite hearty: The Chopped Chicken Cobb Salad, with plenty of blue cheese and chicken atop crisp, chilled greens.



COURTESY PHOTO

Polo Steaks and Seafood at The Colony Hotel in Palm Beach.

3 CAFÉ BOULUD

The Brazilian Court, 301 Australian Ave., Palm Beach; 655-6060 or www.cafeboulud.com/palmbeach/.

Rick Mace does a marvelous job of carrying on namesake chef Daniel Boulud's mission at his Palm Beach outpost, turning out menu items with influences from France and the rest of the globe. Feeling decadent? Try the Foie Gras Chaud, with wonderfully nutty goose liver accompanied by slices of apple and fresh-baked brioche.

— Scott Simmons

THE DISH: Highlights from local menus

The Place: Galley at the Hilton West Palm Beach, 600 Okeechobee Blvd., West Palm Beach; 231-6000 or www3.hilton.com.

The Price: \$16

The Details: They had us at bacon jam.

The slightly sweet, slightly tangy condiment is the new must-have for burgers and other sandwiches.

It goes well with the equally sweetly sour pickled green tomato and slightly sharp cheddar that top this fresh-ground burger, served medium as ordered on a perfectly toasted roll.

Galley, the Hilton's bar-restaurant, was quiet the night we visited, but the views of the patio and pool beyond are gorgeous. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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DECEMBER 2016

Change your smile, change your life | 2

Lose that double chin | 3

Healthy twists on holiday favorites | 7

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



Happier holidays

Make the most of the season by engaging seniors in meaningful activities

EVER WONDER WHAT ACTIVITIES ARE BEST TO PASS the time with senior loved ones? The holidays can be particularly challenging when it comes to entertaining elderly relatives; so here is a list of suggested activities for those families expecting holiday visitors who are frail, and perhaps cognitively or physically impaired. Keep in mind that meaningful activities can provide stimulation while promoting a feeling of usefulness, which can raise spirits any time of year, not just at holiday time. Engaging loved ones in stimulating (and safe) pastimes provides them pleasure and keeps them from withdrawing. Remember to concentrate on the

SEE HAPPIER, 5 ►



Irv Seldin
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Advanced smile design techniques in Palm Beach Gardens

You may have cavities, older dental work, or even in need of major dental treatment, but with advanced dentistry, there's always a solution that can meet your needs. There are many wonders that a highly trained cosmetic and restorative dentist can offer patients that may surprise you. Major issues with dental health can be effectively treated, and even the most serious dental problems can be dealt with. In order to achieve such great results, however, it's often necessary for a dentist to have extensive experience and training in both dental reconstruction and cosmetics.



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

PGA Center for
Advanced Dentistry

7100 Fairway Dr. Suite 59
Palm Beach Gardens

561-627-8666
PGAdentistry.com

This is the world of advanced smile design, and we'd like to take a few minutes to look into it right now.

What does smile design refer to?

Smile design refers to the ability for a dentist to create a smile that not only looks attractive, but suits the patient's facial features for an overall healthy and natural appearance. Simultaneously, we can achieve excellent dental health and function, giving patients the ability to eat whatever they'd like and smile with confidence.

Advanced Digital Technology

Smile design today involves the use of extensive digital photography of a patient's



face, teeth and existing smile so the doctor can custom design a new smile. Teeth can be lengthened, straightened, brightened and properly aligned so the final result is a beautiful healthy smile that becomes an expression of the true self. "Our patients are welcome to look through a number of before and after photos of actual patients we've treated," states Dr. Ajmo. "Once they see what we've done for so many others, they quickly realize we can do the same for them too."

PGA Center for Advanced Dentistry also uses 3D CT Technology for all dental implant treatment. 3D Technology is much more accurate than traditional black and white x-rays, allowing Dr. Ajmo to precisely place dental implants in the proper location in your jaws.

Customized Smile Makeover Treatment

Your smile makeover may include a

number of treatment options depending on your personal needs and desires. It may involve replacing older crowns with new cosmetic metal free crowns which look so much more natural and will usually last longer. We could also enhance chipped, worn or dark teeth with cosmetic porcelain veneers for a brighter more youthful appearance. In some cases we may make-over the upper teeth and simply bleach the lower teeth and achieve outstanding results.

Customized Full Mouth Reconstruction Treatment

Full mouth reconstructions involve replacing missing teeth with dental implants and replacing older dental work with new metal free state-of-the-art porcelain. Of course there is always an emphasis on the overall health and wellness of the mouth, but these treatments are always combined with cosmetic enhancements to achieve overall long term dental health and esthetics. A full mouth reconstructions may involve dental implants, crowns, bridgework or a number of necessary treatment modalities. Either way, the overall goal involves feeling healthy, looking your best, being able to eat meals properly and giving patients the ability to live life to the fullest.

What to Expect from a Dental Restorative Makeover

Whether you undergo a smile makeover or a full mouth reconstruction, you can expect great results and improved dental wellness.

And thanks to advanced dentistry, you can usually have all necessary treatments performed in the same office with the

mutual understanding that your mouth will be healthy and your smile will look great. With Advanced Dentistry, patients can experience optimum dental care to support overall health and well-being.

Learn More About Advanced Dental Care

If you would like to learn more about smile design and your many options out there for cosmetic dentistry and restorative dentistry or dental implant treatment, contact our Palm Beach Gardens office today. The entire team at PGA Center for Advanced Dentistry looks forward to meeting you in person and determining how we can best help you achieve your dental health goals. ■

— Dr. Jay Ajmo earned his Doctor of Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry. Dr. Ajmo has been awarded Diplomate Certification from the International Congress of Oral Implantologists, Diplomate from the American Dental Implant Association and a Mastership from the Misch International Implant Institute. He is an active member of The American Academy of Oral Implantologists. Dr. Ajmo is Board Certified in IV sedation and maintains an active membership with the American Society of Dental Anesthesiology. He focuses his practice on complete dental restoration, surgical placement of dental implants, cosmetic smile design and sedation dentistry. Dr. Ajmo has been serving patients in his Palm Beach Gardens office since 1987.

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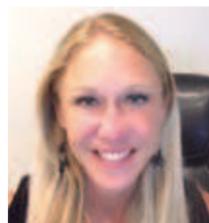
Are you bothered by the fullness beneath your chin? You're not alone. You may be staring at your submental fullness or your "double chin" wondering why it will not go away.

A double chin is a common, yet undertreated facial aesthetic condition. It can detract from an otherwise balanced and harmonious facial appearance, lead to an older and heavier look, impact a broad range of adults and may be caused by aging, genetics and/or weight gain.

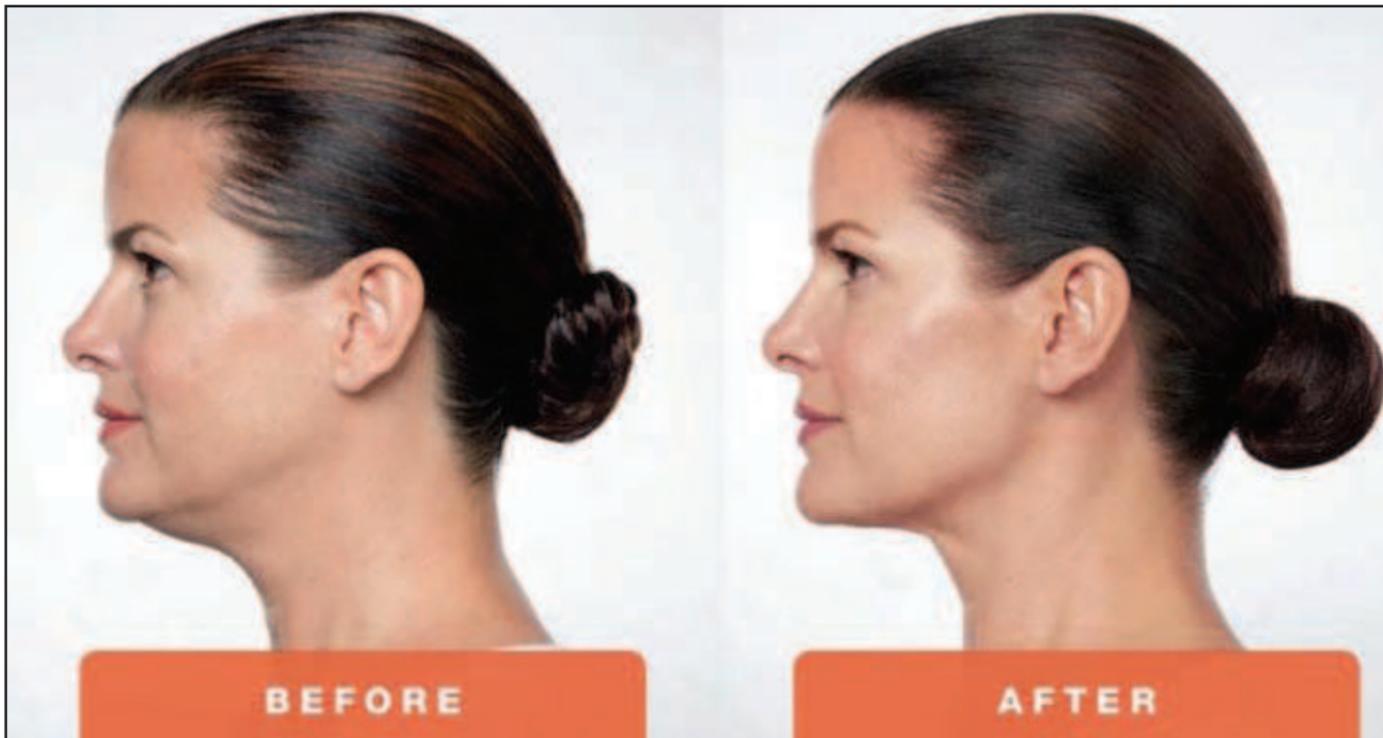
Fortunately, KYBELLA® can help. KYBELLA® is the first and only FDA-approved treatment to improve the appearance of moderate to severe fat beneath the chin (submental fullness) by physically destroying fat cells. When injected into the fat beneath the chin, KYBELLA® permanently destroys fat cells. Once they're gone, those cells cannot store or accumulate fat. Your body's natural metabolism then processes the fat cleared from the treatment area.

The nonsurgical, in-office injection process may take as little as 15 to 20 minutes and will be tailored to your submental fat distribution and treatment goals.

Prior to your treatment session, your healthcare provider may apply ice/cold packs or topical and/or local anesthesia



Jennifer Nicholson
Nurse Practitioner
Youthful Balance
10887 N. Military Trail,
No. 7, Palm Beach Gardens
(561) 537-0537
youthfulbalance.net



to the treatment area to make you more comfortable. After treatment, apply ice or a cold pack to the treatment area for 10 to 15 minutes, as needed. You may return to work and all regular activities as tolerated.

Although results are noticeable, they are not immediate. We generally start with 2 treatments in our office and then assess your results from there.

Each treatment is at least one month apart. Typically results appear within weeks to months, and keep improving as additional treatments are adminis-

tered.

- KYBELLA® may be right for you if:
- You're bothered, unhappy, self-conscious or embarrassed by fat under the chin, also known as submental fullness
 - You feel the condition makes you look older or heavier than you actually are
 - You don't want to have surgery
 - You eat well and exercise, but submental fullness does not go away
- KYBELLA® is one of the fastest, safest, and most convenient ways for you to address your double chin without

surgery or extensive downtime. If you'd like to learn more about this treatment or are interested in scheduling a consultation appointment, call Youthful Balance Medical Center.

KYBELLA® may be combined with other cosmetic procedures the same day, such as Botox and Juvederm.

Earn points to save on KYBELLA® and other aesthetic treatments with the Brilliant Distinctions® Rewards Program. This allows you to achieve your aesthetic goals, while keeping the cost affordable.

So, what are you waiting for? Schedule your consultation today and get ready to reveal your results. ■



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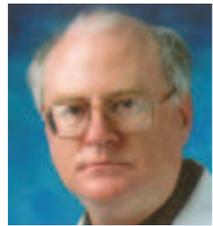
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Don't test your luck — screen early and often

When it comes to our health, we typically only worry about obvious signs and symptoms that something's not quite right. But many conditions don't have telling symptoms until they are in a progressive stage. You could be at risk because of lifestyle choices, age or genetics. If you could find out if you are at a personal risk for a stroke, heart disease or lung cancer, why not know now so that you can be proactive in prevention?



Thomas Rowe, MD

Board Certified,
General Surgery

Chief of Staff,
Jupiter Medical Center

For conditions like these, and many others, there exists a number of inexpensive yet potentially lifesaving tests and screenings. Health screenings can be conducted routinely as preventive measures. If a screening does reveal an underlying condition, research has shown that early detection can make all the difference in

treating and managing disease.

Maintaining your health can mean keeping your independence. Visiting a medical center is no longer just for when you're sick. It's a place that cares for your overall wellness, even while you're healthy, so that hopefully you will stay that way. Jupiter Medical Center makes proactive health care as easy and convenient as possible by offering the following screenings.



CT lung screening

It takes the average person five minutes to smoke a cigarette. Unfortunately, those 5 minutes are the number one cause of cancer death: lung cancer. This puts smokers at high risk. Fortunately, more than 80 percent of lung cancers can be beaten if detected early using a CT screening — and it only takes 15 minutes.

Heart health screenings

Heart disease is the leading cause of death in the United States, yet one of the more preventable and manageable

diseases given the proper diagnosis and treatment. The biggest factor in coping with and surviving this threat begins with knowing your risk. If you are over age 55, overweight, have high blood pressure, high cholesterol, diabetes or prediabetes, you are at risk.

Vascular screening

Sometimes diet and exercise aren't enough to lessen the risk for vascular disease; heredity plays a large role as well. Stroke, the third leading cause of death in the US, and aneurysms are often referred to as "silent killers," because they often do not have any

symptoms before an attack, making it extremely important to be screened for risk factors as we age.

Some insurance plans now cover the cost of some screenings. Our health navigator can help you understand your risk and your coverage. If you do not have coverage for screening, Jupiter Medical Center offers a self-pay price. For information on risk factors, screening offerings, locations, scheduling and cost, please visit our new health screenings website at www.jupitermedscreenings.com. For additional information, contact our health navigator, Gail Cooper-Parks, at (561) 263-4437. ■

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HAPPIER

From page 1

process, not the results. What matters is that the senior (and you) enjoyed the time spent on it!

Suggestions include:

- Play or listen to holiday music, sing holiday songs, watch holiday movies (or just “golden oldies”)

- Paint, or draw and color holiday images, make collages with meaningful items

- Organize sentimental items and trinkets into boxes — elicit the story they have to tell



- Look at old photo albums and old home movies you transferred to DVDs

- Take plenty of new family pictures to share, print and mail after the holidays

- Read the daily newspaper, a hobby or sports magazine, or a favorite book to your loved one

- Walk in the park or along the boardwalk at the beach, try some chair yoga together

- Work on simple puzzles and crosswords, or play board games, card games, Bingo!

- Bake something simple that smells good in the kitchen, do it together

- Tend to the garden or flower pots, plant something easy like impatiens, perhaps

- Cut and arrange flowers for the holiday table

Remember the greatest gift is the gift of your time, no matter what the season. Pleasurable activities can bring back happy memories and rekindle emotional connections. Activities that encourage self-expression can help those with Alzheimer’s feel more

engaged in their environment. Activities that encourage movement can help those with Parkinson’s feel more in control. Be sure ALL your loved ones are focusing on their health and wellness now so they can enjoy themselves in the New Year ahead. Happy Holidays!

Visiting Angels of the Palm Beaches has a refreshing approach to homecare relationships. Let our “angels” help you or a loved one recover from illness, accident or surgery, or assist with the care and companionship needed to remain comfortably and safely at home while aging in place or dealing with the daily demands of living with Alzheimer’s or Parkinson’s diseases. Call (561) 328-7611 or visit VisitingAngels.com/PalmBeaches. ■

Life is too important to skip a beat.

Heart Health Screenings are only \$69.

Heart disease is the leading cause of death in the United States. An essential key to preventing heart disease is knowing and managing personal risk factors. Jupiter Medical Center is offering heart health screenings to promote heart health.



Heart Health Screenings include:

- Risk assessment
- Height and weight
- Body mass index
- Cholesterol and glucose test
- EKG
- Blood pressure and heart rate
- Counseling with a cardiac nurse

For your convenience, screenings are being held at:

Jupiter Medical Center

1025 Military Trail, Suite 200, Jupiter

Appointments are required.

Call Gail Cooper-Parks at 561-263-4437.

Learn more at jupitermedscreenings.com





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Healthy twists on your favorite holiday meals

ST. MARY'S MEDICAL CENTER

When it comes to holiday dinners, calories from overindulging on an extra scoop of gravy or "just one more" slice of pecan pie can add up fast. By tweaking some of your favorite holiday recipes and including nutrient-rich dishes, you can eat healthy during the holidays and still be friends with your scale at the beginning of the New Year. Your guests may not notice any difference, but your waistline will! St. Mary's Medical Center and the Palm Beach Children's Hospital are here to help by providing a list of smart substitutions to give your holiday menu a healthy makeover.



Sweet potatoes

Sweet potatoes are now in season, so don't mask their natural goodness in a calorie-bomb casserole. These roots are a good source of dietary fiber and potassium, and they are high in vitamins A and C. Baking them is as simple as placing them in the oven for an hour, which will free up valuable time to prepare the rest of your meal. Sweet potatoes naturally pair with spices you may already have in your cupboard, such as ground cinnamon, nutmeg and ginger. It's OK to add a little butter; just don't go overboard!



Carrots

Carrots are known for being rich in beta-carotene, the antioxidant carotenoid that your body can convert into vitamin A. This nutrient is important for eye health and can give you glowing skin. You don't need to munch on raw carrots to enjoy their health benefits. In fact, steaming carrots makes the beta-carotene more readily available. Instead of slathering carrots in butter and sugary glazes, steam carrots and sprinkle them with parsley or dill. Or, try adding tarragon and cinnamon to bring out their natural sweetness.



Cheesecake

Save room for dessert because your cheesecake could be the talk of the table. Substitute higher-fat cream cheese for part-skim ricotta cheese to give your dessert a delicate texture. Take your cheesecake to the next level by topping it with some colorful berries for an eye-catching presentation as well as extra vitamins and antioxidants. Cutting calories can prevent obesity, which is a significant risk factor for type 2 diabetes.



Cranberry sauce

Making your own cranberry sauce can boost flavor and nutrients with fewer preservatives. Cranberries are a fall treat chock full of antioxidants, and they are a good source of vitamin C and fiber. To make your own, simmer cranberries, orange juice, ginger ale, the zest of one orange, a touch of maple syrup and light brown sugar for 30 to 45 minutes. Then, blend the mixture into a puree and serve. It's almost as easy as opening a can!

Learning to make healthy substitutions is a valuable skill for preparing family meals year round. Holiday meal preparation is an excellent opportunity to teach your child about healthy eating habits. If you have a little helper in the kitchen, you can call (866) 236-5933 to request a free child's apron from the Palm Beach Children's Hospital. With this apron, your holiday meal ingredients have a greater chance of making it into the pot and not on your child's outfit! ■

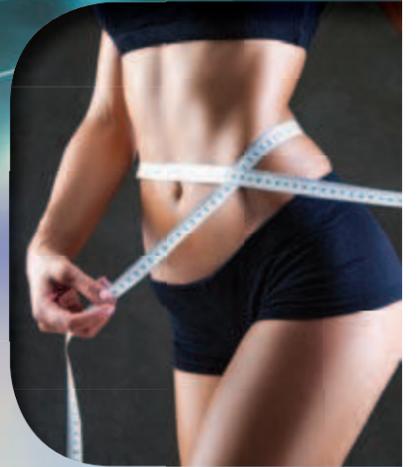


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