

# PALM BEACH FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF JULY 20-26, 2017

www.FloridaWeekly.com

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▶ Dave Hemingway, center, gets smooches from Charlie Boise, left, and Wally Collins after Hemingway won last year's look-alike contest.



ROB O'NEAL / FLORIDA KEYS NEWS BUREAU

▶▶ Ernest Hemingway look-alikes kick off the annual "Running of the Bulls" last year.



"Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut."  
— Ernest Hemingway

# Hemingway DAYS

Papa festival in its 37th year celebrates with contests, parties, fishing and surprises

BY LAURA HACKWORTH  
Florida Weekly Correspondent

**A**H, THE SWEET SENSATIONS OF JULY in Key West. Palms swaying in the breeze, frozen drinks slowly melting in the blazing humidity, chubby grandpas with great white beards flooding every inch of our beautiful little island ... wait, what? Why are all these Santa Clauses roaming around Duval Street in Hawaiian shirts, smoking cigars and swilling rum like they're trying to ensure their spots on the naughty list?

If you didn't know any better, you'd think you had stumbled right into a mall Santa convention, but au contraire — these men have been growing their beards and practicing their Papa impressions for Hemingway Days, the weeklong celebration of Key West's most famous literary legacy. The festival, now in its 37th year,

SEE HEMINGWAY, A19 ▶



▶ Ernest Hemingway in 1959.

## Roger Dean cools down with Christmas in July

BY AMY WOODS

awoods@floridaweekly.com

Temperatures have hovered in the 90s for weeks and probably will continue to do so when the Palm Beach Cardinals meet the Charlotte Stone Crabs on July 22.

Fans to the game will have a chance to chill out, though, as Roger Dean Stadium's newest promotional night — Christmas in July —

will offer snow, shaved ice and Santa.

"We're hoping to get them in and give them a winter-wonderland kind of theme to help them forget about the heat," said Landon Summers, the stadium's account executive. "I think it will kind of surprise people to see snow out there."

Bahama Buck's will provide the white stuff for two onfield events — a snowball fight and a snowball smash. Parents must dodge the

frosty projectiles thrown by their children during the snowball fight, and during the snowball smash, batters must hit as many of the frosty pitches as they can.

"Bahama Buck's has what they call snow to throw," Mr. Summers said. "They have this snowball maker that makes these perfect little snowballs that they put in an Engel cooler."

SEE JULY, A8 ▶

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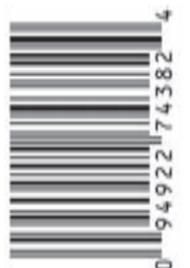
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# COMMENTARY

## Silence of the lambs



completed the album and released it in 1985.

Afterward, in an interview with *Rolling Stone*, Simon said that the simultaneous expression of hope and dread in “Boy in the Bubble” was meant to convey the tension we feel in our regard of the future. We witness famine in the midst of plenty; war in the midst of peace; lies in the midst of truth; and hate in the midst of love.

The dominance of one perspective over the other is tenuous in the context of uncertainty. Our perspective changes depending on the reality of our circumstance. Simon said he believed optimism is the tipping point that sustains the balance of hope over dread. But I wonder: Is that enough?

I ask because Simon’s lyrics express the angst many Americans now feel about the future of the country. Trumpism has ensnared us all. We teeter between hope and dread, and it feels like dread is winning. Incongruities mount between the aspiration of what America has always been and what Trumpism would have it become.

Today, America’s “days of miracle and wonder” are just as Simon imagined decades ago. Nations look to American democracy and exceptionalism with envy. But an unprecedented and corrosive presidency threatens it all. Trumpism is enabled by the silence of the lambs who follow its false prophets without protest. We can imagine, with good reason, they will lead us even unto the gates of hell.

And Trumpism is robbing America of optimism. It seeks to supplant traditional American values and erode democratic ideals. Its “days of miracle and wonder” are a return to a mythic past redolent with falsehoods. Its whitewashed narrative omits the serial oppressions in America’s historical past — against Native Americans, immigrants, blacks, women, poor people, gays and organized labor. Trumpism does not seek to create a more perfect union. Its mission is disunion. To achieve it, Trumpism subverts and undermines our Constitutional freedoms and institutions.

This abdication of principled, political leadership in governance isn’t new to America. The defense and perpetuation of slavery on American soil found their following, too. The proponents of slavery twisted themselves into pretzels to mount a moral defense of their cause. States sanctioning slavery abandoned their moral authority. Religious leaders stood in front of their congregations and preached slavery was God’s will.

Trump loyalists are vulnerable to similar moral lapses. The president can either do no wrong or the wrongs he does go uncontested. The absence of accountability keeps Trumpism afloat. It is what puts America at risk.

“Trumpism” is thus the “peculiar institution” of our own time. Only an America reformation based on democratic values and led by genuine patriots can overcome it. But is a national epiphany of patriotic conscience possible?

I am doubtful. Here’s the dread: Were the 115th Congress today faced with the malignancy of the Nixon presidency, its Republican majority wouldn’t have the moral fiber to force Nixon out of office. They have no appetite for putting country above party. But it’s Trump, not Nixon, who will be their Armageddon.

Charles Blow wrote a powerful commentary recently in *The New York Times* about the failure of leadership within the Republican-controlled Congress.

He said of Trumpism: “There is something insidious and corrosive about trying to evaluate the severity of every offense, trying to give each an individual grade on the scale of absurdity. Trump himself is the offense. Everything that springs from him, every person who supports him, every staffer who shields him, every legislator who defends him, is an offense. Every partisan who uses him — against all he or she has ever claimed to champion — to advance a political agenda and, in so doing, places party over country, is an offense. We must remind ourselves that Trump’s very presence in the White House defiles it and the institution of the presidency.”

The Founding Fathers whisper in our ears, “Don’t cry, baby. Don’t cry. Don’t cry.” ■

— Email Leslie Lilly at [lilly@floridaweekly.com](mailto:lilly@floridaweekly.com) and read past blog posts on Tumblr at [lilly15.Tumblr.com](https://www.tumblr.com/lilly15).



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- Denise



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# Palm Beach Gardens Medical Center

## JULY

### COMMUNITY EVENTS & LECTURES



#### Smoking Cessation Classes

PBGMC (3360 Burns Road, PBG FL 33410) | Classroom 3

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

The class is delivered over six, one-hour sessions, from 5:30-6:30 p.m.

- Wednesday, July 12th
- Wednesday, July 19th
- Wednesday, July 26th
- Wednesday, August 2nd
- Wednesday, August 8th
- Wednesday, August 16h – Classroom 1

Please call 855.387.5864 to make a reservation

#### Hands-Only Adult CPR Class

July 18 @ 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 has teamed up with Palm Beach Gardens Fire Rescue to provide free monthly CPR classes for the community. Classes will be held at Fire Station 1. Local EMS will give a hands-only, adult CPR demonstration and go over Automated External Defibrillator (AED) use. Participants will have the opportunity to practice their new skills using CPR manikins.

Please call 855.387.5864 to make a reservation



#### FREE Community Chair Yoga Class

Sara Chambers, RN, BSN, CYT

Wednesday, July 19 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

PBGMC now offers a FREE senior chair yoga class for the community. The class is taught by the

assistant nurse manager of cardiac rehab, who is also a certified yoga instructor. Using the same techniques as traditional yoga, the class is modified to allow for gentle stretching, designed to help strengthen muscles and work on balance.

Please call 855.387.5864 to make a reservation



#### Know Your Feet – Diabetic Foot Check and Nail/Skin Conditions

Dr. Suzanne Fuchs, DPM

Thursday, July 20 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

Join Dr. Suzanne Fuchs, a podiatrist on the medical staff at Palm Beach Gardens Medical Center for a lecture on Diabetes-related foot issues and common nail and skin conditions. Treatment options will also be discussed.

Light dinner and refreshments will be served. Registration is required.



#### Minimally-Invasive Treatment Options for Heart Disease

Dr. Saurabh Sanon, MD

Medical Director of PBGMC's Structural Heart Transcatheter Therapies program

Thursday, July 27 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

If you've been diagnosed with heart disease, you may have been told your treatment options were limited to medication or invasive open-heart surgeries. Join Dr. Saurabh Sanon, Medical Director of Palm Beach Gardens Medical Center's Structural Heart Transcatheter Therapies program for a lecture on some of the minimally-invasive treatment options we offer at the hospital.

Light dinner and refreshments will be served. Registration is required.

#### FREE COMMUNITY SCREENINGS

##### Heart Attack Risk Assessment

(blood pressure, BMI, glucose and cholesterol)

Wednesday, July 12,  
@ 8-11am | Classroom 3

##### Osteoporosis Screenings

Thursday, July 20  
@ 9am-1pm | Outpatient Entrance

All screenings held at: Palm Beach Gardens Medical Center

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# OPINION

## The oak outside the window



roger WILLIAMS

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Just beyond my jalousie writing windows, the green subtropics explode with July juice, an advancing army of the twisted and entwined fueled by a chlorophyll river. The native and exotic, the soldiers of stem, shrub and tree, the massed battalions of Florida flora: They cradle my home and heart, seeking to overrun them.

Viewed from my desk, the forest follows a single live oak of general rank, a stern and unflinching leader who has marched across a century or more to the perimeter of my life, halting suddenly to study me through the glass — without sentiment, without sympathy, but also without cruelty.

The general's grizzled surfaces riot with epiphytes — with air plants living on the tree, not from it: bromeliads, mosses, an occasional orchid and low forests of resurrection fern rising from his reaching limbs like verdant hair. His sorrel and umber bark, the rough skin of the old tree, fades beneath the topside growth like a canyon country gutted with gullies and arroyos, all of it forming a rough palette for pink and cream splashes of fungi and lichen.

I can afford to like this view and even to be romantic about it because I live — I work, I eat, I sleep — about 30 feet beyond the old oak and his forest army.

It's beautiful to look at those woods from the air-conditioned comfort of an enclosed room. Living and working in them, on the other hand, as I have done for extended periods in the distant past, requires an adjustment of attitude and fitness most of us may ignore, at present.

But nowadays I'm seeing the trees and the forest differently than I have in



previous decades.

Now, they're speaking to me directly. Even dreaming and communing together as trees do (especially in the wind), they also whisper into my thoughts. Not just about sex and love, about parents and children, about war and peace or duty and mortality, as they always have.

Not even about the unique community of all things living on this green-and-blue planet, including the tortured and struggling creatures called humans.

Now, the trees and woods talk of death.

Death is nothing new, any more than climate change is new, of course. But the trees are dreaming and speaking of it for the first time.

This is one way of looking at the world; another way includes straight science — empirical notions demonstrated from deductive inquiry and evidence.

No doubt the oak outside the window has not seen the evidence. But I have, and so have the rest of us.

We have the science, now. The science tells us that mass extinctions on

the planet occur from time to time. And it tells us we are now enlisted in the sixth mass extinction the world has known. This is science — not smoke and mirrors, not a political plot. It's real.

My live oak and his army don't care; it's all in a life, he murmurs, sighing the message on each small breeze or shouting it in each great wind.

But now what he's noticed looking through my window, apparently, is humans propelling this change and decline much more precipitously than it might naturally occur. Not only are we a life force, as

we arrogantly like to think of ourselves. Now, we're a death force.

This is not exaggeration. For a number of years we've known that without restraining carbon emissions across the planet, just to start with, as many as one in six species could be facing extinction by the end of this century. At least one of my children and perhaps all three may be alive to see this. I don't want that.

Action is required quickly, in a matter of a decade or so, rather than slowly in a century or two, says the old tree, gazing in at me.

What action, I ask?

He remains silent, so far.

But I can think for myself because I helped get us into this mess. So can you, and so did you. Voting would be a start, based on at least one rule: Never vote for anyone who fails to insist on reducing emissions aggressively, or on joining a world community that demands the same thing. That's an action, and we can take it. There are other actions.

If the oak outside the window offers me anything else, I'll let you know. ■

## Trump's Warsaw triumph



richLOWRY

Special to Florida Weekly

Imagine that President Donald Trump gave a speech praising a strong Europe.

Imagine that he called forthrightly on Russia to stop its aggression in Ukraine and join the community of responsible nations.

Imagine that he embraced the mutual defense commitment, so-called Article 5, of NATO.

Imagine that he extolled the role of women in our society.

Imagine that he said we share the hope of every soul to live in freedom.

Imagine that he celebrated the free press and ceaseless innovation, and a spirit of inquiry and self-criticism.

That's the speech that Trump gave in Warsaw during his European trip for the G-20. It was easily the best of his presidency — well-written and moving, soaked in Polish history and grounded in Western values. And yet it has been attacked for, as one liberal outlet put it, sounding "like an alt-right manifesto."

The address also got a lot of praise, but the criticism was telling. Some of

it was from commentators who simply can't abide Trump, but a lot of it reacted against core elements of the speech.

It was unabashedly nationalist. Not in a bumptious way, but one that acknowledged the importance of "free, sovereign and independent nations." Trump used Poland's story to augment the theme. He talked of a Polish nation that is "more than one thousand years old," that endured despite its borders being wiped out for a century, that withstood a communist assault on its freedom, its faith and its very identity.

It emphasized the importance of culture. Trump called Poland a "faithful nation." He talked of the sermon Pope John Paul II preached in Warsaw in 1979, when a crowd of a million chanted, "We want God." He said that large economies and fearsome weapons aren't enough for our survival; we need "strong families and strong values," and "bonds of history, culture and memory." It argued that we must demonstrate civilizational self-confidence, the will to defend our values.

Finally, it unapologetically invoked "the West," which, Trump noted, writes symphonies, rewards brilliance, values freedom and human dignity, and has created a truly great community of nations.

All of this strikes the ears of Trump's progressive critics the wrong way. They believe that nations are best constrained by multinational or supranational institutions like the EU. They think that all the nonmaterial things that lend our lives meaning — God, family, national loyalty — are atavistic, overrated or best not spoken of too much. They find the idea that the West might be beset by a crisis of confidence ridiculous (having apparently missed the past 10 years of European misgovernment: economic misery caused by the common currency, destabilizing waves of refugees and indigenous terror attacks that have rocked France and Britain). Finally, amazingly enough, they find the West itself an offensive and exclusionary concept.

Trump warned in his speech of fighting for centuries to maintain our freedom, only to lose it to "a lack of pride and confidence in our values." The unhinged reaction to his address — which once would have been considered clearly within the mainstream of American thought and rhetoric — shows how this, alas, is not an idle worry. ■

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

## Save the date for Aug. 5 back-to-school health fair

The T. Leroy Jefferson Medical Society and FoundCare Inc. will host the 17th annual Back-to-School Community Health Fair on Aug. 5 at FoundCare's Health Center, 2330 S. Congress Ave., West Palm Beach.

Guest speakers, immunizations, screenings, physicals, dental checkups and other services will be provided for the whole family from 8 a.m. until 2 p.m. Registration begins at 7:30 a.m. Participants must register on site for services no later than noon.

Services offered to children include back-to-school physicals and immunizations for infants from two months to 18 years old. Parents must bring immunization records for their children. Demonstrations of proper car seat installation will take place, and experts will discuss topics such as behavioral health, hospice care and diabetes.

"While the health fair is free to all, our primary focus is to introduce

underserved, underinsured and at-risk community members to our services and to educate the community with healthy lifestyle tips and information," said FoundCare Chief Medical Officer Dr. Oneka Marriott. "FoundCare can assist families with access to affordable healthcare and serve as a patient-centered medical home. It is our privilege to partner with the T. Leroy Jefferson Medical Society to help families who might not otherwise have the opportunity to receive care."

Doctors and nurse practitioners will offer pap smears and breast exams, as well as screenings for vision, diabetes, blood pressure, glucose, cholesterol and HIV. Interested families who participate in the free medical screenings will receive backpacks filled with school supplies.

For information on the Aug. 5 event, visit [www.foundcare.org](http://www.foundcare.org) or call 561-432-5849. ■

## Peggy Adams Animal Rescue League offers July adoption specials

Peggy Adams Animal Rescue League is offering incentives for pet adoption in July.

All dogs over 40 pounds qualify for free adoption, six months of flea and tick prevention and a dog bed. A \$20 rabies tag fee applies to Palm Beach residents. From 11 a.m. to 6 p.m. Saturday and Sunday, July 22-23, the rescue league hosts its Kitten-Con event, with kittens from across Palm Beach County.

Those who adopt a kitten or cat during the event can name their own price.

All cats and dogs are spayed or neutered, vaccinated and micro chipped.

Peggy Adams Animal Rescue League is at 3100/3200 N. Military Trail in West Palm Beach. The Peggy Adams adoption center is at the Grace Pavilion and is open daily from 11 a.m. to 6 p.m. For information, visit [PeggyAdams.org](http://PeggyAdams.org) or call 561-686-3663. ■

Advertorial

### Why 3/4 of home sellers don't get the price they want for their 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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# PET TALES

## Aging pets

BY KIM CAMPBELL THORNTON

Andrews McMeel Syndication

We expect physical changes in pets as they grow older. The muzzle goes gray, the joints get stiff, the eyes become cloudy. But senior and geriatric dogs and cats can also undergo behavior changes. Those changes can sometimes signal underlying physical problems or the onset of cognitive dysfunction.

Anxiety, aggression and changes in housetraining habits are some of the differences you may notice. In some circumstances, they can be surprising, scary or frustrating. The important thing to know is that they aren't always a normal part of the aging process and should be checked out by your veterinarian. Here are some things you may notice as your pet gets older.

It's not unusual for aging pets to become anxious about things that never seemed to bother them before. Or earlier in life, their anxiety may have been mild enough that it went unnoticed, but now it has increased in intensity.

Your geriatric dog may develop a fear of thunderstorms or fireworks or start to become anxious when you leave the house. Geriatric cats can become more sensitive to environmental changes than they were in their younger years. A new work schedule, a child or strangers in the home, or other changes can trigger anxious reactions in cats such as urine spraying, loud or frequent vocalizations, excessive or compulsive grooming behaviors or loss of appetite.

Changes in personality or activity level



Keep your veterinarian informed about behavior changes as your pet ages; they may signal health problems.

can be early signs of disease or painful conditions. A normally happy pet who suddenly becomes aggressive may be a victim of the aches and pains of old age. Osteoarthritis or disc disease can cause dogs or cats to growl, snap or scratch when touched in sensitive areas. Ear infections and dental disease can also be painful. A puppy or kitten who plays too roughly with an older animal may be on the receiving end of grouchy behavior, or cause pain or anxiety in the older animal. Pets who have lost hearing or eyesight may react aggressively when they are startled by an unexpected approach.

Talk to your veterinarian about what's going on. Often, the solution is as simple as medication to relieve pain or treat disease.

A Fear Free-certified veterinarian, veterinary behaviorist, vet tech or dog trainer can help you learn to interact positively with pets who have lost hearing or sight or manage interactions between young and old pets.

Loss of housetraining isn't unusual in senior pets, but it's not necessarily because they have become lazy or forgetful. In some cases, they may simply need to have potty breaks more frequently to accommodate a bladder that is weaker and less stretchy, unable to hold as much urine as in the past. Older pets become constipated, meaning they may poop smaller amounts on a more frequent basis. Diabetes or kidney disease can cause pets to urinate more often or in larger amounts. Cats with arthritis may have difficulty climbing in or out of the litter box. Help them out by making the box easier to enter and exit.

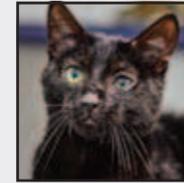
These are just a few of the many reasons for behavior changes in our golden oldies. If you notice these types of changes in a pet's behavior, it's a good idea to schedule a full veterinary exam that includes a physical, as well as lab work that includes a complete blood count, a blood chemistry panel, thyroid levels, and urinalysis, and a neurological exam.

You may find that your pet has a condition that can be treated or managed with medication, dietary changes, aids such as ramps, steps or compression garments, behavior modification, or changes in the pet's environment or schedule. Making some simple lifestyle changes can allow you to share many more months or years of happiness in your pet's company. ■

### Pets of the Week



>> **Lady** is a 30-pound, 8-year-old female mixed breed dog that is loving, charming and affectionate.



>> **Pearl** is a 7-month-old female cat that likes people and other cats and gets along with dogs.

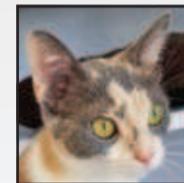
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**Society of the Palm Beaches**, is at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at [www.hsrb.org](http://www.hsrb.org). For adoption information, call 686-6656.



>> **Blue** is a 2-year-old male cat that is very affectionate. He loves to knead with his paws.

>> **River** is a 6-month old female dilute calico whose tale had to be amputated.



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 3). For additional information, and photos of other adoptable cats, see [www.adoptacatfoundation.org](http://www.adoptacatfoundation.org), or on Facebook, Adopt A Cat Foundation. For adoption information, call 848-4911, Option 3. ■

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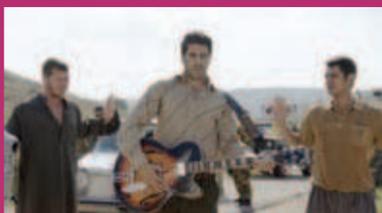
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# HOT DAYS

## Cool Flicks



### THE LAST BAND IN LEBANON

**Tuesday, July 25 | 7:00 pm**  
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**Wednesday, July 26 | 3:30 pm**  
Cinemark, Boynton Beach

Set against the Israeli withdrawal from Lebanon in 2000, this upbeat, offbeat comedy follows three members of a military rock band, who wake up one morning to discover they've been left behind. Caught between Hezbollah fighters and disgruntled Lebanese military, they use their musical instruments to find their way home.



### NOT THE LAST BUTTERFLY

**Tuesday, August 1 | 7:00 pm**  
Mandel JCC, Palm Beach Gardens  
*Screening generously sponsored by Mittleman Eye*  
**Wednesday, August 2 | 3:30 pm**  
Cinemark, Boynton Beach

The Butterfly Project is a grass roots arts and education initiative that memorializes the 1.5 million children killed in the Holocaust through global displays of ceramic butterflies. The film's message of tolerance empowers all of us to take action to create a more peaceful world. After the film, learn how you can participate in the Mandel JCC Butterfly Visual Arts Project.



### IF AND WHEN

**Tuesday, August 8 | 7:00 pm**  
Mandel JCC, Palm Beach Gardens  
*Screening generously sponsored by Mittleman Eye*  
**Wednesday, August 9 | 3:30 pm**  
Cinemark, Boynton Beach

A young divorced father falls in love with a skeptical single woman. They decide to break up due to the father's commitment to his daughter who is still adapting to her parents' divorce. When they meet again, a year later, will their love be rekindled?

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COURTESY PHOTO

Baseball fans can bid on ugly-sweater jerseys that will benefit The Salvation Army.

## DEAN

From page 1

The antics will unfold between innings in front of the Cardinals dugout. Those who want to participate can sign up at the game.

“Look for the girl with the clipboard,” Mr. Summers said, referring to Emma Bottenfield, the stadium’s group-sales and promotions assistant. “She will be in the stands searching for kiddos and moms and dads.”

Bahama Buck’s also will provide its famous shaved ice in an array of island-inspired flavors. It will have a cart set up near the concession stand. Meanwhile, Santa will hold court in the seating area behind home plate.

“He will be letting kids sit on his lap and tell what they want for Christmas,” Mr. Summers said.

Christmas etc. in West Palm Beach will make the ballpark look less like a sports venue and more like the North Pole. A pair of giant inflatable snow globes will greet guests at the gate, and trees with all the trimmings will add a festive feel to the concourse. Christmas carols will be piped through the sound system, and clips from “National Lampoon’s Christmas Vacation” and other holiday movies will be played on the big screen. Everyone gets a candy cane.

“Christmas is a favorite time for all of us, so why not squeeze it into summer?” Mr. Summers asked.

Other activities include a gingerbread-building contest and a U.S. Marine Corps’ Toys for Tots Foundation drive and drop-off station. Anyone who wears an ugly sweater will receive \$3 off the price of admission.

“I think a crowd similar to Pirate and Princess Night is expected — about 1,500 people,” Mike Bauer, the stadium’s general manager, said, referring to the June 24 promotional night that featured a lads-and-lassies theme. “There’s a lot to do. It’s going to be a ton of fun and, for nine bucks, is a very affordable evening out on a Saturday.”

Joining Santa will be special guest the Grinch.

“He’s going to be awesome,” Mr. Bauer said. “We’re really excited about him. He

looks the part and plays the part.”

Treasure Coast Spirits will serve eggnog spiked with its craft Code Rum.

“We’ll have the kiddie version, too, of course,” Mr. Bauer said.

Cardinals mascot Robby the Redbird will don some red-and-green flair, as will the players, whose custom jerseys of the same colors are dotted with Christmas trees, snowflakes and a snowman. The jerseys will be auctioned off online through July 23, with bids starting at \$70 each. The link is [www.pbcardsinals.milbauctions.com](http://www.pbcardsinals.milbauctions.com).

“I think they’re going to sell well,” said Chelsea Galbraith, the stadium’s merchandise manager. “It is a classic-looking-ugly-sweater jersey that people can wear to parties.”

Proceeds from the auction benefit The Salvation Army, which last year helped 1,486 families give gifts to 3,697 children through its Angel Tree program.

“Our plan is to serve 4,000 children this year with an average of \$100 in new gifts and clothing, thereby providing \$400,000 of in-kind donations through our many donors and our own fundraising efforts,” said Stacy Sinkeldam, director of voluntary service for the organization’s Palm Beach County branch. “We can’t thank Roger Dean enough for helping us meet this goal.”

The Salvation Army will receive proceeds from a bat raffle, as well. The full-size bat — it will be on display during the game — is designed to match the Cardinals jerseys and is signed by the team. Tickets cost \$1.

“We are excited to participate in Christmas in July,” Ms. Sinkeldam said. “The Salvation Army distributes gifts to parents so that parents can provide for their children, and it is our hope that the children not see The Salvation Army on Christmas morning but that they feel the love of God through their parents’ gifts.” ■

### in the know

#### Christmas in July

- >> **When:** 4:30 p.m. gates open, 5:30 p.m. first pitch July 22.
- >> **Where:** Roger Dean Stadium, 4751 Main St., Jupiter
- >> **Cost:** \$7 to \$9
- >> **Info:** 561-775-1818 or [www.rogerdeanstadium.com](http://www.rogerdeanstadium.com).

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# Step up to the Florida Weekly 2017 Writing Challenge

"I try to leave out the parts that people skip."

— Elmore Leonard

That's great advice from the prolific novelist and short story writer. Keep it in mind as you draw inspiration from the accompanying photograph and craft your entry in the 2017 *Florida Weekly* Writing Challenge.

### Here's how it works:

We want your original narrative fiction using this photo prompt as the starting point. Keep it to 750 words, please, and no poetry, thank you.

Run your masterpiece through Spellcheck, give it a title and send it, either attached as a Word document or simply pasted into the body of the email, to [writing@floridaweekly.com](mailto:writing@floridaweekly.com). Snail mail offerings will not be considered, nor will any entry that does not contain your full name, the city/state you live in and a phone number where we can reach you.

You have until 5 p.m. Sunday, Aug. 13, to submit your story.

We'll publish a new photo prompt in our Aug. 16 issue. If you are so inspired, you'll have until 5 p.m. Sunday, Oct. 1, to send us another story based on that image. Only one entry per photo prompt, for a total of two entries permitted per person.



BETTY WELLS / FLORIDA WEEKLY

*Florida Weekly* editors will review the entries and vote for our favorite, whose author will receive a ticket to the 12th annual Sanibel Island Writers Conference (value: \$500). With keynote speaker Alice Hoffman, the conference is set for Nov. 2-5 on Sanibel Island.

The 2017 *Florida Weekly* Writing Challenge winner will be notified by Oct. 15, and the winning entry will be published in all our editions.

Questions? Email [writing@floridaweekly.com](mailto:writing@floridaweekly.com) and we'll get back to you. ■

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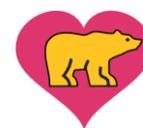
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# HEMINGWAY

From page 1

runs from July 18-23 and glorifies all thing Ernest.

Annual Hemingway Days events include lectures, cocktail parties, tours, races, readings and even a marlin fishing tournament (Hemingway was an avid fisherman, as devoted to the sport as he was to getting blotto). But it's the Papa Look-alike Contest held at the famous Sloppy Joe's bar that receives the bulk of the annual festival's national press, owed no doubt to the overwhelming sight of a room packed with what appear to be Hemingway's clones, all jostling for a statue shaped like — you guessed it — Mr. Hemingway himself. Picture it: Hemingway, clutching a bronze bust of Hemingway, smiling amidst a sea of drunk cheering Hemingways. It's enough to make someone who happened to stroll in off the street think they'd been slipped a mickey (or stumbled into a particularly weird literary fetish party — after all, nothing is off limits in Key West).

Each year, more than 100 broad-chested, bearded hopefuls queue up in Hemingway's favorite watering hole, Sloppy Joe's, to compete for the title of "Papa." They preen, they pose, they arm-wrestle. They spend hours choosing the right khaki safari-shirt and woolen fisherman's sweater. And, much like a traditional beauty pageant, looks only get the contestants so far. There's a talent portion, too, where each Hemingway (outfitted in a crisp outfit of white and red, complete with jaunty beret and handkerchief) runs amidst man-made bulls in a simulation of the famous, slightly more life-threatening event in Pamplona. The competition is fierce; there's even a scholarship portion, in which the Papas celebrate their namesake's July 21 birthday by announcing the recipients of the Hemingway Look-Alike Society's scholarships given to local students. It's a fun, famously packed event, but it's just one of many do-not-miss events scheduled for this year's Hemingway Days lineup.

First off, attendees may want to refresh their memories of Hemingway's oeuvre by visiting his old Key West digs, now called the Hemingway Home & Museum. Located at 907 Whitehead St, the museum — and its famously lush, six-toed cat-covered grounds — is perfect for a lazy afternoon spent meandering through rooms filled with antiques, memorabilia and knowledgeable docents leading tours throughout. Keep an eye out for the penny encased in cement beside the pristine swimming pool out back. Legend has it that the author's second wife, Pauline Pfeiffer, put it there after her husband took issue with her having overseen the conversion of his beloved boxing ring



ROB O'NEAL / FLORIDA KEYS NEWS BUREAU  
Dave Hemingway, center, hoists his trophy after winning the 2016 Ernest "Papa" Hemingway Look-Alike Contest last year.



ROBERT HOETINK / COURTESY PHOTO  
A swimming pool in the garden of the Hemingway House in Key West.

into a swimming pool, to the tune of \$20,000. Supposedly, Pfeiffer was motivated by spite, not a love of aquatic aerobics; word had gotten back to her that her husband, away from home working as a war correspondent during the Spanish Civil War, had had an affair and fallen in love with Martha Gellhorn, who would go one to replace Pfeiffer as wife number three. It was the only in-ground swimming pool on the island, and even in 1938, \$20,000 was a boatload of cash. The author reportedly threw a penny on the ground when he discovered how much Pfeiffer had spent, saying she had spent all but his last penny, and that she might as well take it, too.

Hemingway wrote some of his most influential work in the studio adjoining the house, including "For Whom the Bell Tolls" and "The Snows of Kilimanjaro." Be aware: A number of artifacts,



KEY WEST MARLIN TOURNAMENT / KAREN WALKER  
Events include a three-day marlin tournament that recalls Hemingway's passion for angling.

including a life-sized bronze statue of the writer by historical sculptor Terry Jones, have been temporarily relocated to the beautiful Custom House Museum, also home to an exhibit of 59 original pen-and-ink illustrations by renowned artist Guy Harvey, which follows the narrative of Hemingway's novel, "The Old Man and the Sea." In addition to its stationary exhibits, the Custom House Museum will host storied Hemingway scholar Ted Geltner, author of "Blood, Bone and Marrow: A Biography of Harry Crews," on July 18. Geltner will give a presentation on Hemingway's influence on novelist and educator Harry Crews. And on July 20, the Custom House Museum will also host the Key West Art & Historical Society's Hemingway Symposium, with lectures and book signings by Hemingway aficionados Kirk Curnutt, Robert Elder and Brewster Chamberlin.

Also, vital to authentically celebrating Hemingway is to honor the author's deep love of fishing, done best by competing in the Key West Marlin Tournament, which is held over three days from July 20-22. If love of the chase



COURTESY IMAGE  
A young Ernest Hemingway with a blue marlin.

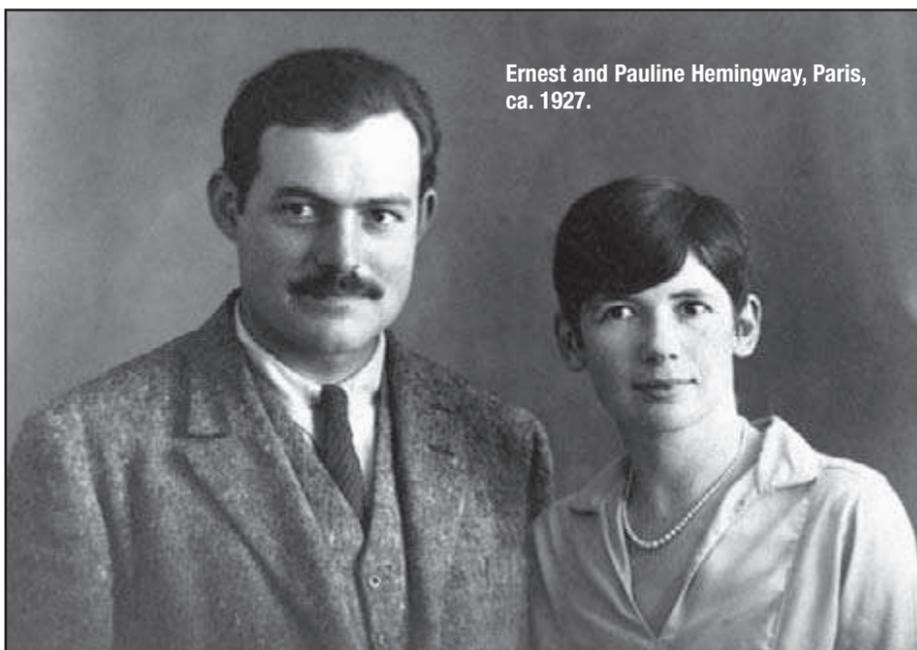
and the smell of the wide-open sea isn't enough to inspire you to enter, consider there's also \$50,000 in cash prizes to be handed out to winners. Tournament events include a pig-roast, fish fry, cocktail party and various opportunities to brag to one's co-competitors that you beat Hemingway's record of 54 marlin caught in 115 days.

To celebrate Papa's birthday on July 21, the Key West Poetry Guild will host a reading of Hemingway's lesser-known poetic works at the Key West Library, 700 Fleming St. If you're looking for something a little more active, the author's famously sporty lifestyle might best be celebrated by participating in the Papa's Pilar Rum Hemingway 5K Sunset Run and Paddleboard Race. The paddleboard race, beginning at 6 p.m. on July 22, features a three-mile ocean course that begins and finishes at the Southernmost Beach at 1405 Duval St. Or, if you're faster on pavement than waves, skip the paddle boarding and enjoy running the longest-running road race in Key West, a 5K sunset walk/run that takes participants on a tour of historic Old Town Key West, making sure to pass by the author's home. An after-party back at the beach will feature food, drinks, a silent auction, raffles and an awards ceremony.

Of course, it's his seminal writing for which Hemingway is most remembered and this year's festival has plenty of literary events to satisfy the academically minded. "Voices, Places, Inspirations," a series of readings at 7:30 p.m. Wednesday, July 19, at the Key West Woman's Club, will be performed by noted contemporary writers including Chuck Ball, author of "Hemingway's Heist," Selena Chambers, Mandy Bolen Miles and Terry Schmida. Presented by the Literacy Volunteers of America - Monroe County, attendees will be able to rub elbows with the famous authors afterwards in a meet-and-greet reception on site.

Those traveling by car should plan to bypass Key West's main drag, Duval Street, on July 22, when the street will close to vehicular traffic for an all-day open-air market featuring arts, crafts, tropical clothing, jewelry and a variety of food stands. Grab a bite to eat at the market, don your Pamplona best and head over to Sloppy Joe's at 1 p.m. to catch the aforementioned Running of the Bulls event. Just be sure to watch out for the horns on those man-driven "bulls" — and for the careening Papas, for that matter. After a couple rums each, the bulls and the Hemingways are equally unpredictable.

The full, chronological list of festival events for the Hemingway Days celebration can be found at [www.fla-keys.com](http://www.fla-keys.com). ■



Ernest and Pauline Hemingway, Paris, ca. 1927.

# Florida consumer sentiment rebounds in June

Consumer sentiment among Floridians rose 2.1 points in June to 96.4, changing course after two months of decline.

Among the five components that make up the index, four increased and one decreased.

Survey respondents' perceptions of their personal financial situation now compared with a year ago showed the greatest increase, up 6.4 points from 85.5 to 91.9. "Importantly, all Floridians share these perceptions, independent of their age, gender or income," said Hector H. Sandoval, director of the Economic Analysis Program at UF's Bureau of Economic and Business Research.

Opinions as to whether now is a good time to buy a big-ticket household item such as an appliance increased 1.7 points to 102, although readings vary across demographic groups. "In particular, positive perceptions are seen among women, those under age 60 and those with an annual income of \$50,000 and over, while they are negative among men, seniors and those with income under \$50,000," Mr. Sandoval said.

Expectations of personal finances a year from now rose 3.5 points to 104.8. "Overall, Floridians appear to be more optimistic. Most of the increase is due to the positive perceptions of consumers' current and future personal finance situation," Mr. Sandoval said.

Views on the future of the U.S. economy were mixed: Expectations of U.S. economic conditions over the upcoming year dropped 1.8 points to 91.8; however, anticipation of U.S. economic conditions over the next five years ticked up eight-tenths of a point from 90.8 to 91.6.

The labor market in Florida has continued to strengthen, adding jobs on a month-

ly basis. Since the beginning of 2017, the unemployment rate has declined steadily. The Florida unemployment rate in May was 4.3 percent, down two-tenths of a percentage point from April. As of May, the number of jobs added statewide over the last year came to 228,000, a 2.7 percent increase that outpaces the nation's job growth rate of 1.6 percent.

The positive outlook of Floridians may also be fueled by cheaper prices at the gas pump, the lowest in over a decade going into the Fourth of July travel season. Having a few extra dollars left over after each fill-up may contribute to feelings of financial well-being.

Nationwide, economic activity has increased and inflation has declined on a 12-month basis. As a result, last month the Federal Reserve decided to raise the federal funds target range to between 1 percent and 1.25 percent.

"This change will eventually be transmitted to other interest rates, including car loans, credit cards and mortgages," Mr. Sandoval said. "The evolution of consumer perceptions as to whether it is a good time to buy a big household item in the following months will be an important indicator in assessing how the increased interest rates affect consumption."

Conducted June 1-28, the UF study reflects the responses of 479 individuals who were reached on cell phones, representing a demographic cross section of Florida.

The index used by UF researchers is benchmarked to 1966, which means a value of 100 represents the same level of confidence for that year. The lowest index possible is a 2, the highest is 150. ■

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# BUSINESS

A14 |

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WEEK OF JULY 20-26, 2017

“I would say 50 percent of our business is done in six to eight weeks of the year.”

— Chris Frizzell, general manager of Jungle Golf in Fort Myers



## Mini golf is big business

Florida putt-putt courses are popular attractions as ‘clean family fun’

COURTESY PHOTO  
Fish Cove Adventure Golf in Port Charlotte has water views.

BY GLENN MILLER  
Florida Weekly Correspondent

“How long will this newest fad last?”  
— Popular Science Monthly,  
November 1930, on miniature golf

Now, 87 years after that question was posed, miniature golf courses still dot the American landscape with new ones popping up around Florida.

Tropical Breeze Fun Park in Cape Coral opened in April and claims the world’s longest mini-golf hole

SEE GOLF, A15 ►

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# GOLF

From page 14

— 264 feet. To put that in perspective, it's more than 50 yards farther from tee to hole than the distance on a football field from the goal line to the 50-yard line.

The business model that made miniature golf a success between the world wars is likely what keeps it going in 2017, 90 years after an entrepreneur named Garnet Carter in 1927 built the first course, which was in Lookout Mountain, Tenn.

"What I like is what I liked 20 years ago," said Bob Trimarchi, one of Tropical Breeze's two owners, along with David Lanoux. "I know it sounds corny but it's putting a smile on people's faces. It's good, clean family fun."

The game's health also appears strong on Florida's east coast, where other new courses have been built in recent years.

The South Florida Science Center and Aquarium opened its 18-hole miniature golf course in November. It was designed by two men with names very familiar in the world of bigger golf courses — Jim Fazio and Gary Nicklaus. Mr. Fazio is a well-known golf course architect with his own eponymous company — Jim Fazio Golf Designs. Mr. Nicklaus is the son of legendary golfer Jack Nicklaus and also played on the pro tour.

Lew Crampton, the science center's president and CEO, said both men donated their services to design the course, which cost about \$250,000 to build.

It's not a typical miniature golf course. And not just because it doesn't have either a clown's mouth or windmill.

"It is set within a butterfly garden," Mr. Crampton said.

And it has a science name — the Conservation Course. It's designed to be educational as well as fun. Each hole is named for a plant or animal in the Everglades and each hole has a sign with educational information on it. Hole names include the Great Horned Owl and the American Crocodile.

So, far, according to Mr. Crampton, the miniature golf course has generated \$55,000 in revenue since its opening last fall. The course's purpose is two-fold for players: Have fun and teach science.

Only three years before the Conservation Course opened, Lighthouse Cove opened in Jupiter. The facility has recently added new props or obstacles to its course as well as adding a 6,000-gallon saltwater tank. Its on-site restaurant, the Burger Shack, added an open-air pavilion with seating for 90 guests.

As with many if not all Florida miniature golf courses, certain months are busier than others at Lighthouse Cove.

"We're very busy 10 months," said Tim Glita, Lighthouse's general manager.

The only two slow months, he said, are August and September. At the peak time of the year, Mr. Glita estimates the facility averages between 500 and 600 rounds a day. In the two slow months, it's down to 100-to-200 rounds a day.

As a sign of the game's popularity, Lighthouse opened a second location last year in Cocoa Beach. Mr. Glita said Lighthouse owners are looking at a third location. A site hasn't been selected yet.

What attracted families in 1930 when Herbert Hoover was president and the Depression was just deepening its hold on America after the 1929 stock market crash is also the case now, according to miniature golf operators.

Heather Bergeron, manager of Fish Cove Adventure Golf in Port Charlotte, echoed Mr. Trimarchi's sentiments, ones



Tropical Breeze Fun Park in Cape Coral just recently opened on Santa Barbara south of Hancock Bridge Parkway.

COURTESY PHOTO



Russ, Tyler, Joyce and Lily Evans of Lake Worth play the Conservation Course at the South Florida Science Center and Aquarium in West Palm Beach.



CAPEHART PHOTOGRAPHY PHOTOS

A butterfly garden is home for the course.

that operators may have used nearly nine decades ago.

"We sell fun," Ms. Bergeron told *Florida Weekly* in a telephone conversation.

The conversation was then interrupted.

"Can you hold on?" Ms. Bergeron asked *Florida Weekly*. "I have a customer."

She dealt with her customer and could be heard saying, "You guys have fun."

Fish Cove offers two 18-hole courses, plenty of room for fun. When she returned to the phone call, Ms. Bergeron said, "That's what I always tell them."

Chris Frizzell, general manager of Jungle Golf in Fort Myers, believes that part of the game's allure is that it demands attention. That's attention to the challenge of making shots but also to friends and families who play together, making it a social activity instead of social media.

"Your phone doesn't help," said Mr. Frizzell, who has been at Jungle Golf for 10 years. "People actually have to talk together."

So much has changed since Jungle Golf opened in 1978, let alone since that 1930 *Popular Science* article with this headline: "Why Midget Golf Swept Country."

Mr. Frizzell said his facility has steady growth of between 3 and 10 percent a year.

Of course, now that it's summer, not as many customers play miniature golf in Florida.

Not surprisingly, a great bulk of the business in Florida at these courses comes when the weather isn't scorching hot and the danger of lightning strikes is not omnipresent.

"I would say 50 percent of our business is done in six-to-eight weeks of the year," Mr. Frizzell said.

That would be around Christmas and New Year's and around Easter, according to the Jungle Golf general manager.

Although tourists would seem to be a natural part of the clientele in miniature golf, Mr. Trimarchi said Tropical Breeze wasn't designed for tourists and snowbirds.

"We opened this for residents of Cape Coral and the Cape Coral area," Mr. Trimarchi said.

Mr. Trimarchi said he has embraced the Disney approach to customer service, aiming to keep the facility spotless and treat each customer as he or she wants to be treated.

The name Tropical is also enhanced, he said, by the landscaping that includes various types of palm trees that include canary date, coconut, foxtail and royal palm.

The Southwest Florida miniature golf course landscape also includes a facility a short drive from Tropical Breeze Fun Park's location on Santa Barbara Bou-

levard. Mike Greenwell's Bat-A-Ball & Family Fun Park on Pine Island Road, a Cape Coral entertainment fixture since 1992, includes a 19-hole miniature golf course.

Just like with regulation golf, miniature golf courses demand attention from management. There are trees and bushes and grass that need to be trimmed or cut, just like on the big courses. Rain and wind can damage holes over night so when workers arrive in the morning there are often new tasks to tackle.

"You have to think of it as a large animal," Mr. Frizzell said. "A horse or an elephant."

Horses and elephants need food and water. Miniature golf courses need attention.

"You have to take care of it like a living thing," Mr. Frizzell said.

The Florida landscape is dotted with other miniature golf courses such as Castle Golf in Fort Myers, Coral Cay in Naples, Golf Safari in Bonita Springs and Adventure Mini Golf in Lake Worth.

So, 87 years after *Popular Science Monthly* asked the about the future of America's "newest fad" it doesn't appear to be going away.

What did the magazine predict in 1930 of its future?

"Showmanship and mechanical art will decide the fate of America's newest big industry — miniature golf," *Popular Science Magazine* wrote. ■

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COURTESY PHOTOS

# Tropical golf paradise

## SPECIAL TO FLORIDA WEEKLY

Imagine enjoying all the amenities of an exclusive resort destination at this spectacular courtyard home. The main house and two-room guest suite surround the tropically landscaped pool, spa and waterfall.

Privacy and tranquility abound at this 6,671-square-foot home at Frenchman's Creek in Palm Beach Gardens.

Marvel at the open floor plan, with 18-foot ceilings, custom banana fans and marble floors. Enjoy the designer granite kitchen renovated in 2012.

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Lang Realty has this home in Frenchman's Creek in Palm Beach Gardens offered at \$1,699,990. The agents are Scott & Julie Warner, 561-385-0938, [realtors@thewarnerteam.com](mailto:realtors@thewarnerteam.com). ■



## Architectural firm names Forrest director in Palm Beach

Naples-based MHK Architecture and Planning has hired Caroline Koons Forrest as director of its Palm Beach office at 211 Seaview Ave.



FORREST

Prior to joining MHK Architecture and Planning, Ms. Forrest served as a senior project manager for MP Design and Architecture and was project manager for STH Architectural Group in West Palm Beach.

"I am thrilled to have the opportunity to open the office of MHK Architecture on the east coast of Florida. We are already in the midst of our first project in the Palm Beach-

es," Ms. Forrest said.

Ms. Forrest received her undergraduate degree from the Art Institute of Chicago and received her bachelor's and master's degrees in architecture at the Pratt Institute in New York. She is a trustee at Palm Beach Day Academy and is on the board of directors for SunFest in West Palm Beach. She previously served as a board member for the city of West Palm Beach Planning and Zoning Board as well as the city of West Palm Beach Historic Preservation Board.

MHK Architecture and Planning specializes in the design of single-family residential, multi-family residential, commercial office, mixed-use development and master planned communities. ■

## United Way announces appointments

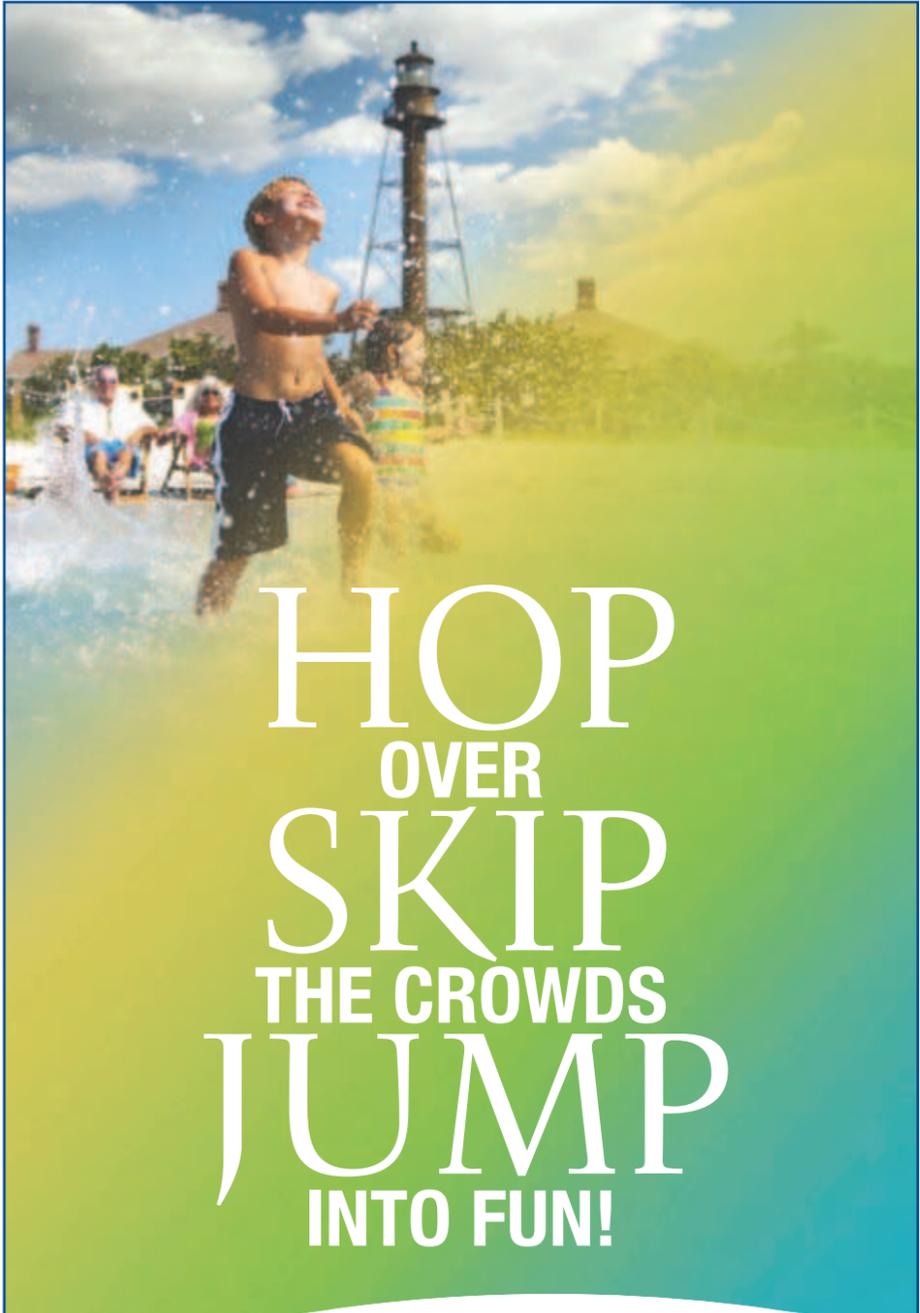
United Way of Palm Beach County has appointed Doug Eberhart as its vice president of hunger relief and Dr. Seth Bernstein to the new role of senior vice president of community investments.

Mr. Eberhart is responsible for overseeing the implementation of the hunger relief plan. He moved to Palm Beach County from Kentucky and has served as CEO within the United Way system for more than 13 years. He operated a food bank, worked with federal and state organizations and partnered with nonprofits to ensure children, families and seniors received food assistance.

In the new position of senior vice president of community investments,

Dr. Bernstein provides oversight and direction for United Way's funding areas of education, income, health and special initiatives, including Achieve Palm Beach County.

Dr. Bernstein joined the United Way staff after more than 15 years of volunteerism for the United Way of Palm Beach County, including board and committee membership positions related to strategic planning, development and investment. The Delray Beach resident served as chief operating officer at Boca Raton's Promise and served as staff psychologist and director of community engagement at Boys Town South Florida. ■



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## ON THE LINKS

# Amateurs tee up for tourney at Bear's Club



**larryBUSH**  
lbush@floridaweekly.com

People, places and things on the local golf scene you may have missed reading or hearing about recently:

**Cristian DiMarco** of Longwood won the 100th annual **Florida State Amateur Championship** at **The Bear's Club** in Jupiter. An incoming senior at the University of South Florida, DiMarco, 21, said it was his biggest victory and the first since he was a high schooler at Lake Mary Prep. And he said he likely will not be able to defend next June at **Concession GC** in Bradenton as he plans to turn pro as soon as his college eligibility expires. The FSGA returns to Palm Beach County in 2019 for State Amateur No. 102 at the **Loxahatchee Club** in Jupiter.

The son of three-time PGA Tour winner **Chris DiMarco**, who turns 50 in August 2018, Cristian shot 68-70-71-71—280, winning by four strokes. Curiously, Cristian swings left-handed but putts right-handed.

**Garrett Barber** of West Palm Beach was low PBC, T-5 at even par 288. **Jesse Daley** of Palm Beach Gardens tied for 11th with 292, followed by **Gary Nicklaus** and **Tyler Shook**, Jupiter, and

**R.K. Nakashian**, Palm Beach Gardens, all T-21 at 297.

Other recent FSGA results:

**Scott Turner** of Stuart, tournament director for Jupiter's **Minor League Golf Tour**, won the 20th annual **Public Links Championship** by eight strokes, posting three straight 68s at **Abacoa GC**, Jupiter. It was his first state title.

Before and after trying pro golf for 8½ years through 2013, Turner won seven PBC titles, including this season's opener, the Pricey Par-3 with **Greg Forest** and hosted by **Nick Price** at **Jupiter Dunes GC**. He had eight wins on the MLGT, including three in a row in August 2013.

**Tyler Shook** of Jupiter lost in the finals of the **Mid-Amateur Championship** at **John's Island-West**, Vero Beach, 2-up to **Robert Bechtol** of Tallahassee.

**Dan Eggertsson**, Royal Palm Beach, and **Ben Adelson**, Boynton Beach, tied for second at 132, two behind the winners from Broward County, **Christopher Carlin** and **Christopher O'Conner** at 130 in the **Mid-Amateur Four-Ball (South)** at **Bear's Paw CC**, Naples.

**Meghan Stasi**, Oakland Park, won the **Women's Mid-Amateur** for the fourth time in five years, beating **Ina Kim**, Jupiter, with a 30-foot birdie putt on the second extra hole after they tied at 143 at **Sugar Mill CC**, New Smyrna Beach.... PBC women finished one-two in the middle division net as **Karen**

**Varner**, Palm Beach Gardens, edged **Lisa Ferrara**, Boynton Beach, 140-141.

■■■

And talk about domination: **Susan Cohn** of Palm Beach Gardens won the **Palm Beach County Women's Amateur Championship** for the 11th year in a row and 14th time in 18 years. Cohn shot 81-76-79—236, winning by six strokes over **JoAnn Ferrieri**, who had 79-82-81—242. Flight winners were **Pat Gelardi**, first, 253; **Martha Greenhallsh**, second, 263; **Tinker Sanger**, third, 262; **Mary Lou Johnson**, fourth, 287; **Phyllis Lonshi**, fifth, 301; **Linda Berger** and **Loraine Cates**, sixth, 293; and **Bea Grzywacz**, seventh, 326. The 39th annual **County Women's Amateur** was played on the Champion course at **PGA National**.

■■■

Other recent Palm Beach County Golf Association tournament results:

**Arrigo Four-Ball** @ Bear Lakes CC: **Hugo Bernard**, West Palm Beach, and **Mike Weeks**, Jupiter, open division, 200; **Brian Kennedy**, Highland Beach, and **Dan Russo**, Delray Beach, seniors, 207; **Scott Blasie**, Lake Worth, and **Tim Cox**, Palm Beach Gardens, super seniors, 203.

**Club Team** @ **Tequesta CC**: 1, **Hammock Creek GC**, Palm City, first win, 128; 2, **Bear Lakes CC**, West Palm Beach, won last three, 129.

**Pricey Stroke Play** @ **Quail Valley/Orchid Island**, Vero Beach: Playoff at

141, won by **Ryan Crowley**, West Palm Beach, over **Timmy Wideman**, Boca Raton.

**Tommy Belen/Better Ball** @ **Hobe Sound GC**: **Jared Meyers**, North Palm Beach, and **Scott Wilson**, Palm Beach Gardens, won a playoff at 128 with **John Powers**, Delray Beach, and **Danny Germaine**, North Palm Beach.

**Emerald Dunes Shootout** @ **Emerald Dunes GC**, West Palm Beach: **Jared Myers**, North Palm Beach, open division, 67; **Mike Weeks**, Jupiter, seniors, 69; and **Robert Biles**, Palm Beach Gardens, super seniors, 71, on the second playoff with **Don Staton**, Boca Raton.

**Tire Kingdom Match Play** @ **Frenchman's Reserve CC**, Palm Beach Gardens: In open division finals, **John Powers**, Delray Beach, beat **R.J. Nakashian**, Palm Beach Gardens, 1-up; and **Ryan Howison** defeated **Frank Babusik**, 2 and 1, in the senior finals between Jupiter members.

The 33rd **Nicklaus Junior Championship** was a duel between two boys from **Howey-in-the-Hills**, with **Yuxuan Song** (72-75) beating **Greg Shen** (76-74) 147-150. Other winners on the Hills course at **Jonathan's Landing GC** @ **Old Trail**, Jupiter: **James Key**, Palm Beach Gardens, boys 13-15, in a playoff with **Dylan Balkaran**, Royal Palm Beach, after they tied at 175; **Dylan DeWindt**, Stuart, boys 10-12, 45 (9 holes); and **Lauren Davenport**, Delray Beach, girls (all ages), 160. ■



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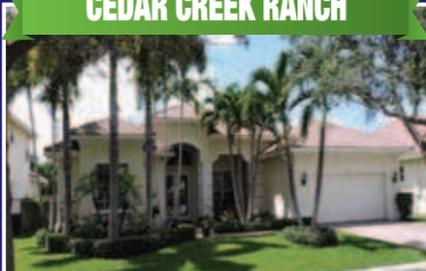
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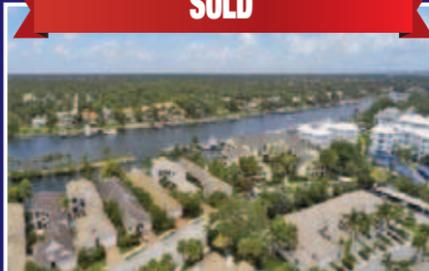
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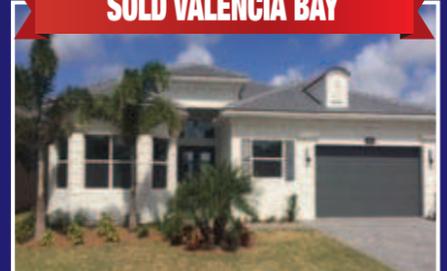
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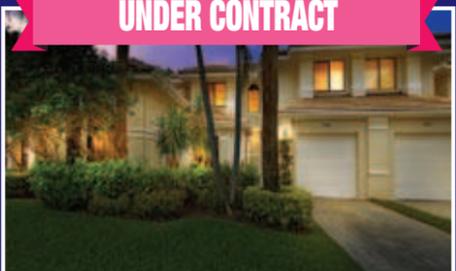
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# HEALTHY LIVING



## Summer safety tips — play it safe and have fun in the sun

**dianne GOLDENBERG**  
CEO, Palm Beach Gardens Medical Center



Ahhh. Those lazy, hazy days of summer. The kids are running around outside, and the smell of food sizzling on the grill drifts through the air. Summer has officially arrived. But wait – before you cool off in the water or get ready for a delicious picnic, check out these safety tips so your fun-filled season doesn't include a trip to the hospital emergency room.

Keep your cool and drink lots of water to avoid heat-related illness. Don't wait until you're thirsty to drink. Heat cramps, often caused by dehydration, can progress to heat exhaustion and potentially fatal heat stroke. To protect yourself against the heat, stay indoors as much as possible, wear loose-fitting, lightweight clothes; eat well-balanced, light meals; and avoid strenuous work during extreme heat.

Be water wise and teach your children to swim. At the pool, swim under lifeguard supervision and obey all rules. Stay away from water intakes, drains or filters in pools and hot tubs since long hair or clothing could become entangled. At the lake, river or beach, swim only in designated areas. Don't dive into shallow water and risk neck injuries or paralysis. If you get caught in an ocean current, swim parallel to shore and wait for the current to lessen. Remember that alcohol and water don't mix when it comes to swimming, diving and boating.

Bake a cake, not your skin. Try to limit sun exposure during peak times (generally 10 a.m. to 4 p.m.) and apply sunscreen at least 20 to 30 minutes before you hit the beach or pool and reapply every two hours. If you do have sunburn, try taking a cool bath or shower, applying aloe gel or other soothing lotion, or taking aspirin or ibuprofen to reduce inflammation. Redness and pain associated with sunburn may not

appear immediately, but you could feel the effects of blisters and peeling skin for days. Severe reactions, which can include fever, chills, nausea or rash, may require medical attention.

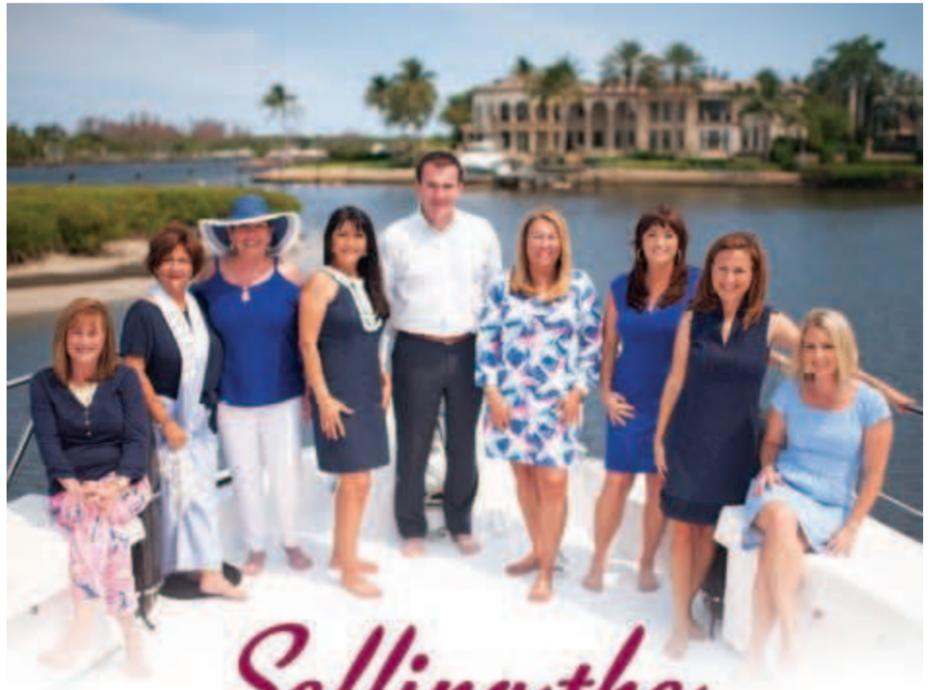
Have fun throwing the ball, not throwing out your back or shoulder. Before you start exercising to get in swimsuit shape, check with your doctor. Then make sure you have the right equipment, including properly fitting shoes. Start slowly to avoid overuse injuries such as tendonitis and be sure to drink lots of water. Don't forget warm-up and stretching exercises. Oops – if you overdo it, first aid begins with P-R-I-C-E:

- Protect the injured area by not using it
- Rest the injured area
- Apply ice to limit swelling
- Compress the injured area
- Elevate the injured body part

Pass the salad please, but hold the salmonella, shigella and E. coli. Food poisoning can ruin a good time, so watch what you eat. Cook meat, poultry, fish and shellfish thoroughly and make sure prepared salads (such as egg, tuna, potato or chicken) are not left out at room temperature for more than two hours. Don't eat raw oysters or undercooked mussels, clams or other seafood. Wash fruits and vegetables carefully. Avoid eating raw or undercooked eggs. Common signs and symptoms of food poisoning include abdominal cramps, diarrhea, nausea, vomiting and fever.

Enjoy a juicy slice of watermelon, dive into a cool pool and build your best sand castle. You can't remove all the risks but by putting safety first and following a few simple steps, you can enjoy your summer and make lots of happy memories.

And if an accident does happen, Palm Beach Gardens Medical Center's emergency room is available 24-hours a day to get you and your family back on track for summer fun. Use our InQuicker program so you have the control and convenience for 24/7 access to care. Go to our website at [www.pbgmc.com/inquicker](http://www.pbgmc.com/inquicker) for more information and you can minimize your wait time. ■



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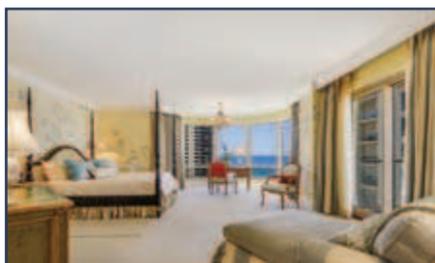
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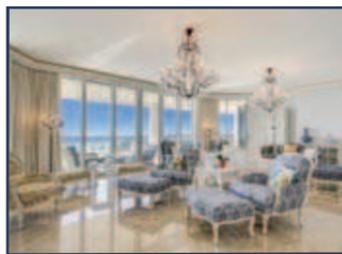
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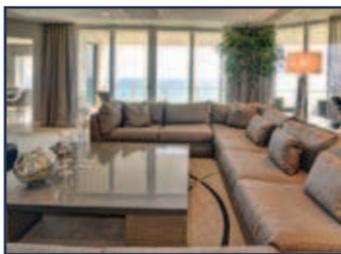
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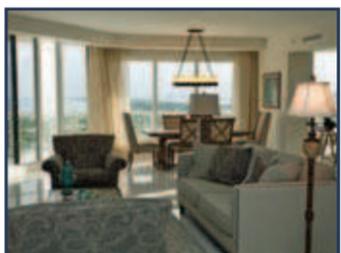
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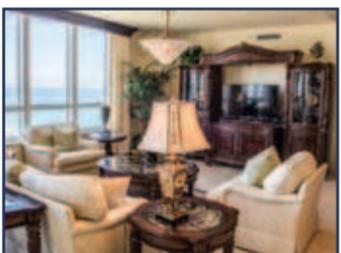
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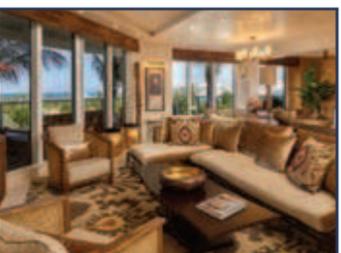
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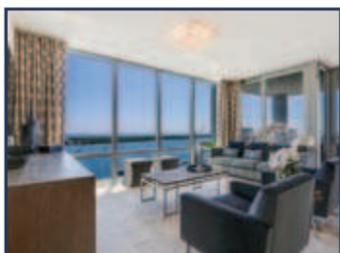
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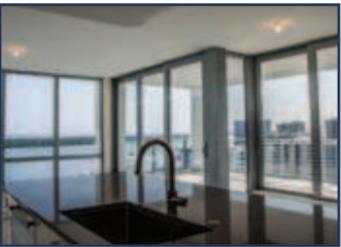
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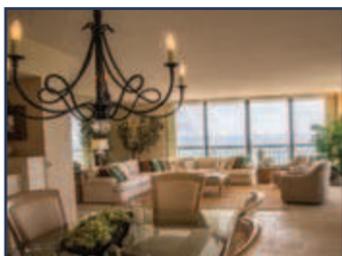
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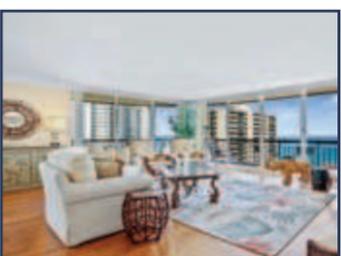
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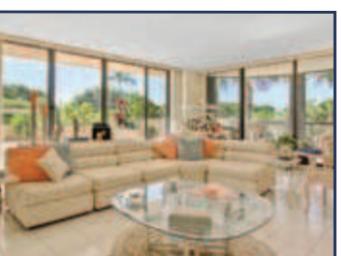
**Martinique WT1201**

2BR/3.5BA - \$739,000



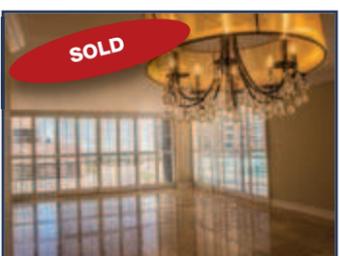
**Martinique ET304**

2BR/3.5BA - \$599,000



**Martinique WT103**

3BR/4.5BA - \$575,000



**Martinique WT202**

3BR/4.5BA - \$549,900



**Info@WalkerRealEstateGroup.com**



## ARTS &amp; ENTERTAINMENT

WEEK OF JULY 20-26, 2017

WWW.FLORIDAWEEKLY.COM

| SECTION B

"Our audiences seemed to really enjoy Sondheim's music and 'Company' is a show about relationships told through some of his more gorgeous songs."

— Michael Lifshitz, co-producer of the MNM Productions

## In GOOD 'Company'

Sondheim's classic marriage musical comes to the Kravis

BY STEVEN J. SMITH

ssmith@floridaweekly.com

IT'S 47 YEARS OLD. But Stephen Sondheim's Tony Award-winning "Company" is still relevant, according to Michael Lifshitz, co-producer of the MNM Productions' staging that

comes to the Kravis Center July 21-Aug. 6.

Director Bruce Linser plans to update this musical that broke new ground exploring marriage and relationships, Mr. Lifshitz said.

"Bruce has chosen to do it contemporaneously, meaning as if it were taking place in 2017 instead of 1970, when it was first produced," he said. "I think what that says more than

SEE COMPANY, B10 ►



Nicole Kinzel, Robert Johnston in Stephen Sondheim's "Company."

## Lady Antebellum finds success in 'Heart Break'

BY ALAN SCULLEY

Florida Weekly Correspondent

Lady Antebellum returns to the touring circuit this summer with a whole new spring in its collective step.

That spring vaults the group into West Palm Beach for a July 29 show at Perfect Vodka Amphitheatre.

The trio of Hillary Scott, Charles Kelley and David Haywood spent most of 2016 on hiatus — a period that allowed both Ms. Scott and Mr. Kelly to make solo albums, while Mr. Haywood spent some of his time producing music for other artists.

Now the reconvened group has watched its frisky R&B-ish, horn-accented single, "You Look Good," climb into the top 10 on *Billboard* magazine's "Hot Country Songs" chart, while their new



PHOTO BY ERIC RAY DAVIDSON

Charles Kelly, Hillary Scott and David Haywood of Lady Antebellum will perform July 29 at Perfect Vodka Amphitheatre.

album, "Heart Break," debuted atop *Billboard*'s Top Country Albums chart.

And Mr. Haywood said the group is as energized as at any point in Lady Antebellum's 10-year career.

"I feel like this album and this past 18 months is really a larger story, I think, for us as a band," Mr. Haywood said in a

recent phone interview. "This definitely isn't just another record. This is a really special moment for us in our career. For us, we knew creatively we were getting to the point where we were a little drained and we felt like we had kind of tapped the well of ideas. So that's when we entered into last year and said you know what, it's time for us to take a breather musically."

A first step was choosing a producer who could bring a fresh perspective to the next album, and Lady Antebellum chose to team up with Busbee (the professional name for producer Michael James Ryan Busbee), who has worked with pop acts such as Pink, Shakira, Gavin DeGraw and the Backstreet Boys, as well as country stars Rascal Flatts, Jason Aldean and Keith Urban.

SEE ANTEBELLUM, B10 ►

## HAPPENINGS



COURTESY PHOTO

Artist Candice Carpentieri with her design for an Aesop's Table.

## Art, trivia combine on Wednesdays

BY JANIS FONTAINE

pbnews@floridaweekly.com

Okay, Ms. or Mr. Smarty Pants, let's see what you've got.

Wacky Wednesday Trivia Nights continue from 8 to 10 p.m. through Aug. 30 at Aesop's Tables art installation at the West Palm Beach Waterfront, 101 N. Flagler Drive. Duane Hamilton is your trivia host and all you have to do is come up with the correct answers to random questions about history, pop culture, science and geography.

Prizes include merchant gift certificates from downtown businesses, including \$100 for the first place winner and \$50 and \$25 for the second and third place winners. There will be free popcorn, and beer, wine and soda will be available for purchase.

Wacky Wednesdays are just another way for the city of West Palm Beach to celebrate Summer in Paradise, which features Aesop's Tables, 25 handpainted picnic tables depicting the stories from Aesop's Fables. The brightly colored works of art will be auctioned at the end of summer bash on Aug. 30.

For info, call 561-822-1515; www.wpb.org/events .

### Call for art

The second annual West Palm Beach Arts Festival is asking for submissions for the festival on Dec. 2-3 at the Armory Art Center campus, 811 Park Place, West Palm Beach. Presented by the Armory Art Center, this festival will feature local and out-of-town artists, live music, demonstrations, food trucks, and activities for all ages.

Local, regional, and national artists working in ceramics, drawing, fiber, furniture, glass, jewelry, photography, printmaking, sculpture, mixed-media, and painting are encouraged to submit their work. Last year, 86 artists exhibited their work and more than 6,000 attended the first festival. This year, they have space for 95 artists.

Each artist will need a 10-foot-by-10-foot tent to be installed outdoors on the Armory campus where they can chat with visitors about their work. The deadline to submit your application is Aug. 31. There is a \$35 fee, plus \$185 booth rental if you're chosen. For information on submitting your work, visit [www.westpalmbeachartsfestival.com](http://www.westpalmbeachartsfestival.com)

### Feeling artsy? Try \$20 Tuesdays

Here's an option for date night that's not another dinner or movie. How about

SEE HAPPENINGS, B11 ►

## COLLECTOR'S CORNER

# Washington mold churns a memory of homemade ice cream



**scott SIMMONS**  
ssimmons@floridaweekly.com

Summer in South Georgia was a time for celebration.

That's when my father's family might convene on the farm for a weeklong visit to see my great-grandmother, my grandmother Dorothy, her husband, whom we called "Grandpa Bill," and my great-grandfather's sister, Goldie.

Aunt Goldie lived all her life in the Ochlocknee farmhouse in which she was born.

It was a conventional Southern "dogtrot"

dwelling that originally had a center hall with two rooms off either side and a kitchen in the rear.

She'd start preparing for a family meal the day before, getting Rabbit the hired man to kill a chicken, then soaking the bird overnight in buttermilk before dredging it in self-rising flour and frying it up crisp.

There'd be butter beans and hoecakes — those wonderful, crispy pancakes of cornmeal — and black-eyed peas.

For dessert, there'd be Goldie's lighter-than-air coconut cake and, if we were lucky, homemade ice cream.

Goldie had a wooden churn with a hand-crank that folks would take turns spinning until the ice cream was smooth — the operation

was streamlined in the '70s with the help of an electric churn.

Most often, the ice cream was vanilla. If peaches were available, Goldie would toss in a couple of bowls of the sliced fruit toward the end of the churning.

She kept things simple, just scooping the confection into bowls that we promptly emptied.

People of Goldie's generation in other parts of the country might have done things fancier in the days before Eskimo Pies and other frozen novelties.

It was not uncommon for cooks

to mold ice cream into the shapes of fruit and vegetables (I have a mold in the shape of a potato) or notable personages — George Washington and Abraham Lincoln were popular subjects.

But in the end, ice cream is less about the fancy shapes and more about the sweet goodness of just desserts.

Oh, and a memory or two doesn't hurt, either.

I love my pewter molds, but I'd trade all of them for an afternoon of good eating at Aunt Goldie's. ■

### THE FIND: A George Washington ice cream mold

**Bought:** West Palm Beach Antiques Festival, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach; 941-697-7475 or www.wpba.com.

**Paid:** \$30

**The Skinny:** A kitchen collectible like this ice cream mold offers a glimpse into another, more formal world.

Ice cream was a novelty in the 19th century, when Thomas Jefferson first served it at the White House.

Think about it: There was no means of artificial refrigeration, so workers would cut blocks of ice each winter and store them in below-ground ice houses for use during the rest of the year.

It was a precious commodity. As such, ice cream first was

available to the wealthy, before mass production of churns and the creation of rail lines meant ice could be shipped across the country.

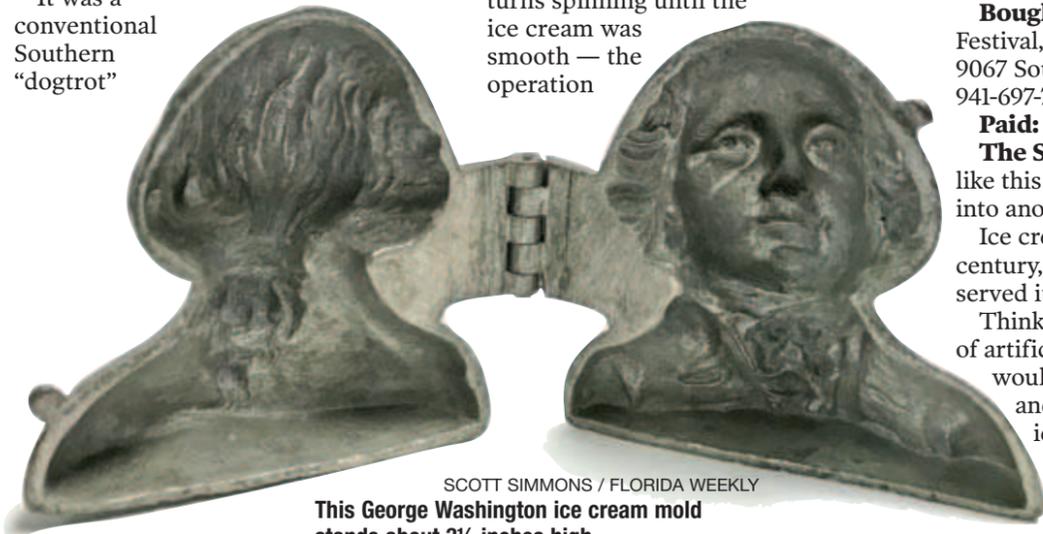
This pewter mold, made by Eppelsheimer & Co. of New York, dates from the early 20th century.

The user would have packed it with ice cream, closed it and allowed it to set up before unmolding the dessert, which could have been tinted with food coloring.

We might not want to use this mold for food — older pewter can have high lead content.

But its crisp design makes it perfect as a display piece.

And that, by George, is how I will use it. ■



SCOTT SIMMONS / FLORIDA WEEKLY  
This George Washington ice cream mold stands about 3½ inches high.



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**2017**  
FLORIDA  
WEEKLY'S  
BEST





See you in Southwest Florida this fall as nationally acclaimed singer-songwriters share their musical talents at this fourth annual music festival. Catch free shows Sept. 22–Oct. 1 from over 60 songwriters at 20 unique venues on Captiva Island, Fort Myers Beach and in Downtown Fort Myers. Be a part of the music that speaks to your heart. [Learn more at IslandHopperFest.com](http://IslandHopperFest.com) | [#IslandHopperFest](https://twitter.com/IslandHopperFest)



## CALENDAR

Please send calendar listings to calendar editor Janis Fontaine at [pbnews@floridaweekly.com](mailto:pbnews@floridaweekly.com).

## THURSDAY 7/20

**Art After Dark** — 5-9 p.m. Thursdays at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. Happy Birthday Edgar Degas! Celebrate the artist whose paintings of dancers capture the grace and movement of these lithe performers. Violinist Lisa Fearon performs. Free. 561-832-5196; [www.norton.org](http://www.norton.org).

**Clematis By Night presents Summer in Paradise** — 6-10 p.m. Thursdays at the West Palm Beach Waterfront, 101 N. Flagler Drive at Clematis Street, West Palm Beach. Supersized CBN with two bands, plus the unveiling of the new art installation, Aesop's Tables. Kicks off 90 days of fun for friends, family and even Fido. [www.clematisbynight.net](http://www.clematisbynight.net).

■ **July 20:** On the Roxx ('80s Tribute) with the Skin City Angels ('80s Arena Rock)

**"Drawn to the Arts"** — Through Aug. 11, Lighthouse ArtCenter, 373 Tequesta Drive, Tequesta. A unique exhibition explores the magical process of creating and enjoying children's books with the work of 15 of the nation's bestselling illustrators and writers who lent their work to the exhibit. 561-746-3101; [www.LighthouseArts.org](http://www.LighthouseArts.org).

**"Amazing Butterflies"** — Through Sept. 29, South Florida Science Center and Aquarium, 4801 Dreher Trail, West Palm Beach. An interactive exhibit spotlighting the entire lifecycle. Explore the butterfly gardens that are part of the Conservation Course, an 18-hole miniature golf course. Tickets: \$15 adults, \$11 age 3-12, free for members and younger than age 3. 561-832-1988; [www.sfsccenter.org](http://www.sfsccenter.org).

## FRIDAY 7/21

**Safari Nights** — 4:30-9 p.m. Fridays, Palm Beach Zoo, 1301 Summit Blvd., West Palm Beach. Each week has a unique theme and costumes are encouraged. Face painting, experience up-close animal encounters, kids' crafts, and a kids DJ Dance Party. The Tropics Café is open for dinner or a snack. Info: [www.palmbeachzoo.org/safari-nights-2017](http://www.palmbeachzoo.org/safari-nights-2017).

**"Art of Expression"** — 6-9 p.m. July 21, Artisans On The Ave, 630 Lake Ave., Lake Worth. An invitational, juried exhibition featuring 20 guest artists and 40 local artists. Refreshments. Free. 561-762-8162; [www.ArtisansOnTheAve.com](http://www.ArtisansOnTheAve.com)

**Gardens Movie Nights & Food Truck Bites** — 6:30 p.m. July 21, Veterans Plaza Amphitheater, 10500 N. Military Trail, Palm Beach Gardens. Screening the 80's classic "Back to the Future" at 8:15 p.m. BYO lawn chairs and blankets. 630-1100 or visit [www.pbrec.com/movies](http://www.pbrec.com/movies).

**Rosemary Otto "Invisible Women" opening reception** — 7-10 p.m. July 22, The Box Gallery, 811 Belvedere Road, West Palm Beach. An exhibition of mixed media work highlighting society's invisible women, especially the elderly and the mentally ill, by the 80-year-old Lake Worth resident. On display through Aug. 30. RSVP. [www.TheBoxGallery.Info](http://www.TheBoxGallery.Info).

## SATURDAY 7/22

**Free business seminars for women** — July 22-28 at the Florida Women's Business Center, 401 W. Atlantic Ave., Suite 09, Delray Beach.

Seminars are free but preregistration is required at 265-3790, Ext. 111 or 114; [www.FLWBC.org](http://www.FLWBC.org). Seminars include:

■ **QuickBooks: Introduction and Overview** — 9:30-11 a.m. July 22. Learn how QuickBooks can help you get control of your business's finance.

■ **How to Start a Successful Business** — 9:30-11:30 a.m. July 26. Learn the keys to self-employed success.

■ **The Art of Business Networking** — 4-7 p.m. July 28. Networking is an art but it can be mastered. Learn how. Bring your business cards.

**Summer Cabaret** — Saturday, The Colony Hotel, 155 Hammon Ave., Palm Beach. \$75 including dinner or \$40 for the show only. Doors open at 6 p.m. and the show starts at 8 p.m. 561-659-8100; [www.thecolonypalmbeach.com](http://www.thecolonypalmbeach.com).

■ **Carole J. Bufford** — July 22 and 29

■ **Jenene Caramielo** — Aug. 5 and 12

■ **Deborah Silver** — Aug. 19

■ **Franco Corso** — Aug. 26

## LOOKING AHEAD

**Outreach Speaker Series: Florida Lighthouses** — 10 a.m. July 25, Lake Park Library, 529 Park Ave, Lake Park. Historian Josh Liller of the Jupiter Inlet Lighthouse & Museum gives an overview of the 30 Lighthouses of Florida. Free. 561-747-8380, Ext. 101; [www.jupiterlighthouse.org](http://www.jupiterlighthouse.org).

**SIP Clematis by Night** — 6-10 p.m. Thursdays through Aug. 31. An extra hour of free music on the West Palm Beach Waterfront with two bands every week. Info: [www.clematisbynight.net](http://www.clematisbynight.net).

■ **July 27:** The Samantha Russell Band (Country) with Burnt Biscuit (Country Rock)

## AT DRAMAWORKS

Palm Beach Dramaworks at The Don & Ann Brown Theatre, 201 N. Clematis St., downtown West Palm Beach. Call 561-514-4042, Ext. 2; [www.palmbeachdramaworks.org](http://www.palmbeachdramaworks.org).

**"Sweeney Todd: The Demon Barber of Fleet Street"** — Through Aug. 6. Show times: 7:30 p.m. Wednesday and Thursday, 8 p.m. Friday and Saturday. Matinees at 2 p.m. Wednesday, Saturday, and Sunday. Tickets: \$67 (including opening night). Save money if you're younger than 40 and pay your age. Student tickets: \$15. Teachers: Half-price with ID. 561-514-4042; [www.palmbeachdramaworks.org](http://www.palmbeachdramaworks.org).

## AT HARBOURSIDE PLACE

Harbourside Place, 200 U.S. 1, Jupiter. Info: 561-935-9533; [www.harboursideplace.com](http://www.harboursideplace.com).

**Summer Science Classes** — 6-7 p.m. Wednesday through Aug. 9, Artlantic Fine Art. Led by the South Florida Science Center. \$12 per class. Preregistration required. Email: [info@harboursideplace.com](mailto:info@harboursideplace.com)

**Movies on the Waterfront** — 8 p.m. July 21. Screening: "Cars." Free.

**Classic Car Show and Tribute Band** — 6 p.m. July 22.

**Live Music on the Waterfront** — 6-10 p.m. Fridays.

**String Theory** — July 28

**Live Music on the Waterfront** — 5-10 p.m. Saturdays.

**Spred the Dub** — July 29

**Steel Pony** — Aug. 5.

**Jupiter Green & Artisan Market** — 10 a.m.-3 p.m. Sundays, year-round.

## AT THE KELSEY

The Kelsey Theater, 700 Park Ave., Lake Park. Info: 561-328-7481; [www.thekelseytheater.com](http://www.thekelseytheater.com) or [www.holdmyticket.com](http://www.holdmyticket.com).

**Galactic Empire & Danger Kids** — 7 p.m. July 28. Event tickets at [www.foryourfriends.net](http://www.foryourfriends.net).

**Back To School Bash To Benefit The Boys & Girls Club** — 7 p.m. July 28. Help raise money and collect school supplies for The Boys & Girls Club of Palm Beach County. Tickets: \$10 in advance. All ages.

## AT THE KRAVIS

Kravis Center for the Performing Arts, 701 Okeechobee Blvd., West Palm Beach. Info: 561-832-7469; [www.kravis.org](http://www.kravis.org).

**"Company"** — Through Aug. 6. MNM Productions performs Stephen Sondheim's musical.

## AT THE LIGHTHOUSE

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way, Jupiter. 561-747-8380, Ext. 101; [www.jupiterlighthouse.org](http://www.jupiterlighthouse.org).

**Twilight Yoga at the Light** — 7-8 p.m. July 24 and 31 and Aug. 7, 14, 21, 28. Mary Veal, Kula Yoga Shala, leads.

**Lighthouse Book Club** — 6-7 p.m. Aug. 2. Join the museum staff in book discussions on all things Florida. July: "Black Creek-the Taking of Florida" by Paul Varnes. Aug.: "Touched by the Sun" by Stuart McIver. Donation requested. RSVP.

## AT MACARTHUR

**John D. MacArthur Beach State Park** — 10900 Jack Nicklaus Drive, Singer Island, North Palm Beach. 561-776-7449; [www.macarthurbeach.org](http://www.macarthurbeach.org).

**Butterfly Walk** — 11 a.m. July 29. A ranger-led walking tour through the hardwood hammocks in search of butterflies. Reservations required. Free with paid park admission.

**Birding at MacArthur Park** — 9 a.m. July 30. Bird lovers take a ranger-led educational walk identifying the many species of birds in the park. Reservations recommended.

## AT THE MALTZ

Maltz Jupiter Theatre, 1001 E. Indian-town Road, Jupiter. 561-575-2223; [www.jupitertheatre.org](http://www.jupitertheatre.org)

**Goldner Conservatory of Performing Arts Shows:**

**"James and the Giant Peach, Jr."** — July 28-29.

**"The Diary of Anne Frank"** — Aug. 12.

## AT THE JCC

The Mandel JCC, 5221 Hood Road, Palm Beach Gardens. Info: 561-689-7700; [www.jcconline.com/pbg](http://www.jcconline.com/pbg).

**July 20:** Duplicate bridge games, bereavement support group.

**July 21:** Duplicate bridge games.

**July 24:** Duplicate bridge games, mah jongg and canasta play session.

**July 25:** Duplicate bridge games, hot days cool flicks presents: "The Last Band in Lebanon."

**July 26:** Duplicate bridge games, mah jongg and canasta play session.

**July 27:** Duplicate bridge games.

**July 28:** Duplicate bridge games.

**July 31:** Duplicate bridge games, mah jongg and canasta play session.

## AT MOUNTS

Mounts Botanical Garden, 531 N. Military Trail, West Palm Beach. Info: 561-233-1737; [www.mounts.org](http://www.mounts.org).

**Yoga in the Garden** — 8 a.m. Sundays through Aug. 27 in the Hutcheson Portico Area. \$10 members; \$15 non-members. Led by Kristen Peterson.

**Orchid Trilogy** — 10 a.m. to 1 p.m. Saturday July 22 in Mounts Auditorium. Orchid Pests and Diseases. \$40 members, \$45 nonmembers. Instructor: Sandi Jones, Broward Orchid Supply and Bonnet House Museum & Gardens.

**Cooking in the Garden** — 6-8 p.m. at Mounts Pavilion at Mounts Botanical Garden, 531 N. Military Trail, West Palm Beach. This creative culinary class with Chef Nina Kauder of Bean Scene Productions will focus on one topic each week. The chef and urban farmer is an expert in organic, sustainable, and nutritious foods.

■ **July 20:** Topic: Hydrate. Bring 2 bottles of your own drinking water for "customizing" with herbal selections. The lesson includes a tour of the Garden of Well-Being at Mounts

## AT THE PLAYHOUSE

The Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Info: 561-586-6410; [www.lakeworthplayhouse.org](http://www.lakeworthplayhouse.org).

**"Saturday Night Fever"** — Through July 23. Tickets are \$29 and \$35. Check out the dinner and a show deals at local restaurants including Paradiso, Suri, Couco Pazzo, Brogue's and Dave's Last Resort, which run \$60-\$72.

**In the Stonzek Theatre:**

**Stand-Up: Scotty P. It's All About Me** — 7:24 p.m. on July 24. A one-man show.

**Films:**

**"Moka"** — July 21-27

**"I Am The Blues"** — July 21-27

**"The Exception"** — July 28-Aug. 3

**"Letters From Baghdad"** — July 28-Aug. 3

## AT PGA ARTS CENTER

PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. 888-264-1788; [www.pgaartscenter.com](http://www.pgaartscenter.com)

# CALENDAR

**“Funny Old Broads”** — Through July 30

## AT THE IMPROV

Palm Beach Improv at CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach. Info: 561-833-1812; www.palm-beachimprov.com.

**Thomas Dale** — July 20-22

**Darren Knight’s Southern Momma and ’Em Comedy Tour** — July 27

## AT THE FAIRGROUNDS

The South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. 561-793-0333; www.Southfloridafair.com.

**Palm Beach Summer Beer Fest** — Noon to 4 p.m. and 5-9 p.m. July 22. This indoor craft beer event features top local brewers.

**Zumbathon, a Family Fun & Fitness Concert** — 6-8 p.m. July 27. Classes and demonstrations. The event supports the Leukemia & Lymphoma Society, Digital Vibez Inc. and Eat Better Live Better who fight against cancer and childhood obesity.

**City Kids on the Farm** — From 10 a.m.-4 p.m. every Thursday and Friday in July, kids will be immersed in agriculture. Admission is \$10 for age 12 and older, \$7 for age 6-11, free for age 5 and younger, and \$7 seniors age 65 and older. School groups of 10 or more: \$5 per student, \$10 for accompanying adults. 561-795-3110; www.southfloridafair.com.

## 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: 561-832-1988; www.sfsciencecenter.org.

**GEMS Club** — 5-7 p.m. the last Tuesday of the month. For girls in grades 3-8. Math, science, engineering and technology including dinner and refreshments. \$7 registration fee. A special presentation from a female in the science industry and themed activities and crafts. Pre-registration required at www.sfsciencecenter.org/gems. Info: www.sfsciencecenter.org or 561-832-1988.

**Nights at the Museum** — 6-9 p.m. the last Friday of the month. Theme: Spring Science and Investigating Insects. Food for purchase. \$13.95 adults, \$11.95 seniors, \$9.95 for age 3-12, free for younger than 3. Member admission is \$6 adults, free for child members.

**GEMS Club @ STEM Studio Jupiter** — 5-7 p.m. the second Tuesday of the month at the STEM Studio; 112 Main St., Jupiter. Girls in grades 3-8 explore the worlds of math, science, engineering and technology. \$10 fee includes dinner and refreshments. Pre-register at www.sfsciencecenter.org/stem-studio-gems.

## AT FOUR ARTS

The Society of the Four Arts, 2 Four Arts Plaza, Palm Beach. Call 561-655-7227; www.fourarts.org.

**Summer Chef Series: “Chef’s Favorites: Cooking for Friends and Family”** — Special luncheons featuring your favorite local chefs preparing their favorite meals. Tickets are \$75. Call 561-655-7226 or visit www.fourarts.org.

■ **Andrew Schor of Palm Beach Grill** — 12:30 p.m. July 20

■ **Javier Sanchez of Renato’s** — 12:30 p.m. Aug. 3

**Powerful Patrons with Joan Lipton, Ph.D.** — 11 a.m. July 26, Dixon Education Building. An in-depth look at the new patrons who are shaping the art world. \$60.

## LIVE MUSIC

**The Butcher Shop Beer Garden & Grill** — 209 Sixth St., West Palm Beach. Live music 9 p.m. to midnight. www.butchershopwpb.com

■ **The Joey Tenuto Band:** July 20

■ **Franscene:** July 28

**The Colony Hotel** — 155 Hammon Ave., Palm Beach. Info: 561-659-8100 or 561-655-5430; www.thecolonypalmbeach.com.

■ **Carole J. Bufford** — Returns to the Royal Room Cabaret July 22 and 29. Dinner and the show is \$75 or \$40 for the show only. Doors open at 6 p.m. and the show starts at 8 p.m. Reservations are required.

■ **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.

**Guanabanas** — 960 N. A1A, Jupiter. Age 21 and older. Info: 747-8878; www.guanabanas.com.

■ **Arise Roots with Jahmen and Dubbest** — July 21.

■ **Clark Rabbitt Band** — 4 p.m. July 22.

■ **Come Back Alice** — 9 p.m. July 22

■ **Jerry Garcia Birthday Bash** — Noon July 30. Eight bands including headliners The Heavy Pets.

**PGA Commons** — 5100 PGA Blvd., Palm Beach Gardens. Info: 561-630-8630; pgacommons.com.

■ **Spoto’s Oyster Bar:** Acoustic guitarist Sam Meador, 6-9 p.m. Wednesday, Steve Mathison & Friends, 5:30-8 p.m. Friday. Info: www.spotos.com; 561-776-9448.

■ **The Cooper:** Acoustic rocker Joe Birch, 6:30-9:30 p.m. Thursday; Andy Taylor, 6:30-9:30 p.m. Fridays. www.the-cooperrestaurant.com, 561-622-0032.

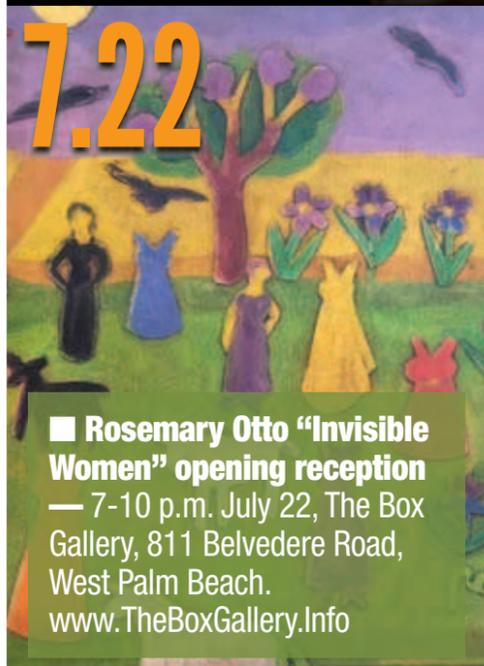
■ **Vic & Angelo’s: “Live Music Under the Stars”** — Crooner Giovanni Fazio, 6:30-9 p.m. Tuesdays; Dawn Marie, 6-9 p.m. Thursday. Info: www.vicandangelos.com; 561-630-9899.

## ONGOING

**The Ann Norton Sculpture Gardens** — 2051 S. Flagler Drive, West Palm Beach. Tickets: \$15 adults, \$10 seniors 65+, \$7 for students, free for members and younger than age 5. Info: 561-832-5328; www.ansg.org.



■ **Carole J. Bufford** — July 22 and 29, The Colony Hotel’s Royal Room, Palm Beach. 561-659-8100; www.thecolonypalmbeach.com



■ **Rosemary Otto “Invisible Women” opening reception** — 7-10 p.m. July 22, The Box Gallery, 811 Belvedere Road, West Palm Beach. www.TheBoxGallery.info



■ **Yeondoo Jung: Behind the Scenes** — See his “Documentary Nostalgia” through Aug. 13, Norton Museum of Art, West Palm Beach. 561-832-5196; www.norton.org

**Artisans On the Ave.** — 630 Lake Ave., Lake Worth. Info: 561-582-3300; www.artisansontheave.com.

**APBC Art on Park Gallery** — 800 Park Ave., Lake Park. Info: 561-345-2842; www.artistsofpalmbeachcounty.com.

■ **Call for art:** Absolutely Abstract 2017. Abstract work in any medium. Deadline: July 26. \$50 for first place, \$25 for second place. Opens Aug. 7. Reception: Aug. 11.

**The Armory Art Center** — 1700 Parker Ave., West Palm Beach. 561-832-1776; www.armoryart.org.

**Benzaiten Center for Creative Arts** — 1105 Second Ave. S., in an historic FEC train depot building, Lake Worth. 561-310-9371 or 561-508-7315. www.benzaitencenter.org.

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

■ **Kitsch and Culture: Transition in South Florida Culture 1960-1990** — Through Aug. 30. Three decades of work by four artists who have left their mark on South Florida over the last 30 years: David Godlis, Charles Hashim, Carlos Alves and Dina Knapp. Co-curated by Rolando Chang Barrero and Sandra Schulman.

**Center for Creative Education** — 425 24th St., West Palm Beach. Info: www.cceflorida.org.

■ **“Palm Beach County Art Teacher’s Association Fine Art Exhibition”** — Through Aug. 12.

**The Cultural Council of Palm Beach County** — 601 Lake Ave., Lake Worth. Hours: 10 a.m.-5 p.m. Tuesday-Saturday. Info: 561-471-2901; www.palmbeachculture.com.

■ **Cultural Council Biennial 2017** — Through Sept. 2. This biennial juried exhibition showcases works by Palm Beach County artists.

**Downtown at the Gardens** — 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. 561-340-1600; www.downtownatthegardens.com.

**Rock ‘n’ Roll Summer Concert Series** — 7-10 p.m. Saturdays. Music, food and drink, family friendly activities. BYO lawn chairs and blankets.

■ **July 22:** In the Light of Led Zepelin Tribute

■ **July 29:** Let It Be: The Beatles Tribute

■ **Aug. 5:** Boss Project: Bruce Springsteen Tribute

**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. 561-655-2833; www.flaglermuseum.us.

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

■ **Hike the Apoxee Wilderness Trail** — 8 a.m. July 22, 3125 N. Jog Road, West Palm Beach. Meet at the trailhead for this semi-rigorous 9-mile hike. Call Joe at 561-859-1954.

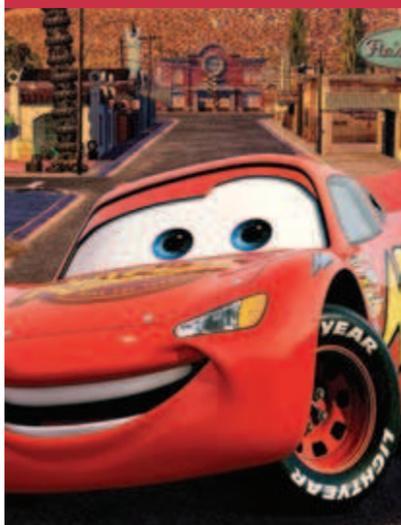
■ **Yamato Scrub Hike** — 7:30 a.m. July 23. This area is located off Clint Moore Road. A leisure-paced Hike followed by breakfast. Call Alan at 561-586-0486.



**HARBOURSIDE PLACE**  
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Watch 'Cars' (Rated PG) for free at the waterfront amphitheater. Bring a blanket or chair. Enjoy complimentary popcorn from Cinepolis.

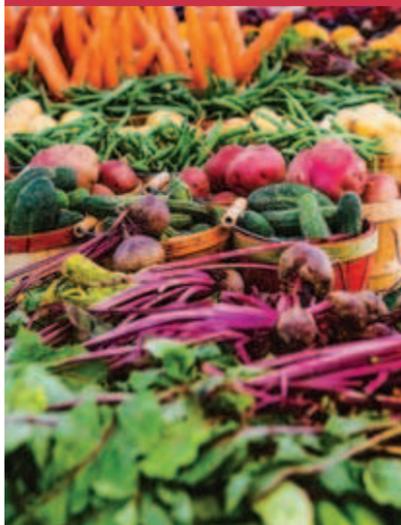
### CAR SHOW & TRIBUTE BAND



**Saturday, July 22 | 6pm**

The Classic Car Show hosted by South East Rods & Customs starts at 6pm (preregistration required). Across the Universe performs classics by The Beatles starting at 7pm!

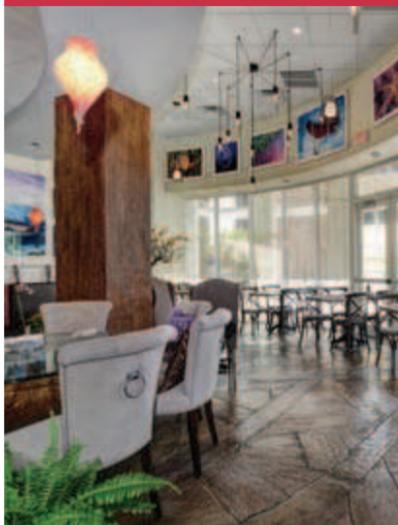
### GREEN & ARTISAN MARKET



**Sundays | 10am-3pm**

Stroll along the waterfront every Sunday and shop fresh produce, specialty foods, flowers, fashion, local art and more!

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# CALENDAR

■ **Easy Clip and Walk** — 7:30 p.m. July 29, Okeehetee Park Nature Center, 7715 Forest Hill Blvd, West Palm Beach. Call Paul at 561-963-9906.

■ **The Historical Society of Palm Beach County** — Johnson History Museum, 300 N. Dixie Highway, West Palm Beach. Free admission. Info: 561-832-4164; www.historicalsocietyofpbc.org.

■ **"The Art of Uncle Monday"** — Through July 30.

■ **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: 561-746-3101; www.LighthouseArts.org.

■ **Drawn to the Arts Exhibition** — Through Aug. 11.

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

■ **Loggerhead Marinelife Center** — 14200 U.S. 1, Juno Beach. 561-627-8280; www.marinelife.org.

■ **2017 Guided Turtle Walks** — 8:40 p.m. to midnight Wednesday-Saturday evenings in July 20-22, 26-29. Participants must be able to walk a mile. Pre-registration is required. Cost: \$17, \$12 for members. \$20 for walk-ins if space is available. Age 8 and older.

■ **Jr. Research Lab:** Wednesday, Friday and Saturday through July 29. Free.

■ **Fish Feeding:** Tuesday and Saturday through July 29;

■ **Public Guided Tours:** Sunday, Monday, Tuesday, Wednesday and Friday. \$7 adults, \$5 kids younger than 12, free for younger than 3.

■ **Dr. Logger Show:** Sundays through July 30. Free.

■ **Manatee Lagoon** — 6000 N. Flagler Drive, West Palm Beach. The FPL Eco-Discovery Center. Info: 561-626-2833; www.visitmanateelagoon.com

■ **The Mandel Public Library of West Palm Beach** — 411 Clematis St., West Palm Beach. Info: 561-868-7701; www.wpbccitylibrary.org.

■ **Summer Break Soccer:** Mondays. Ages 2-5 and grades K-5. Free.

■ **Family Play Date:** Tuesdays. For ages 9 months-pre-K. Free.

■ **Mad Science! Be a STEAMologist!** Tuesdays. For kids entering grades K-5. Free.

■ **Om Yoga for Kids:** Thursdays. For kids entering grades K-5. Free.

■ **Preschool Yoga:** Fridays. For ages 2-5. Free.

■ **Be a YouTube Star:** Monday-Wednesday. Learn to make professional video and be a YouTube Star. Topics change weekly.

■ **Hack Your Mac:** Thursday. Learn how to use the iOS operating system and hack your Mac.

### Adult Programs:

■ **Learn How to Swing Dance:** Tuesdays in July. Free.

■ **Cardio Drumming Fitness Classes:** Saturday through July 29.

Free. Music and fitness

■ **Who Do You Think You Are? Genealogy Series** — July 21 and 28, Clematis Room. Two lectures each Friday will teach participants to trace their genealogy. Free.

■ **Paint Mandala Rocks** — 6 p.m. July 25. Hibiscus Room. All supplies are included.

■ **Politics in the Arts** — 2:30-4:30 p.m. July 27. Clematis Room. Professor Kristal Boyers will discuss the relationship between art and politics. Free.

■ **North Palm Beach Library** — 303 Anchorage Drive, North Palm Beach. 561-841-3383; www.village-npb.org.

■ **Ongoing:** Knit & Crochet at 1 p.m. Mondays; Quilters meet 10 a.m. Friday; Chess group meets at 9 a.m. the first and third Saturday.

■ **The Norton Museum of Art** — 1451 S. Olive Ave., West Palm Beach. Free admission. Info: 561-832-5196; www.norton.org.

■ **Art After Dark** — 5-9 p.m. Thursdays.

■ **Yeondoo Jung: Behind the Scenes** — Through Aug. 13. This year's special summer exhibition features Korean artist Yeondoo Jung whose sleight-of-hand work features photography, video, and film that fool the eye and tricks the mind.

■ **The Palm Beach Photographic Centre** — 415 Clematis St., West Palm Beach. Info: 561-253-2600; www.workshop.org.

■ **The third annual Best in Show Festival** — Through Aug. 12.

■ **The Palm Beach Zoo & Conservation Society** — 1301 Summit Blvd., West Palm Beach. Hours: 9 a.m.-5 p.m. every day. Tickets: \$18.95 adults; \$16.95 seniors, \$12.95 age 3-12, free for younger than 3. Info: 561-533-0887; www.palm-beachzoo.org.

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

■ **July 29** — Lady Antebellum with Kelsea Ballerini

■ **The River Center** — 805 N. U.S. 1, Jupiter. Hours: 9 a.m.-4 p.m. Tuesday-Saturday. Call 561-743-7123; www.loxahatcheeriver.org.

## AREA MARKETS

■ **Lake Worth High School Flea Market** — 5 a.m.-3 p.m. Saturdays and Sundays under Interstate 95 overpass on Lake Worth Road. Info: 561-439-1539.

■ **The Palm Beach Gardens Summer GreenMarket** — 9 a.m.-1 p.m. Sundays, through Sept. 24, STORE Self-Storage and Wine Storage, 11010 N. Military Trail, Palm Beach Gardens. No pets. www.pbgfl.com.

■ **Jupiter Green & Artisan Market at Harbourside Place** — 10 a.m.-3 p.m. Sundays year-round, 200 N. U.S. 1, along the Intracoastal Waterway in Harbourside Place. New vendors should email info@harboursideplace.com.

■ **The Green Market at Palm Beach Outlets** — 11 a.m.-4 p.m. Sundays, 1751 Palm Beach Lakes Blvd., West Palm Beach. Info: 561-515-4400; www.palmbeachoutlets.com. ■

## THEATER REVIEW

Rethinking the monster within  
Sondheim's 'Sweeney Todd'

BY BILL HIRSCHMAN

Florida Theater On Stage

Monsters are made, not born.

Certainly, homicidal rage against a corrupt world erupts and spews out over the stage and into the audience in Palm Beach Dramaworks' vision of "Sweeney Todd."

But director Clive Cholerton's singular spin is that the serial throat-slitting barber does not start as a vengeance-obsessed fiend. He has guided Shane Tanner through an arc from an emotionally traumatized victim of injustice through the aforementioned rage and finally settling into an internally logical mechanism for coping with the abyss of an infinitely monstrous realm.

That approach may be disconcerting in its unfamiliarity for lovers of the Sondheim-Wheeler masterpiece. But it adds a dimension of compassion to this oft-revived cross between gleeful *Grand Guignol* and merciless condemnation of socio-economic inequity.

You can see Tanner's Sweeney evolving from stage to stage in one of the finest performances of his local career, which takes full advantage of his acting chops as well as that sonorous baritone.

With molding by musical director Manny Schwartzman, Tanner's voice can roar like an uncaged beast, but his Sweeney is even more chilling when it drops in volume to intense almost caressing menace as he serenades his razors in anticipation of a congress their manufacturer never imagined.

The raw material of "Sweeney," from Stephen Sondheim's masterful score to Hugh Wheeler's brilliant script, is legendary. But what Cholerton, Schwartzman, their creative team and a full-throated cast have brought to it results in one of the most accomplished works in Dramaworks' summer musical series and easily among the best musicals of this season anywhere.

The production occasionally betrays signs of South Florida's economically dictated but sadistically short rehearsal time, especially in those group numbers that get a bit more muddled than the creators intended. But that will work itself out with a few days' performance.

Like the vision of original director-producer Harold Prince, this "Sweeney" is firmly set in the morally murky Industrial Revolution with a bit of a steampunk vibe courtesy of the costuming by Brian O'Keefe. Where Sondheim and Wheeler saw "Sweeney" as a black comedy, Prince staged it to resonate with the darkness, oppression and anarchy of 1979 and Cholerton seems to see the same more than a quarter-century later. In today's world of mall shootings and implacable terrorists, there is an upsetting resonance to the lyrics, "Sweeney hears music that nobody hears.... Perhaps today you gave a nod / To Sweeney Todd."

The plot is rooted in a 19th-century urban legend about British barber Benjamin Barker, falsely convicted by Judge Turpin, who lusted after Barker's wife. Years after being imprisoned in Australia, Barker returns to London under the alias Sweeney Todd during the upheaval of the Industrial Revolution. He is told his wife took poison after being raped by the judge and that his nearly grown daughter now is in the judge's clutches. The story follows his bloody revenge in which throat-sliced victims are turned into meat pies sold by Mrs. Lovett, a daft baker who has a crush on Todd.

Cholerton's deft skill and attention to detail is invisible to most audience

members, but he invests considerable imagination in restaging works with limited resources such as last year's triple-cast "1776." As with that production, he bookends the script with a framing device, in this case a depiction of the brutal oppression of the period.

And where the John Doyle staging in 2004 also used a small cast, Cholerton makes his troupe active participants as a community of perpetual observers who hand razors and other props to whomever is performing at the moment.

Schwartzman tweaked the epic-sized orchestrations to require only five musicians. The hard work succeeds, although those raised on the original cast album may find it a bit thin. But that is usually overshadowed by many of the rich powerful voices that he and Cholerton have hired and shaped such as the brassy clarion instrument wielded by Ruthie Stephens as Mrs. Lovett.

Stephens, who played the cuckolded Charlotte in Dramaworks' "A Little Night Music" in 2015, is a marvel of comic instincts underpinned by an ability to put across this enabling murderer who long ago accepted amorally unrestrained pragmatism as the only sane tactic for surviving this cesspool of a life. While most of the cast enunciates Sondheim's lyrics clearly much of the time (except when the cacophony is intentional), Stephens seems to effortlessly roll out the tongue twisters in "The Worst Pies In London." She gives an extra fillip to the last word in some lyric lines such as "And I'm telling you them pussy cats is quick."

She and Tanner have as much chemistry as these disconnected characters can have as the two exercise their wit in the joyfully macabre "A Little Priest."

Jim Ballard, often seen as a handsome leading man (albeit with a comic flair), slips easily into the venal, menacing oily but often ludicrous Beadle. Silver-throated Jennifer Molly Bell, a Dreyfoos and FSU grad, portrays the virginal songbird Johanna. She gives one of the most clearly understood renditions of the operatic "Green Finch and Linnet Bird" as you are likely to hear.

Evan Alexander Jones plays Tobias, Michael McKenzie is the tortured and torturing Turpin, Shelley Keelor has the toughest singing role as the mad Beggar Woman, Alex Mansoori is a risible Pirelli, plus an ensemble of Victoria Lauzun, Hannah Richter, Christopher Holloway and Terry Hardcastle.

The discovery here is Paul Louis Lesard, a ringer from out of town whose only local roles in his bio have been in the Maltz Jupiter Theatre's "La Cage aux Folles" and "The Producers." But his delivery of the innocent Anthony Hope is like a beacon in the gloom. He invests his fair-haired hero with an enviable and pitiable purity of voice and the spirit of a young man untested by the realities of life.

Michael Amico once again illustrates his ability to create immersive environments full of telling details.

Many people love this musical so much that they have a bit of anxiety as to whether to pollute their fond memories with another production. There is no need for concern here, just cause for joyful anticipation. ■

— "Sweeney Todd" plays through Aug. 6 at Palm Beach Dramaworks, 201 Clematis St., West Palm Beach. Tickets: \$67; students, \$15, subject to availability; preview tickets are \$46; those 18 to 40 pay their age; tickets for educators are half-price with ID. Call 561-514-4042 or visit [www.palmbeachdramaworks.org](http://www.palmbeachdramaworks.org).

## PGA ARTS CENTER IN PALM BEACH GARDENS

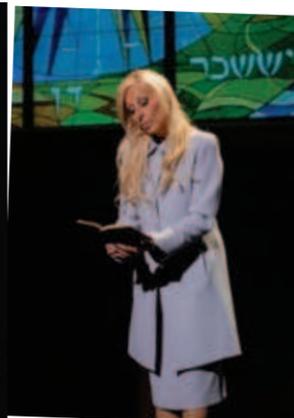
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5. Shanae Engelman, Duane Keuning and Monica Salehi
6. Connie Eckerle and Chris Roe
7. Betty Kniss, Grant Schneider, Maria Gabbert and Brian Schuyler
8. Jeri Glynn and Donna Hamilton
9. Jim Lyons, Monica Salehi and Chris Roe
10. Joe Labello, Sofia Gill, Jason Hawelkorn and Denise Mariana
11. Deb Rand, Will Willis, Donna Hamilton and Rick Opton
12. Ray Speiser, Richard Barbakoff and Don Smith
13. Sofia Gill, Jeff Sabin and Connie Van Iderstine
14. Natalie M. Alvarez, Monique McCall and Kate Arrizza
15. Betty Kniss, Grant Schneider and Bruce Franson
16. Brian Chamis, Jeri Glynn, Bob Grossman and Will Willis



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in the newspaper. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).

# SUMMER 2017

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IN THE LIGHT OF **LED ZEPPELIN** TRIBUTE

**JULY 29<sup>TH</sup>**  
LET IT BE **THE BEATLES** TRIBUTE

**AUG 5<sup>TH</sup>**  
BOSS PROJECT **BRUCE SPRINGSTEEN** TRIBUTE



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Children's Hospital  
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# COMPANY

From page 1

anything is that the issues confronting singles and couples today are very similar to those that confronted them almost 50 years ago. Maybe the only difference is in the way we meet one another. Fifty years ago, it was in a bar. Today, it's through social media or a dating app."

On the night of his 35th birthday, confirmed bachelor Robert (Robert Johnston) contemplates his unmarried state. Over the course of a series of dinners, drinks and even a wedding, the behavior of his married friends and several girlfriends — played by Larry Alexander, Amy Miller Brennan, Clay Cartland, Lindsey Corey, Jinon Deeb, Laura Hodos, Nicole Kinzel, Joshua Kolb, Wayne LeGette, Joshua McKinney, Mallory Newburgh, Erika Scotti and Leah Sessa — colorfully illustrates the pros and cons of falling in love and taking the plunge.

Ultimately, Robert is forced to come to terms with his bachelor state through a series of funny and touching vignettes.

The musical features many of Sondheim's best-known songs, including "Another Hundred People," "Getting Married Today," "Side By Side," "The Ladies Who Lunch" and the iconic "Being Alive." Audience members will no doubt see reflections of themselves in some of the show's intriguing characters.

"Company" won seven Tony Awards including Best Musical, Best Score, Best Lyrics and Best Book.

Mr. Lifshitz said his nascent production company chose Sondheim's classic to fulfill part of its mission — to produce challenging works that enlighten audiences while entertaining them.

"We produced the revue 'Side By Side By Sondheim' two seasons ago," he said. "Our audiences seemed to really enjoy Sondheim's music and 'Company' is a show about relationships told through some of his more gorgeous songs, in my opinion. It's a timeless, thought-provoking story that is not dated in any way, shape or form."

Widely regarded as a vanguard of the so-called "concept musical" genre, where emphasis is placed upon style, message and thematic metaphor rather than on the plot itself, the structure of "Company" is rarely cohesive or linear. But Mr. Lifshitz said Mr. Linser brings a unique directorial talent for weaving a strong through-line into the show's episodic content.

"Bruce is a master at finding the threads both within the dialogue and



Nicole Kinzel, Robert Johnston in Stephen Sondheim's "Company."



SONDHEIM

the songs and stringing them together in ways that most people wouldn't think of," he said. "He's the only man I know who can take a musical revue — like last season's 'The World Goes 'Round' — and make it tell a solid

story. He is more than up to the challenge of not taking away from the concept musical's nonlinear storytelling, but perhaps making it a little more cohesive for people. He's certainly not going to take away from this musical's elegant thought process. That's the last thing we want to do. One of the brilliant things about theatre in general and Sondheim in particular is it forces you to think."

Mr. Lifshitz added what he hopes audiences will take away from this production of "Company" is an opportunity to personally connect with the material.

"I hope if you come as a couple, that you perhaps recognize the models of the couples in the show — each of them with their own arc, their own issues and their own concerns," he said. "Perhaps you'll relate that to something within your own relationship. Ultimately, I think 'Company' has a happy ending, even though one character ends up alone — at least, for the time being. Whether it's implied or it's actual, there is a definite positivity to the show. And people walk out either feeling positive about themselves



The cast of Stephen Sondheim's "Company" includes (standing, from left) Wayne LeGette, Laura Hodos, Clay Cartland, Amy Miller Brennan, Erika Scotti, Larry Alexander, Joshua Kolb, Leah Sessa, Lindsey Corey and Joshua McKinney. Sitting, from left are Mallory Newbrough, Nicola Kinzel, Robert Johnston and Jinon Deeb.

or their relationships. That's a great takeaway, don't you think?"

A July 20 preview performance of "Company" will benefit two nonprofit organizations: the Kretzer Piano Music Foundation and The Pap Corps, Champions for Cancer Research, which has raised more than \$50 million for cancer research for the Sylvester Comprehensive Cancer Center at the University of Miami Miller School of Medicine. Other upcoming musicals from MNM Productions include "La Cage Aux Folles" (Oct. 6-22) and "Little Shop of Horrors" (Dec.

1-17), which also will be co-presented by the Kravis Center. ■

# ANTEBELLUM

From page 1

Then Mr. Haywood, Ms. Scott and Mr. Kelley scheduled two sessions — one in Florida and the other in Los Angeles — where they would live in the same house and write and record what became the "Heart Break" album.

"I think more than anything it was trying to get back to the way we started," Mr. Haywood said of the sessions. "I think with any relationship or anything, you're always trying to get back to that time and place when it was just truly organic and you truly weren't thinking about anything other than just having a great time and making music together. And that's how we started in 2006. Me and Charles lived in a house together, and Hillary came over every single day, all day long. Gosh, when you're kind of living the day to day together, you're so

in sync together with where everybody is and where they want to go writing-wise and creatively."

This time the trio was joined by eight outside writers while in Florida and then went to Los Angeles, where they wrote with Busbee and recorded with session musicians.

Mr. Haywood feels the approach the group took in making "Heart Break" achieved the goal of bringing freshness to the project. The R&B groove of "You Look Good," the soulful sound of "Good Time to be Alive" and the sing-along "oh-oh-we-oh" vocal hook that gives "This City" a contemporary pop dimension are among the new twists. But there are also songs like the ballads "Somebody Else's Heart" and "Big Love In A Small Town" that will be like musical comfort food for fans familiar with Lady Antebellum's back catalog.

"There's a whole new energy," he said. "There was a whole new approach to this record, and I think we ended up with just a whole new excitement coming through on these songs. And 'You Look Good,' I

think, was such a great first representation of that, the fun, the swagger, the horns. That excitement on that track is what we've been feeling as a band."

With "Heart Break" having become the band's fifth No. 1 album, Lady Antebellum has started a summer tour that has the group headlining amphitheaters across the United States into September. And Mr. Haywood says he, Ms. Scott and Mr. Kelley are eager to translate their renewed enthusiasm to the concert stage.

Although Lady Antebellum got known early in its career for its ballads ("I Run To You," "American Honey" and "Need You Now" are among the group's nine No. 1 country hits released over the course of six albums that have sold a combined 18 million units), the group has mixed more uptempo songs into both "747" and now "Heart Break." This helped the group create a set list that's suited to the outdoor amphitheaters that make up most of the band's dates.

"It's kind of a crazy juggling act because I feel like the more energetic and uptempo songs you have, it actu-

ally makes the ballad a more special and unique moment," Mr. Haywood said. "For example, there was a point in time where we really had just kind of percentage-wise a lot of ballads. And you can only have so many big special, slow, dramatic moments in a show or you lose people. So now I think with the amount of content and songs that we have, and especially with 'You Look Good' and the title of the record is a song called 'Heart Break,' which is another great, fun tempo song, it really allows those ballad moments to actually be more special." ■

## in the know

### "Company"

- >> **When:** July 21-Aug. 6
- >> **Where:** The Kravis Center's Rinker Playhouse, 701 Okeechobee Blvd., West Palm Beach.
- >> **Tickets:** \$45
- >> **Info:** 561-832-7469 or [www.kravis.org](http://www.kravis.org).

## in the know

### Lady Antebellum with Kelsea Ballerini and Brett Young

- >> **Where:** Perfect Vodka Amphitheatre, 601-7 Sansbury's Way, West Palm Beach
- >> **When:** 6:30 p.m. July 29
- >> **Tickets:** \$17-\$206
- >> **Info:** [www.livenation.com](http://www.livenation.com)

# HAPPENINGS

From page 1

a group painting class?

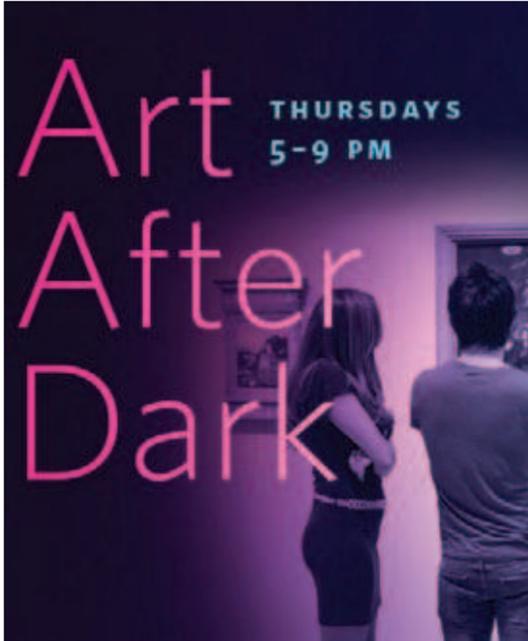
From 7 to 9 p.m. Tuesdays, you can paint your heart out for just \$20 at Uptown Art, at 510 Evernia St., West Palm Beach. The only requirement is that you register online, otherwise, it's \$25 at the door.

At Uptown Art studios (there also are locations in Boca Raton and Jupiter), qualified art teachers provide hands-on, one-on-one and group instruction. These folks know how to bring out your inner Van Gogh. Paint supplies, canvases, aprons and everything you need to paint are all included. You just bring the talent, a friend and your favorite snacks. When you leave, you have a new 16-inch-by-20-inch painting to decorate your abode.

For more information, visit [www.uptownart.com/west-palm-beach-fl](http://www.uptownart.com/west-palm-beach-fl) or call 561-899-3980.

Also on tap, or rap, is the Livin' The Rhythm African Drumming circle led by Abasi Hanif. Everyone is encouraged to join in.

Also planned are the popular Spotlight Talks, short 15-minute talks by docents about important works. This week the



COURTESY PHOTO

Art After Dark continues on July 27 from 5-9 p.m.

## More art

Art After Dark continues on July 27 from 5-9 p.m. at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. The highlights of the evening will be the Curator's Conversation at 6:30 p.m. Erica Ando, associate curator of education, explores the work and life of Beulah Ecton Woodard and her sculpture, "African Woman," and especially her role in Los Angeles' African-American art community of the 1930s.

topic is portraiture, and up for discussion are Augusta Savage's "Gamin," Hank Willis Thomas' "Opportunity," Charles Henry Alston's "Untitled" and George Condo's "Green Seated Nude." Talks take place from 5:30 to 6:30 p.m.

Happy hour will take place in the Central Courtyard until 8:30 p.m. Admission is free. Call 561-832-5196 or visit [www.norton.org](http://www.norton.org). ■

# CONTRACT BRIDGE

## An unfortunate choice

BY STEVE BECKER

The opening lead often makes or breaks a contract, and we can all testify to this from bitter experience. There is nothing more consistently difficult in bridge than finding the most effective opening lead, but that doesn't mean the task is altogether impossible.

One can frequently deduce, either from the bidding or from one's own hand, which card will probably be the best opening shot. There may not be a feeling of 100 percent confidence in the final choice, but that's not necessary when the evidence clearly points in one direction.

Consider this deal where West, after ruling out a diamond or club lead, opted for his stronger major, spades. Declarer won the trick with the king and quickly ran off eight more to score 600 points.

Had West led a heart, the contract would have gone down five. East would win the first heart with the jack and shift to the queen of spades, and declarer would lose the first nine tricks instead of winning them.

Of course, it's easy enough — looking at all four hands — to see that the heart lead is best. But the fact is that the heart lead should be chosen without seeing all the hands. West can reason that on the bidding South has either the king of spades or the Q-J-x, so that a spade

South dealer.

Both sides vulnerable.

**NORTH**

♠ 6 4  
♥ K 9 3  
♦ 7 6  
♣ K Q J 10 4 2

**WEST**

♠ A 8 7 5  
♥ 10 7 4 2  
♦ 8 5 4  
♣ 6 3

**EAST**

♠ Q J 10 9 2  
♥ A Q J 5  
♦ Q J 10 3  
♣ —

**SOUTH**

♠ K 3  
♥ 8 6  
♦ A K 9 2  
♣ A 9 8 7 5

The bidding:

South	West	North	East
1 ♣	Pass	3 ♣	Dble
3 ♦	Pass	3 ♥	Pass
3 NT			

Opening lead — five of spades.

lead is apt to help declarer more than hurt him.

Conversely — again judging from the bidding — a heart lead is likely to find East with one or more heart honors sitting behind North's heart honors, and hence is the more attractive lead. ■

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# LATEST FILMS

## 'Lost In Paris'

**danHUDAK**  
www.punchdrunkmovies.com



★★★★

### Is it worth \$10? Yes

"Lost In Paris" is an effective throw-back to the great physical comedies of the silent era, which makes it a welcome respite from the crass comedies so often released today. This is pure, innocent silliness with a hearty soul; it's not for everyone, but for those who appreciate its craft, it's an absolute delight.

Fiona (Fiona Gordon) is a librarian who's never ventured far from her snowy Canadian home. One day she gets a letter from her elderly Aunt Martha (Emmanuelle Riva), a former dancer now living in Paris, asking for help because her caretakers want her to move to an assisted living facility.

So Fiona goes to Paris to help. But when she gets there, she can't find Aunt Martha.

Hijinks, misunderstandings and zaniness ensue, most of which involve poor Fiona and her flailing French trying to make her way around the city. She falls into the Seine, loses her luggage, her phone and part of her dignity. The only help she receives is from a homeless scamp named Dom (Dominique Abel), an opportunist who happens to have a

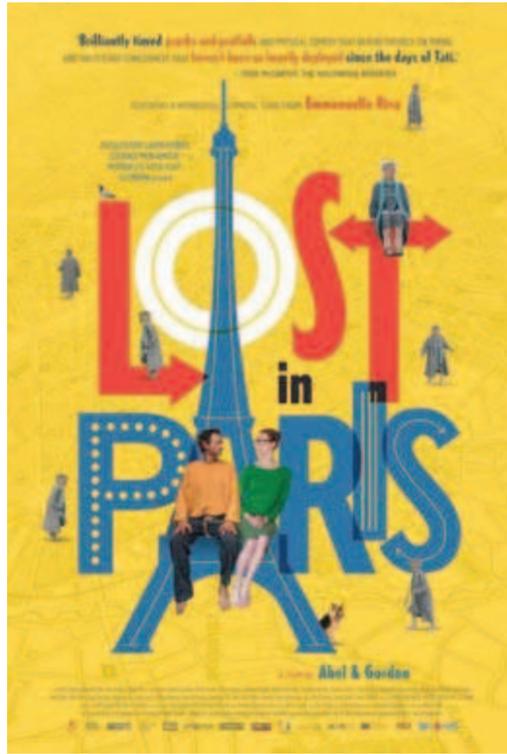
good heart.

Those versed in the art of pantomime and clowns will find much to appreciate in the performances, and those not familiar with the techniques will laugh with everyone else along the way. Watching Mr. Abel and Ms. Gordon, who are a husband-and-wife team heretofore largely unknown in the U.S. but well respected in Europe, reminded me of the great French comedian Jacques Tati, as well as Buster Keaton and other silent comedians. They understand comedy is about timing, and humor is derived through context; watch what happens when the bass on the restaurant speaker is too loud, or when Fiona and Dom spring into an impromptu dance, or when they perilously climb the Eiffel Tower. These scenes rely on physical grace and timing for their effect, and all are funny.

That's not to say there's no word play at all. In one scene, Dom inexplicably gives a funeral eulogy for someone he doesn't know. Just that alone is funny. It starts innocently enough, but soon he gets carried away and says some outrageous things.

For an 84-minute movie that's in both French (with subtitles) and English but only sparsely uses dialog, it makes the most of its spoken words.

"Lost In Paris" will likely not be a big enough hit to make Mr. Abel and Ms. Gordon, who wrote, starred in,



produced and directed the film, household names in the U.S., but it could get them on the right track. If nothing else, they're a welcome throwback to what's becoming the lost art form of physical comedy. ■

in the know

### Did you know?

>> **Aunt Martha** is one of the last roles Oscar nominee Emmanuelle Riva ("Amour") completed before she died of cancer in January this year.

# FILM CAPSULES

## War for the Planet of the Apes

★★★

(Andy Serkis, Woody Harrelson, Judy Greer) After his wife and child are murdered, Caesar (Mr. Serkis), the leader of the apes, vows vengeance on the man who killed them (Mr. Harrelson). That's right: Caesar only wants revenge on one guy, so there's not much "war" here at all. It's one of the many letdowns in this third part of the new "Apes" trilogy. Rated PG-13.



## Spider-Man: Homecoming

★★★★

(Tom Holland, Robert Downey Jr., Michael Keaton) Spider-Man (Mr. Holland) must stop a black market arms dealer (Mr. Keaton) from selling alien technology to criminals. Solid action, humor and a winning performance from Mr. Holland in the title role make this thoroughly enjoyable summer fare. Rated PG-13.

## Cars 3

★★★

(Voices of Owen Wilson, Bonnie Hunt, Chris Cooper) Old and nearing retirement, Lightning McQueen (Mr. Wilson) undergoes a new training regimen that will help him keep up with younger, faster cars. Much of the story is adult-themed, so it may be a tough sell for kids, but then this is Pixar, which never seems to have trouble selling anything. Rated G. ■

# PUZZLE ANSWERS

T	S	E	H	A	N	D	T	A	D	A	S	A	R	M	A	D	A		
H	A	N	G	O	V	E	R	E	R	A	T	O	B	I	A	S	E	S	
E	L	E	O	N	O	R	A	H	O	W	T	I	M	E	F	L	I	E	S
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B	U	S	I	N	E	S	S	I	S	B	O	O	M	I	N	G			
P	R	E	S	A	L	E	N	E	E	D	C	A	N	O	N	S			
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A	W	L	W	I	T	H	O	U	T	F	U	R	T	H	E	R	A	D	O
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R	E	A	L	L	Y	U	S	E	F	U	L	E	N	G	I	N	E		
O	N	L	Y	P	A	R	O	O											
O	O	P	S	O	T	T	R	Y	I	N	G	T	O	O	H	A	R	D	
F	R	A	N	K	L	O	E	S	S	E	R	G	I	N	G	E	R	E	D
E	M	C	E	E	D	L	O	T	T	E	I	N	T	E	R	N	A	L	
R	E	A	D	D	S	I	N	U	I	T	N	A	V	E	S	K	Y		

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



**in the know**

**Did you know?**

>> **Aunt Martha** is one of the last roles Oscar nominee Emmanuelle Riva ("Amour") completed before she died of cancer in January this year.

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# PUZZLES

## BROADWAY OPENINGS

- ACROSS**
- 1 China's Mao
  - 4 Thumb locale
  - 8 Cries of unweaving
  - 13 Spanish fleet
  - 19 Post-bender headache
  - 21 Poetry Muse
  - 22 One-sided views
  - 23 Old stage actress Duse
  - 24 "Things go by so fast"
  - 26 "As far as I'm aware ..."
  - 28 Brunched, e.g.
  - 29 Kwik-E-Mart clerk
  - 30 Writer Seton
  - 31 Iris locale
  - 32 Pres. advisory gp.
  - 34 New — (Yanni, e.g.)
  - 35 Become king after being a prince, say
  - 43 Quirk of behavior
  - 46 — Schwarz (toy retailer)
  - 47 Kuwaiti royal
  - 48 A third of IX
  - 49 Totally up the creek
  - 55 Semi section
  - 58 Witty writer Bombeck
  - 59 Hornswoggle
  - 60 Actress Swenson
  - 61 Hill's partner
  - 62 Nose partition
  - 65 Piece for two
  - 67 Paid no heed
  - 70 "We've been raking in the profit"
  - 75 Advance markdown
  - 77 Requirement
  - 78 Church decrees
  - 81 Painter of melting watches
  - 82 Camera varieties, for short
  - 86 Vientiane's country
  - 88 "My Country" author Abba
  - 89 Hole-poking tool
  - 90 Phrase just before an act is introduced
  - 95 Pouchlike body part
  - 96 Incantation opener
  - 97 River of Bern
  - 98 Veer off course
  - 99 What Thomas became, in kid-lit
  - 107 Alone
  - 108 See 102-Down
  - 109 Love-letter "hugs"
  - 110 Former toy company
  - 114 Alley- — (court play)
  - 115 Juicer
  - 117 Overdoing the effort
  - 123 Writer of the Tony-winning musical featured in this puzzle
  - 126 Flavored with a certain spice
  - 127 Introduced acts, e.g.
  - 128 Lenya of "Cabaret"
  - 129 IRS part
  - 130 Tallies again
  - 131 Arctic people
  - 132 Central part of a church
  - 133 Star site
- DOWN**
- 1 Greek letter
  - 2 Perm place
  - 3 Foe
  - 4 Toot
  - 5 Bristol's river
  - 6 Pianist Peter
  - 7 Party to a financial transaction
  - 8 Giggled
  - 9 Yank with a #13 jersey
  - 10 Hip-hop bud
  - 11 "Listen up!"
  - 12 "— lied!"
  - 13 Help do bad
  - 14 Plentiful
  - 15 Bad start?
  - 16 Cheese in an Italian deli
  - 17 Intensify
  - 18 Make certain
  - 20 Some Spanish paintings
  - 25 Spiked staff
  - 27 Harsh cleanser
  - 33 "I dunno" gesture
  - 34 Financier Onassis
  - 36 ET ship
  - 37 Avis rental
  - 38 Unemotional
  - 39 Vietnamese New Year
  - 40 Actor Katz
  - 41 Dusk-dawn linkup
  - 42 Move quickly
  - 43 Rail supports
  - 44 Pertaining to
  - 45 Singer Glen
  - 50 Fad dance of the 1960s
  - 51 Bro
  - 52 Sonata, e.g.
  - 53 Honoraria
  - 54 Actor Scott
  - 55 Payload area
  - 56 Bitter brew
  - 57 Part of B&B
  - 61 One of Santa's reindeer
  - 63 Old Glory's nation
  - 64 Wire measure
  - 66 "Sn" element
  - 68 Sierra maker
  - 69 Actress Peeples
  - 71 Lark's home
  - 72 — -confident
  - 73 Boyfriend
  - 74 Hound's clue
  - 75 High-tech "appt. book"
  - 76 Uncooked
  - 79 Zippo
  - 80 Winter drifter
  - 83 — apso
  - 84 Pat of the Christian right
  - 85 Ride a wave
  - 87 Antler sporter
  - 90 — -Mart (retail chain)
  - 91 Unemotional
  - 92 Greek letter
  - 93 "Bali —"
  - 94 Suffix with southeast
  - 95 Wily
  - 99 Worker on a housetop
  - 100 Huge, in French
  - 101 Camel kin
  - 102 With 108-Across, of acceptable quality
  - 103 Department in northern France
  - 104 Near-eternity
  - 105 Noodle
  - 106 Erstwhile anesthetic
  - 111 Spun tales
  - 112 Floorboard sound
  - 113 Curiously
  - 115 Lineup 121-Down
  - 116 REO part
  - 118 Post-Q string
  - 119 Himalayan legend
  - 120 Funny Fey
  - 121 Showing via the idiot box
  - 122 Arch with a double curve
  - 124 Composer Rorem
  - 125 Manning of football

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◀ SEE ANSWERS, B12

## HOROSCOPES

**CANCER (June 21 to July 22)** Stepping back from a relationship problem provides a fresh perspective on how to deal with it. Meanwhile, watch your words. Something said in anger now could backfire later.

**LEO (July 23 to August 22)** A changing situation makes the Big Cat uneasy. But hold on until things settle down around the first week in August. Meanwhile, continue your good work on that still-unfinished project.

**VIRGO (August 23 to September 22)** A decided improvement in a workplace situation results in an unexpected, but very welcome, added benefit for everyone. Personal relationships also improve.

**LIBRA (September 23 to October 22)** Money matters remain a bit unsettled but soon will ease into the kind of stability you appreciate. Meanwhile, an expanding social life offers a chance to make new friends.

**SCORPIO (October 23 to November 21)** Use an unexpected roadblock in your monetary dealings to reassess your financial plans and make changes, if necessary. It soon will be smooth sailing again.

**SAGITTARIUS (November 22 to December 21)** Aspects of love are strong for both single and paired Sagittarians. Professional dealings also thrive under the Sag's clever handling of difficult situations.

**CAPRICORN (December 22 to January 19)** Set a realistic goal and follow it through to completion. Remember: You're more likely to impress the right people with one well-done job than with lots of jobs left undone.

**AQUARIUS (January 20 to February 18)** You like to plan ahead. That's fine. But be prepared to make some changes because of an unsettled period that influences your aspects through the 5th.

**PISCES (February 19 to March 20)** A brief phase of instability

affects your usual work cycle. Use the time to catch up on chores around the house or office. Things settle down the first week of the new month.

**ARIES (March 21 to April 19)** A turn in a relationship upsets the amorous Arian, who is puzzled by Cupid's romantic antics. Be patient and considerate. The confusion soon will sort itself out.

**TAURUS (April 20 to May 20)** It's a good time for travel-loving Taureans to take off for fun-filled jaunts to new places. And don't be surprised if Cupid tags along for what could be a very eventful trip.

**GEMINI (May 21 to June 20)** You appear to be of two minds about continuing a relationship that seems to be riding roughshod over your emotions. A frank talk could help you decide one way or the other.

**BORN THIS WEEK:** You love being the center of attention and probably would be a big success in show business. ■

## SUDOKU

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.

By Linda Thistle

9			7			2		
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◀ SEE ANSWERS, B12

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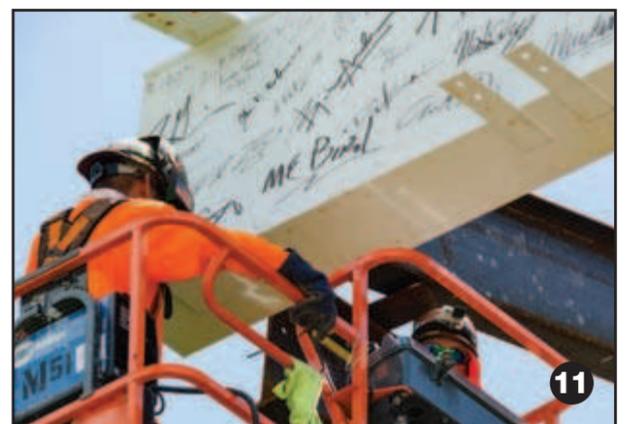
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# SOCIETY

## Norton Museum tops off construction in West Palm Beach



**Ted Cava, Ashley Phelps and Travis Goin**

1. Bjorn Anderson, Michael Wurzel, Daniel Gelormini, Kona Gray and Larry Sosnow
2. John Safranck, Hope Alswang and Tom Theurson
3. Larry Sosnow
4. Bill Gilbane
5. Harry Howell
6. Robert Friezo and Cindy Friezo
7. Larry Sosnow, Hope Alswang and Michael Wurzel
8. Kona Gray, Joey Pearson and Larry Sosnow
9. Marian Erickson, Lauren Borrelli, Daniel Gelormini, Michael Wurzel, Bjorn Anderson, Justin Cyr and Steve Cockcrofg
10. Steel Fabrications Team
11. North team Dillan Rubiera and Juan Navaja
12. Karen Galanaugh



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# FLORIDA WEEKLY CUISINE

## South African Chenin Blanc sales skyrocket in U.S.

**jerryGREENFIELD**

vino@floridaweekly.com



At the Aspen Food & Wine Classic in mid-June there was a special tasting of Chenin Blanc staged by Wines of South Africa, the organization representing all South African wine producers and exporters.

Sadly, not enough beginning (or even advanced) wine enthusiasts know much about this especially delightful white varietal, which is mostly indigenous to the central Loire valley in France. To solve that problem, Kate Monroe and Thomas Monroe, founders of the Southeast Wine Collective in Oregon, set out to promote the diverse styles of Chenin Blanc being produced around the world.

One can't completely appreciate (or even discuss) Chenin Blanc without taking into account what the South Africans have done with it over the past 400 or so years. That's why I located Jim Clarke, the U.S. marketing manager for WOSA.

"Chenin Blanc was one of the first varietals brought to South Africa by the Dutch in 1655," he said. "It's the most planted wine grape in the country." According to Mr. Clarke, South Africa has more plantings of Chenin Blanc than any other wine-producing region — in fact, more than the rest of the world combined.

Why, then, are so few people familiar with it?

Part of the reason, of course, was the country's political history. International trade sanctions because of apartheid prevented it from being exported. And for many years, the entire wine industry was under the firm control of a government agency that pretty much quashed experimentation, and barred new varietals from entering the country. That's all changed.

"South Africa has a wide variety of microclimates," said Mr. Clarke. "That means it can be made in many different styles. In France, Chenin Blanc is a cool climate variety. In South Africa, the climate is warmer. The acidity is lower, but the flavors are still balanced on the palate."

The major regions you'll see on Chenin Blanc labels from South Africa include Paarl, Swartland, and Breedkloof, though other regions produce the wine as well. Most of it is exported to the UK, Germany and Holland, but more is finding its way to U.S. shores. Even though many

prominent South African sports celebrities (mostly golfers like Ernie Els) have gone into the wine business in the country, they have mostly concentrated on the so-called "international" varietals, like Cabernet Sauvignon and Syrah. But South African Chenin Blanc sales in the U.S. are up over 35 percent in the last five years.

To boost its wine trade even further, WOSA sponsors a protégé program that helps disadvantaged groups train for and secure jobs in the industry. The De Bos winery offers their employees ownership positions. "At DeBos, over 25 percent of the employees are part owners," said Mr. Clarke.

Admittedly, this is not a wine you lay down in the cellar for 20 years. But if you like Pinot Grigio and similar light and food-friendly wines, Chenin Blanc is a good choice. Plus, it's made in a variety of styles, so if you sample widely (always a good idea) you're sure to find a few you'll enjoy.



**Du Bos Sur Lie Chenin Blanc 2015 (\$17)** — "Sur lie" means "on the lees," which are the yeast cells that settle to the bottom of the barrel after fermentation. Aging wine on the lees adds richness and other flavor dimensions. This wine offers citrus notes on the nose and tangy flavors of green apple and tropical fruit. WW 89.

**Soms Delta Chenin Blanc 2015 (\$12)** — Huge tropical fruit flavors, including banana, guava, pear and lime. Aged 95 percent in stainless steel to preserve the crisp acidity and stone fruit character. WW 90.

**Kloof Street Swartland Chenin Blanc 2015 (\$19)** — Lots of refreshing acidity in this wine, supporting the flavors of apples, straw and some herb. Nice mineral-tasting finish. WW 89.

### Ask the Wine Whisperer

**Q:** How did the tradition of clicking glasses to "toast" begin?

— *Evan L., Fort Lauderdale*

**A:** Back in the Middle Ages, it was common practice to poison the food and drink of your enemies. To show good faith, each person would pour a bit of his beverage into another person's cup, so that everyone was drinking pretty much the same thing. Over time, this process became shortened to a simple tap of one glass against the other. ■

— *Jerry Greenfield is The Wine Whisperer. See his website at www.winewhisperer.com.*



LIBBYVISION

The Cooper Sundae has vanilla ice cream, bruleed bananas, hot chocolate fudge, salted caramel, spiced pecans, whipped cream and amarena cherries.

SCOTT'S  
THREE  
FOR

3

Places to mark National Hot Fudge Sundae Day, July 25

A trio worth noting

### 1 THE COOPER

PGA Commons, 4610 PGA Blvd., No. 100, Palm Beach Gardens; 561-622-0032 or www.thecooperrestaurant.com.

Admit it: You save calories. Oh, you might have cooled down with the Heirloom Tomato & Watermelon Gazpacho. Maybe you skipped the burger in favor of the heart-healthy Tuscan Salad. So you have to treat yourself somehow. My guess is The Cooper Sundae (\$10) will fill the bill — possibly for your whole table. It's a mix of vanilla ice cream, bruleed bananas, hot chocolate fudge, salted caramel, spiced pecans, whipped cream and amarena cherries. Nuts and cherries — they're good for you, right?

### 2 PALM BEACH GRILL

340 Royal Poinciana Way, Palm Beach; 561-835-1077 or www.palmbeachgrill.com.

My friends and I are always tempted by the Key lime pie at Palm Beach Grill, but when it comes to dessert, simplicity is best.

Take a humongous scoop of Sloan's vanilla ice cream. Add a heaping helping of whipped cream and a cherry, then provide a pitcher of hot fudge so you can control just how decadent you want to be. Oh, and you will want to be decadent, so pour away.

### 3 SLOAN'S

Various locations throughout Palm Beach County; www.sloansicecream.com.

I keep hearing great things about the Brown Hot Fudge Sundae at Sloan's, and it does seem to be over the top. They top a brownie with three scoops of ice cream, bits of Heath Bar, hot fudge, whipped cream and a cherry. Be sure to request an extra spoon to share — I think you'll need it.

— **Scott Simmons**

## THE DISH: Highlights from local menus

**The Dish:** A Margherita pizza

**The Place:** Grato, 1901 S. Dixie Highway, West Palm Beach; 561-404-1334 or www.gratowpb.com.

**The Price:** \$10.50

**The Details:** It was pouring the day I visited Grato for lunch.

And even though it still was well over 80 degrees, I wanted something warm and soothing to eat.

I started with a small bowl of minestrone, which was redolent with tomato

and escarole, before moving to a Margherita pizza.

The pizza had a wonderfully crisp, well-done crust.

Bits of fresh basil played off the slightly sweet, slightly piquant sauce, and it was topped with creamy mozzarella. Good, if not good for you, I say.

It was just what this body needed on a rainy day. ■

— **Scott Simmons**



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

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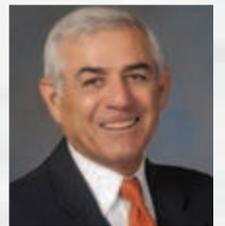
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How to deal with family denial during  
**Declining health**

**H**OW MUCH RESISTANCE DO YOU encounter when you try to bring up health or medical challenges with a spouse, a parent, or another senior loved one? It may seem that the more you insist — they resist! Do you get pushback from siblings or relatives when you try to discuss a parent's fall risk, forgetfulness or frailty? It can be frustrating when aging or illness brings with it cognitive and physical impairment, and family roles begin to change. You are not alone!

The mere mention of their declining health can send an older adult into a tailspin. When incapacity or illness threatens the status quo, it can distress a family member to such an extent that denial becomes a more comfortable coping mechanism. So how to proceed? Are Mom and Dad resisting your help because they fear losing their independence? You have to



**Irv Seldin**

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SEE HEALTH, 9 ►



# Modern techniques quell fear of dentistry for patients

The fears that many people have of the dentist are a thing of the past, as advances in modern technology have allowed patients to undergo full dental makeovers or necessary dental work without the anxiety and discomfort they may have experienced in the past. One way to eliminate this anxiety is to seek care by a sedation dentist.

However, before you choose a sedation dentist, or a relaxation dentist, there are a few questions you should ask during the initial consultation.



**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

What is sedation dentistry? There are different levels of sedation available based on your needs and the procedures you may undergo.

One form of sedation is Oral Sedation which merely refers to the practice of administering oral sedatives for the purpose of patient relaxation.

In most cases, the patient will be able to stay awake and respond to visual and verbal cues,

but will be in a state of relaxation that will make the dental experience far more pleasant.

Another form of Sedation is IV Sedation, which can only be administered by a Board Certified IV Sedation Dentist. IV Sedation can last longer and is more effective in highly anxious patients and for surgical procedures like dental implants, or longer procedures like cosmetic dentistry



or dental reconstruction.

Am I a good candidate for oral sedation dentistry?

Although people may be interested in oral sedation for a variety of different reasons, some of the best candidates for this type of procedure are those who have a slight to moderate anxiety level in relation to dentistry.

If you have a fear of the dentist that has been keeping you away from receiving the care you need, you may be a good candidate.

Your oral sedation dentist may also be able to help you if you have a severe gag reflex, back or neck problems, difficulty getting numb with regular medication, or time constraints.

Am I a good candidate for IV sedation? The majority of adults are good candidates for IV sedation. IV sedation is much more effective for patients who are fearful of the dentist or who simply don't want to have any memory of the procedure. IV

sedation can be increased rapidly if necessary and can be administered for longer periods of time. Analgesics (pain relievers) can also be administered through the IV line, which is not an option with oral sedation.

Are there any side effects to either form of sedation?

As with any medications, some individuals may experience side effects to their sedatives. Dry mouth is a common one, for example, because these oral medications reduce salivary flow during the dental procedure.

Most patients will simply be sleepy after the procedure and may take a restful nap. It's a good idea to ask your sedation dentist about how the medications may affect you.

Is it possible to remain fully conscious during the procedure? This will depend on the oral sedation dentist you are seeing, and a few other factors.

Some types of oral sedation may require

that you are fully unconscious, but there are methods that allow the patient to be conscious during the procedure, although sedated. Be sure to ask your oral sedation dentist about these different possibilities so that you know what to expect when you go in.

What experiences have you had administering sedation? When you are choosing a sedation dentist or painless dentist, you will want to ask about their background with the specific procedure that you're going in for.

A sedation dentist should have passed the proper exams and have the qualifications before helping his patients with sedation. You will want to feel secure in the knowledge that you are in experienced, professional hands. ■

— 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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# Hip resurfacing at Jupiter Medical Center: An alternative to hip replacement

Active adults suffering from hip pain due to degenerative hip disease and abnormalities such as osteoarthritis, post-traumatic arthritis, dysplasia or avascular necrosis now have an alternative to hip replacement surgery to ease their pain: hip resurfacing. Unlike total hip replacement, hip resurfacing resurfaces only a few centimeters of the bone, reducing pain and enabling individuals to return to high-demand occupations and recreational activities.

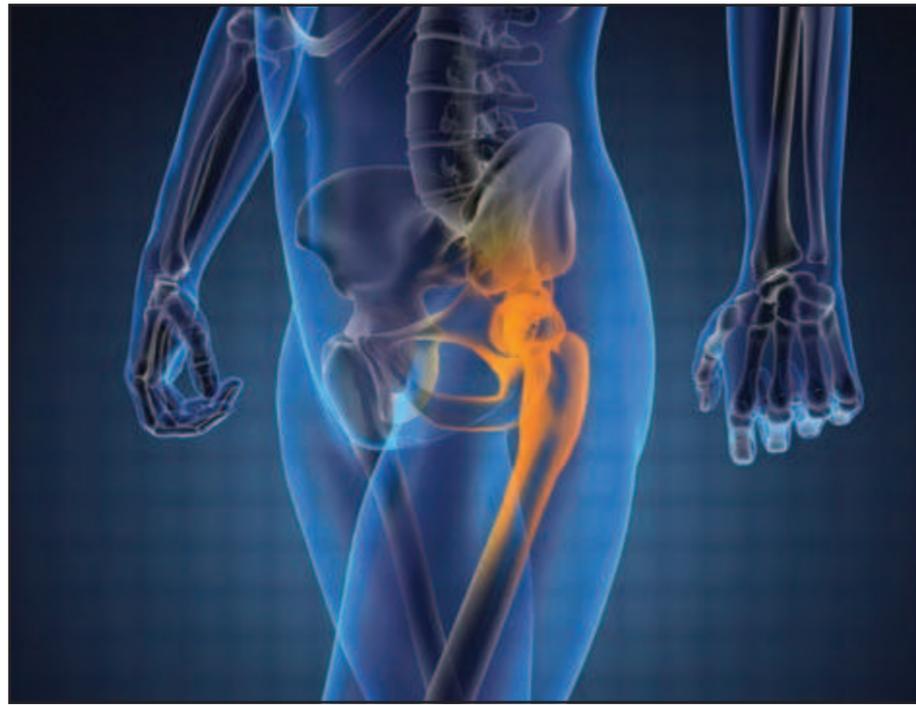


**Vincent A. Fowble, MD**

Board Certified, Orthopedic Surgery  
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561-263-3633.

During traditional hip replacement surgery, both the head and neck of the femur (thighbone) are removed and replaced with metal or plastic implants. In hip resurfacing, the head of the femur is resurfaced with a metal hip “joint” and the remainder of the thighbone is left intact, therefore preserving bone.

Some implants used in traditional hip replacement surgery are smaller than the bone which they replace. Hip resurfacing was originally conceived as a way to more closely match the size of the head of the femur bone, while potentially increasing stability and decreasing



opportunity for dislocation — one of the most common complications of total hip replacement.

All forms of hip replacement allow improved mobility; however, hip resurfacing more closely mimics the normal hip. After a total hip replacement, it is difficult to return to physical activities such as golf or tennis; only light activity is recommended. After hip resurfacing, patients can return to normal activities with little to no pain or stiffness.

Potential benefits of hip resurfacing

include:

■ **Bone Preservation** — With hip resurfacing, the ball and socket bones are resurfaced rather than completely replaced.

■ **Improved Stability** — The size of the implant may also help retain hip stability and range of movement.

■ **Pain Relief** — Hip resurfacing implants offer many years of pain relief for qualifying patients.

■ **Faster Return to Activity** — Many hip resurfacing patients resume

low-impact activities safely, free from pain and stiffness.

Hip resurfacing has many advantages, but is not for everyone. This procedure is intended for active patients who are under 60 years of age and in need of a hip replacement. Hip resurfacing is ideal for younger patients with strong bone quality since a total hip replacement only lasts between 15-20 years (possibly resulting in another replacement later in life). Choosing hip resurfacing first eases the conversion to a total hip replacement if needed later in life. Adults over 60 who are living an active lifestyle may also be considered for this procedure, which is determined by a review of bone quality. Patients with osteoporosis, limb shortening of more than one-half inch, severe hip deformity and prior hip surgery are not good candidates for hip resurfacing.

— Get back on your feet to get back to doing the things you love. The Anderson Family Orthopedic & Spine Center of Excellence, certified by the Joint Commission for Total Joint Replacement for hips, knees, shoulders and spine, features all private patient rooms, a dedicated orthopedic and spine clinical coordinator, pre-operative patient educational classes, rehabilitation and pain management specialists, and the latest advances in joint replacement surgery.

To learn more about the Anderson Family Orthopedic & Spine Center of Excellence, and to find out if hip resurfacing is right for you, visit [www.jupitermed.com/ortho](http://www.jupitermed.com/ortho) or call 561-263-3633. ■

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# New treatments for aortic valve stenosis

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The heart is made up of many working parts, including the left and right ventricles, inferior and superior vena cava, cardiac muscle, right and left atrium, pulmonary veins, pulmonary artery and the pulmonary, tricuspid and mitral valves. Another important component is the aortic valve.

The aortic valve normally has three thin leaflets called cusps. These leaflets work like a one-way gate, opening to let oxygen-rich blood flow from the lower left chamber, or ventricle, into a large blood vessel called the aorta that supplies blood to the rest of the body. As people get older, calcium gradually can build up on the cusps, resulting in stenosis or abnormal narrowing of the aortic valve. The valve also may narrow if the person was born with a heart defect in which there are only two leaflets in the valve instead of three. Another cause of aortic valve stenosis is rheumatic fever that causes the edges of the cusps to fuse together.

Symptoms and heart problems associated with aortic valve stenosis depend on the amount of narrowing in the aortic valve. Signs of the condition may not be apparent until there is a more than 50 percent reduction in the valve area. To make up for the increasing resistance in the valve, muscles in the left ventricle may start to thicken to maintain the pumping function and cardiac output. This can cause chest pain, fainting, shortness of breath, fatigue, heart palpitations or a heart murmur.

Aortic valve stenosis is frequently

diagnosed during a routine physical exam when a doctor hears an abnormal heart sound. Tests to confirm the presence of the condition include an electrocardiogram to measure the electrical impulses in the heart, chest X-ray to check the size and shape of the heart, echocardiogram to produce an image of the heart using sound waves, or cardiac catheterization if other tests have been inconclusive or to show any blockages in the heart.

The Valve Clinic allows Palm Beach Gardens Medical Center to better serve the community by uniting interventional cardiologists and cardiovascular surgeons to evaluate and treat structural heart disease and complex heart valve disorders through a multidisciplinary approach all in one place.

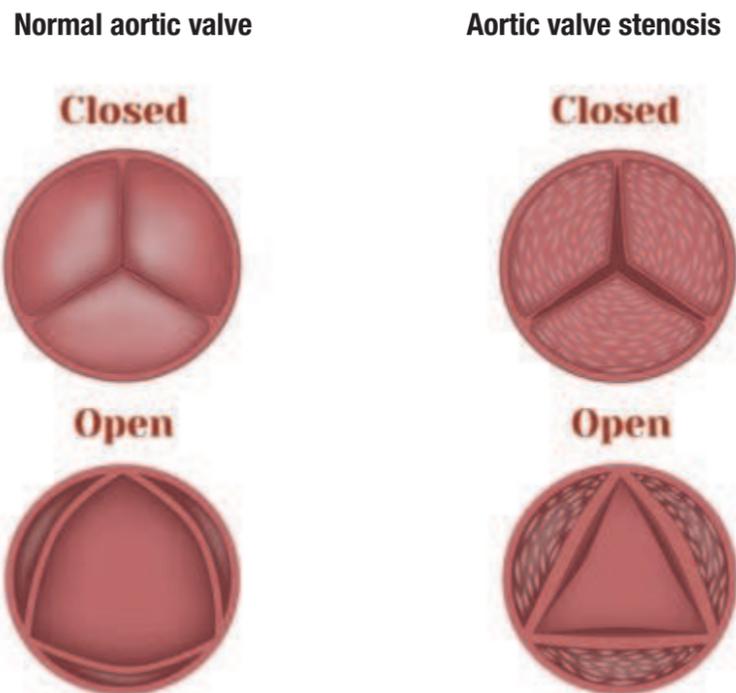
The Valve Clinic sees a variety of patients including those with heart murmurs, narrowed or leaking cardiac valves, and patients with disorders

affecting cardiac chamber structure or function. Patients may experience symptoms differently depending on severity and the type of heart valve disease, but they can include: chest pain, irregular heartbeat, fatigue, dizziness, low or high blood pressure, swelling in the ankles or shortness of breath. A doctor's diagnosis is essential because heart valve disease may masquerade as other medical conditions.

Patients who visit the Valve Clinic are seen by a variety of specialists including interventional cardiologists and cardiothoracic surgeons who work together to determine the appropriate treatment through a team approach. All treatment plans are shared with each patient's personal physician to ensure a smooth transition back to their care after a visit and treatment at the Valve Clinic. The patient is guided through the process by the Valve Clinic patient navigator, a nurse practitioner who helps the patient throughout the entire process. The patient navigator offers personalized care by helping to ensure patients have all necessary appointments, all test results are delivered to the appropriate parties and all procedures are scheduled. If you've been diagnosed with heart disease, you may have been told your treatment options were limited to medication or invasive open-heart surgeries.

Join Dr. Saurabh Sanon, medical director of the Structural Heart Transcatheter Therapies program from 6 to 7 p.m. July 27 at Palm Beach Gardens Medical Center for a free lecture on some of the minimally invasive treatment options we offer at the hospital. ■

## Aortic valve stenosis



# Platelet Rich Plasma aids in healing, facial rejuvenation

Platelet Rich Plasma (PRP), a nonsurgical procedure for facial rejuvenation, orthopedic injuries and hair restoration, initially gained popularity from its promise as a safe and natural alternative to surgery with few contraindications. PRP has been proven in countless clinical studies to be effective in medical procedures where healing and cell regeneration are the treatment goal.



**Jennifer Nicholson**  
Nurse Practitioner  
Youthful Balance  
10887 N. Military Trail,  
No. 7, Palm Beach Gardens  
(561) 537-0537  
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How does it work?

In order for PRP to be successful, platelets must be activated to successfully release their contents and begin the healing cascade and ultimate restoration of collagen.

### Orthopedic indications

Golfer's elbow is a condition that causes pain on the inner side of your elbow, where the tendons of your forearm muscles attach to the bony bump on the inside (medial) part of your elbow. The pain may spread into your forearm and wrist.

Golfer's elbow is similar to tennis elbow, but it occurs on the inside, rather than the outside, of your elbow. And it's not limited to golfers. Tennis players and others who repeatedly use their wrists or clench their fingers also can develop golfer's elbow.

Tennis elbow is a painful condition involving the tendons that attach to the



bone on the outside (lateral) part of the elbow.

Treatment of patients with chronic tennis and golfer's elbow with PRP reduced pain and significantly increases function, exceeding the effect of corticosteroid injection even after a follow-up of 2 years.

### Platelet Rich Plasma for facial rejuvenation

Injecting PRP superficially and in the deep dermis, applications can result in skin rejuvenation and global facial volumization. Compared with other

skin rejuvenation therapies, PRP has been demonstrated to be a useful or adjunctive therapy for tissue rejuvenation.

Aesthetic Applications:

- Dark circle under the eyes
- Fine wrinkles around the eyes
- Wrinkles on the forehead
- Wrinkles on the neck and chest
- Wrinkles on the lips
- Pregnancy stretch marks
- Nasolabial grooves
- Acne marks
- Skin tightening on the arms and legs
- Collagen loss on the hands

### Platelet Rich Plasma for hair restoration

Platelet Rich Plasma is found to significantly increase hair regrowth and decrease hair fragility and shedding. PRP for hair loss uses one's own blood (platelets) to regenerate hair growth. Introducing PRP in the scalp stimulates dormant hair follicles that has been shown to generate new hair growth and thicken existing hair. This activation is caused by the highly concentrated growth factors that are present in PRP.

### Post-Platelet Rich Plasma treatment

Most people will experience some mild to moderate swelling in the area of treatment, redness or heat, which are all common side effects and are part of the activation of your platelets. Because a volume of fluid has to be administered, swelling is inevitable. Bruising can occur and may take several days to disappear.

### How soon will I see results?

Most patients will require three treatments at four- to six-week intervals. The first thing people notice is an improvement in skin turgor and elasticity. Collagen production can take up to three months to occur and the results can differ depending on the individual. Because the injected product is 100 percent your own, factors such as smoking, stress and illness can affect results. A series of three treatments can yield results for up to two years.

Call Youthful Balance Medical Center for your complimentary consultation today! ■

## Gardens Medical Center unveils advanced dual source CT imaging

The SOMATOM Definition Flash from Siemens Healthineers arrives at Palm Beach Gardens Medical Center providing patients with a new advanced radiologic offering. The Definition Flash is one of the most important developments in diagnostic imaging. The dual source, 2 x 128-slice CT is better at freezing motion than a single source CT, allowing a patient's heart along with the arteries and anatomy to be better captured in a single beat, even at higher heart rates.

"This new technology will help our radiologists improve the quality of images while also reducing the radiation dose a patient receives," said Dr. Brian Young, medical director of radiology at Palm

Beach Gardens Medical Center. "Physicians can then view clearer images that make a condition easier to diagnose."

The SOMATOM® Definition Flash from Siemens Healthineers creates new opportunities for patient-friendly imaging at Palm Beach Gardens Medical Center. The SOMATOM Definition Flash is one of the fastest computed tomography (or CT) scanners available. For most adults, it can image the entire chest in less than a second and it can scan the whole body in less than 5 seconds. For children, many scans can be completed in less than one second. With such fast imaging times, Palm Beach Gardens Medical Center can generally perform these studies using less

radiation than conventional CT scanners – meaning a safer imaging procedure.

"Palm Beach Gardens Medical Center is taking imaging and patient care to the next level," said Dianne Goldenberg, chief executive officer, Palm Beach Gardens Medical Center. "The new Definition Flash brings exceptional image quality and can also reduce the number of scans a patient may need to receive an efficient and accurate diagnosis; this means improved quality



COURTESY PHOTO

of care, as well as patient safety and comfort."

The SOMATOM Definition Flash also employs Siemens FAST CARE technology, which allows technologists at Palm Beach Gardens Medical Center to conduct high-quality imaging that minimizes radiation dose levels, while spending more time with patients. In addition, the Flash offers a new technique for reducing artifacts from metal, allowing better imaging of patients with implants. ■

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## Study indicates mothers who breastfeed could reap long-term health benefits

THE AMERICAN HEART ASSOCIATION

**B**reastfeeding is not only healthy for babies, it may also reduce a mother's risk of having a heart attack or stroke later in life, according to new research published in the *Journal of the American Heart Association*.

Previous studies have suggested that mothers get short-term health benefits from breastfeeding, such as weight loss and lower cholesterol, blood pressure and glucose levels after pregnancy. However, the long-term effects of breastfeeding on the risk of developing cardiovascular diseases in mothers are unclear. A new study in China found that women who breastfed their babies had about a 10 percent lower risk of developing heart disease or stroke.

Researchers from the University of Oxford, the Chinese Academy of Medical Sciences and Peking University analyzed data from 289,573 Chinese women (average age 51) participating in the China Kadoorie Biobank study who provided detailed information about their reproductive history and other lifestyle factors. Nearly all were mothers and none had cardiovascular disease when they enrolled in the study. After eight years of follow-up, there were 16,671 cases of coronary heart disease, which includes heart attacks, and 23,983 stroke cases.

Researchers observed that:

- Compared to women who had never breastfed, mothers who breastfed their babies had a 9 percent lower risk of heart disease and an 8 percent lower risk of stroke.

- Among mothers who breastfed



each of their babies for two years or more, heart disease risk was 18 percent lower and stroke risk was 17 percent lower than among mothers who never breastfed.

- Each additional six months of breastfeeding per baby was associated with a 4 percent lower risk of heart disease and a 3 percent lower risk of stroke.

The researchers considered a range of risk factors for cardiovascular disease, including smoking, high blood pressure, obesity, diabetes and physical activity that could have biased results.

"Although we cannot establish the

causal effects, the health benefits to the mother from breastfeeding may be explained by a faster 'reset' of the mother's metabolism after pregnancy," study co-author Sanne Peters, Ph.D., said. "Pregnancy changes a woman's metabolism dramatically as she stores fat to provide the energy necessary for her baby's growth and for breastfeeding once the baby is born. Breastfeeding could eliminate the stored fat faster and more completely." Ms. Sanne is a research fellow at the University of Oxford in the United Kingdom.

The study noted that women who

breastfeed might be more likely to engage in other beneficial health behaviors that lower their risk of cardiovascular disease compared to women who do not breastfeed.

Because this study was observational, relying on information provided by the mothers about their breastfeeding histories, it does not prove cause and effect. Results from observational studies such as this one must be confirmed by a different type of study that can prove that a behavior results in an outcome.

Compared to women in China, breastfeeding duration is typically shorter among women in the United States. Ninety-seven percent of the women in this study breastfed each of their babies for an average of 12 months, compared to 30 percent of U.S. mothers in 2016, according to the World Health Organization. However, the U.S. Nurses' Health Study found only women with a lifetime duration of breastfeeding of 2 years or more had a significantly lower risk of coronary heart disease than those who never breastfed.

"The findings should encourage more widespread breastfeeding for the benefit of the mother as well as the child," said Zhengming Chen, D.Phil., senior study author and professor of epidemiology at the University of Oxford. "The study provides support for the World Health Organization's recommendation that mothers should breastfeed their babies exclusively for their first six months of life."

The American Heart Association suggests breastfeeding for 12 months if possible. ■

## Health researchers continue to study food allergies

SPECIAL TO FLORIDA WEEKLY

NIH News in Health

**H**ave you noticed food allergy warnings at restaurants? Maybe you've heard about peanut-free classrooms and flights. People who have serious reactions to certain foods must be careful about what they eat — and what others eat around them. There's no cure for food allergies. But researchers are learning more about how to prevent and treat this condition.

Allergic reactions happen when your immune system — your body's defense against germs and foreign substances — overreacts to something that's normally harmless. In the United States, most food allergies are caused by peanuts, tree nuts, fish, shellfish, eggs, milk, wheat and soy. Allergies show up most often in children. But they can develop at any age.

Food allergy symptoms can range from mild to severe. Some people experience a life-threatening reaction called anaphylaxis. Symptoms may include trouble breathing, dizziness and fainting. When you have a food allergy, there's no way to predict how your body will react when you're exposed. You might have a mild reaction one time and a severe reaction the next.

If you think that you or your child may have a food allergy, see your health care provider. Your doctor will take a detailed medical history and perform a physical examination. If a diagnosis of food allergy seems likely, they may recommend a blood test or skin prick test. These results will help determine if you or your child has a food allergy.

National Institutes of Health researchers have been working to understand food allergies better.

"There has been a lot of research on



peanut allergy because it is often severe, lifelong and has a huge impact on quality of life," explains Dr. Scott Sicherer, a pediatric food allergy expert at Mount Sinai's Icahn School of Medicine.

Scientists hope the progress they make on peanut allergy will help guide how to handle other food allergies. Researchers recently carried out a large clinical trial called Learning Early About Peanut Allergy. The study looked at infants' chances of developing an allergy if they ate peanut-containing foods at an early age. Six hundred and forty infants who were at high risk of developing a peanut allergy were enrolled in the trial.

The infants were randomly placed in either a peanut-eating or peanut-avoiding group. They continued these diets until they were 5 years old. Infants who ate peanut-containing foods beginning early in life had an 81 percent lower chance of developing a peanut allergy.

"Based on the strength of these findings, an expert panel sponsored by NIH recently

issued updated guidelines to help health care providers work with families to introduce peanut-containing foods to infants to help prevent the development of peanut allergy," Dr. Sicherer says.

The panel provided three guidelines that describe when and how to give these foods. The recommendations are based on how likely a baby is to develop peanut allergy. Talk with your doctor before you introduce any peanut-containing foods to your infant. The doctor may tell you when and how to start feeding peanut to your baby or recommend doing allergy testing first.

"It's important to understand that these guidelines are about preventing peanut allergy, not treating an existing peanut allergy," Dr. Sicherer explains.

The new guidelines may come as a surprise to some people. Almost 20 years ago, experts recommended that babies at high risk for developing peanut allergy avoid peanut-containing foods until age 3. But nearly 10 years ago, experts withdrew this recommendation. There was no proof that it worked.

"The most recent change in guidance was prompted by the very compelling results of the LEAP study," says Dr. Marshall Plaut, a food allergy expert at NIH. "The new guidelines are based on these results and the clinical knowledge of the expert panel that developed them."

Whether this strategy works for other food allergies isn't known.

"More research is needed to find out if early dietary introduction of other foods may help prevent allergy to those foods," Dr. Sicherer explains.

NIH scientists are also looking at ways to treat people who already have food allergies. One promising strategy is called oral immunotherapy. It involves eating

small, slowly increasing amounts of the allergy-causing food. One recent study tried this approach for peanut-allergic preschool children. Almost 80 percent of children given the treatment could safely eat peanut-containing foods afterward.

More studies are being done to improve the safety and effectiveness of the approach. The therapy is also being studied for people with milk and egg allergies in small clinical trials.

There may be other ways to provide this type of therapy. One ongoing study is investigating using a skin patch to deliver small amounts of peanut protein to peanut-allergic patients. Early results have shown some promise among young children with peanut allergy. Researchers will continue to assess this approach.

Food allergy studies have to be done very carefully because reactions can be life threatening.

Talk with your health care provider to learn more about preventing and treating food allergies. ■

in the know

### Food allergy symptoms

Pay attention to how you feel after you eat and learn how to recognize the symptoms of a food allergy. Symptoms may include:

- >> Coughing
- >> Tingling in the mouth
- >> Skin reactions like hives or itching
- >> Nausea and vomiting
- >> Stomach pain
- >> Diarrhea

If you have a potentially life-threatening reaction — trouble breathing, dizziness and fainting — seek immediate medical care by calling 911.

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# Following pedestrian safety rules can prevent tragedy

## PALM BEACH CHILDREN'S HOSPITAL

Although summer is still in full swing, back-to-school season is quickly approaching. While most families may focus on the excitement of buying new school supplies, meeting new teachers and classmates, and picking out a "first day of school" outfit, this is also a critical time to make sure your child understands pedestrian safety.

No matter how many precautions parents take, children can still be prone to hazards. The start of classes and the ongoing school year means children who don't take a bus or get dropped off by parents will spend more time walking on and crossing various streets to get to and from school. Below are some guidelines you can teach your child in preparation for the upcoming school year.

### Things to remember

The ideal situation is to always have an adult supervise your child's commute, but that isn't always an option. Make sure your child is aware of common rules when walking on busy streets, and set a good example.

When crossing the street, remember to:

- Stop at the curb or edge of the road.
- Make sure to look in both directions for moving cars before crossing.
- Walk, don't run or dart, into the street.
- Keep looking left and right until you are safely across the street.
- Look for signs that a car is about to move (rear lights, exhaust smoke, sound of motor, wheels turning).
- Always be alert as you walk.



- Don't cross from between parked cars.

### Additional pedestrian safety tips for year-round activities

While your child may mostly spend time on the streets walking to and from school, it's important to enforce these guidelines on a daily basis. Here are some additional tips you can teach your child to help ensure a safe outing on foot:

- Instruct your child to never run after a ball or toy that has crossed the street.

- Children should always walk on the sidewalk. If there are no sidewalks, they should walk facing traffic.

- Refrain from using a cell phone while crossing the street.
- Observe all traffic signs.
- Never allow your child to play in the street.
- Have your child wear reflective clothing when playing outside after dark.

### Back to school with Palm Beach Children's Hospital

When your child needs us the most, the Palm Beach Children's Hospital at

St. Mary's Medical Center is here. We are honored to have been voted as South Florida Parenting Magazine's Best Pediatric Hospital in Palm Beach County for the past five consecutive years, and as the Best Pediatric Emergency Room in Palm Beach County since the award's inception two years ago. While we're proud of these recognitions, our true goal is helping your child enjoy a fun, safe and healthy childhood.

As part of this commitment, we're hosting our annual Back to School Screening event in Center Court at Downtown at the Gardens on Sunday, July 30, from 1 p.m. to 4 p.m. Families are invited for an afternoon of sports, giveaways, live entertainment, health screenings for children and adults, additional information on what you'll need for the upcoming school year, free carousel rides and much more! To RSVP, please call 888-412-8141. For more information on Palm Beach Children's Hospital, please visit [www.PalmBeach-ChildrensHospital.com](http://www.PalmBeach-ChildrensHospital.com) ■

# Scientists discover rare genetic susceptibility to common cold

Unusual case provides insight into leading cause of acute illness worldwide

## NATIONAL INSTITUTES OF HEALTH

Scientists have identified a rare genetic mutation that results in a markedly increased susceptibility to infection by human rhinoviruses (HRVs) — the main causes of the common cold. Colds contribute to more than 18 billion upper respiratory infections worldwide each year.

Researchers at the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health, identified the mutation in a young child with a history of severe HRV infections. The case, published online June 12 in the *Journal of Experimental Medicine*, reveals an important mechanism by which the immune system responds to these viruses.

Several weeks after birth, the child began experiencing life-threatening respiratory infections, including colds, influenza and bacterial pneumonia. Because her physicians suspected she might have a primary immune deficiency — a genetic abnormality affecting her immune system — they performed a genetic analysis.

The analysis revealed that she had a mutation in the IFIH1 gene that caused her body to make dysfunctional MDA5 proteins in cells in her respiratory tract. Previously, scientists had found that laboratory mice lacking functional MDA5 could not detect genetic material from several viruses, making them unable to launch appropriate immune responses against them. Similarly, the NIH researchers found that mutant MDA5 in the girl's respiratory tissues could not recognize HRVs, preventing her immune system from producing

protective signaling proteins called interferons. HRV thus replicated unchecked in the girl's respiratory tract, causing severe illness. These observations led the researchers to conclude that functional MDA5 is critical to protecting people against HRV.

With intensive care, the child survived numerous bouts of severe illness, and her health improved as her immune system matured and formed protective antibodies against various infectious agents.

"The human immune response to common cold viruses is poorly understood," Dr. Anthony Fauci, director of NIAID, said. "By investigating this unique case, our researchers not only helped this child but also helped answer some important scientific questions about these ubiquitous infections that affect nearly everyone."

To explore whether other people experience poor health related to the IFIH1 gene, researchers analyzed a database of more than 60,000 volunteers' genomes. While rare, the team found multiple variations in IFIH1 that could lead to less effective MDA5. Interestingly, most people with these variations lived normal lifespans and had healthy children, leading researchers to suspect that other genetic factors may have compensated for the abnormality, or



NIH / COURTESY PHOTO

per year, but the range varies widely based on lifestyle and environment. For most people, infection with HRVs leads to minor illness that does not require medical attention, but the viruses can cause serious complications in people with severe asthma, chronic obstructive pulmonary disease and other health problems. Because no antiviral therapies exist for HRVs, these patients — like the child in the study — receive supportive care and are advised to take steps to avoid exposure. Insights from this study may lead to new strategies for treating patients with severe HRV complications and inadequate MDA5 responses.

"When people have other disease factors, HRV infection can become a tipping point and lead to severe illness, disability or even death," said NIAID's Dr. Helen Su, senior author on the report. "Now that we better understand the pathway, we can investigate more targeted ways to intervene."

NIAID conducts and supports research — at NIH, throughout the United States and worldwide — to study the causes of infectious and immune-mediated diseases,

and to develop better means of preventing, diagnosing and treating these illnesses. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov). ■

that people experienced frequent HRV infections but did not report them. The Centers for Disease Control and Prevention estimates the average healthy adult has two to three colds

Be a good listener, and attempt to address individual concerns. Sarcasm, anger, and bullying have no place in the “care”-versation, and will only make everyone more resistant.



## HEALTH

From page 1

be both practical and proactive when health related safety issues take precedence. Perhaps it time to have a “care”-versation!

Communication is key in a “care”-versation. The first step to take with senior loved ones should be to let them know you understand aging brings on new challenges, and that you want to be involved but are not trying to take control away from them. Make it clear you are putting safety first, since the risks of falls, car accidents, missed medication doses, etc., can be dangerous. Be sure they realize that accepting some assistance to maintain their quality of life is not a sign of weakness.

Second, try to remember that most seniors will vehemently disagree with you about what they really need, as opposed to what you think they do. Try to get to the bottom of why the individual or other family members might not be accepting the reality of a medical condition or declining health status. Are your parents, spouse, or siblings denying the truth even though medical tests are conclusive, consultants or neutral third parties have conducted assessments? Consider that perhaps medical conditions like Alzheimer’s or Parkinson’s and their impact on health, wellness, or daily activities, may not be fully understood. Have some educational materials available for review during your “care”-versation. In the case of a sibling or other relation, it might be that they do not want to be asked to help with caregiving activities or want to take responsibility for any part of a loved one’s daily routine. To prepare an action plan that works, expectations about how much help and support parents can expect from the family should be discussed — and adult children and family members must be encouraged to be honest and realistic about how much assistance they can provide.

Third, put your personal frustrations aside. Be a good listener, and attempt to address individual concerns. Sarcasm, anger, and bullying have no place in the “care”-versation, and will only make everyone more resistant. Be as unemotional as possible when discuss-

ing options, and emphasize the fact that any transition will take time and patience, necessary changes will not happen overnight. Don’t argue about, or try to control every detail, instead concentrate on the important items like safety, wellness, and finances. Your loved one is frightened — you need to reassure them you will protect their independence, the respect and dignity they deserve will not be taken away, but their safety is of the utmost importance. Help them understand their limitations while inviting their trust. Don’t present changes as permanent, instead consider saying, “...let’s try this for a while and see how it works out.”

Last, but not least, do not make it harder by waiting till the last minute to have the “care”-versation. You do not want a medical emergency to force difficult decisions to be made under stressful circumstances. In the end, no parent or spouse wants to be a burden to their family. Get them involved in making the decisions, so that they feel empowered and that they have the support of family members.

Seniors can continue to enjoy their golden years even though they may need assistance at home! If the individual’s safety is threatened, and they are extremely resistant to home care, a professional experienced in geriatrics, elderly behavior and senior home care, could be a good option to bring in for consultation. Often a neutral third party can help build a consensus within the family by addressing anxieties in a nonthreatening, comforting manner, overcoming the objections to assistance, and tackling fear of change and loss of independence. Remember communication between all parties is key. The services of a home health agency can be an important piece of the puzzle necessary for your parents or spouse to age well, safely and comfortably in their own home.

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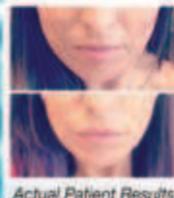
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## Patch — with no needles — could be your next flu shot

An influenza vaccine can produce robust immune responses and be administered safely with an experimental patch of dissolving microneedles, a National Institutes of Health-funded study led by a team at the Georgia Institute of Technology and Emory University has shown.

The method is an alternative to needle-and-syringe immunization; with further development, it could eliminate the discomfort of an injection as well as the inconvenience and expense of visiting a flu clinic.

“This bandage-strip sized patch of painless and dissolvable needles can transform how we get vaccinated,” said Roderic I. Pettigrew, director of the National Institute of Biomedical Imaging and Bioengineering, which funded the study. “A particularly attractive feature is that this vaccination patch could be delivered in the mail and self-administered. In addition, this technology holds promise for delivering other vaccines in the future.”

The researchers received funding through an NIBIB Quantum Grant and from the National Institute of Allergy and Infectious Diseases.

The study was led by Nadine Rouphael, M.D., associate professor of medicine and Mark J. Mulligan, M.D., Emory University School of Medicine, in collaboration with Mark R. Prausnitz, Ph.D., Regents Professor and J. Erskine Love Chair in Chemical and Biomolecular Engineering, Georgia Institute of Technology. The vaccine patch consists of 100 solid, water-soluble needles that are just long enough to penetrate the skin.

“The skin is an immune surveillance organ,” Mr. Prausnitz said. “It’s our interface with the outside world, so it’s very



well equipped to detect a pathogen and mount an immune response against it.”

Adhesive helps the patch grip the skin during the administration of the vaccine, which is encapsulated in the needles and is released as the needle tips dissolve, within minutes. The patch is peeled away and discarded like a used bandage strip.

The researchers enrolled 100 adult participants, dividing them into four random groups: vaccination with microneedle patch given by a health care provider; vaccination with microneedle patch self-administered by the study participant; vaccination with intramuscular injection given by a health-care provider; and placebo microneedle patch given by a health care provider. The researchers used an inactivated influenza vaccine formulated for the

2014-15 flu season to inoculate participants other than those in the placebo group.

The researchers found that vaccination with the microneedle patches was safe, with no serious related adverse events reported. Some participants developed local skin reactions to the patches, described as faint redness and mild itching that lasted two to three days.

The results also showed that antibody responses generated by the vaccine, as measured through analysis of blood samples, were similar in the groups vaccinated using patches and those receiving intramuscular injection, and these immune responses were still present after six months. More than 70 percent of patch recipients reported they would

prefer patch vaccination over injection or intranasal vaccination for future vaccinations.

No significant difference was seen between the doses of vaccine delivered by the health care workers and the volunteers who self-administered the patches, showing that participants were able to correctly self-administer the patch. After vaccination, imaging of the used patches found that the microneedles had dissolved in the skin, suggesting that the used patches could be safely discarded as non-sharps waste. The vaccines remained potent in the patches without refrigeration for at least one year.

The prospective vaccine technology could offer economic and manufacturing advantages. The manufacturing cost for the patch is expected to be competitive with prefilled syringe costs. The patch, however, can dramatically reduce the cost of vaccination, since self-administration can eliminate the need to have health workers oversee the process. It can be easily packaged for transportation, requires no refrigeration, and is stable.

Mr. Prausnitz is co-founder of a company that is licensing the microneedle patch technology. He is an inventor on licensed patents and has ownership interest in companies developing microneedle products, including Micron Biomedical. These potential conflicts of interest have been disclosed and are overseen by Georgia Institute of Technology and Emory University.

The team plans to conduct further clinical trials to pursue the technology’s ultimate availability to patients. They also are working to develop microneedle patches for use with other vaccines, including measles, rubella and polio. ■

## Keeping your gut in check: healthy ways to stay on tract

SPECIAL TO FLORIDA WEEKLY

NIH News in Health

Your digestive system is busy. When you eat something, your food takes a twisty trip that starts with being chewed up and ends with you going to the bathroom. A lot happens in between. The health of your gut plays a key role in your overall health and well-being. You can make choices to help your body stay on tract.

Your digestive, or gastrointestinal, tract is a long, muscular tube that runs from your mouth to your anus. It’s about 30 feet long and works with other parts of your digestive system to break food and drink down into smaller molecules of nutrients. The blood absorbs these and carries them throughout the body for cells to use for energy, growth and repair.

With such a long GI highway, it’s common to run into bumps in the road. About 60 to 70 million Americans are affected by digestive diseases, such as gastroesophageal reflux disease or irritable bowel syndrome. GERD happens when your stomach acid and/or contents come back up into your esophagus (swallowing tube) or throat. This causes uncomfortable symptoms such as heartburn and indigestion. IBS is a group of symptoms that includes pain in the abdomen and changes in bowel habits. People with IBS may have constipation, diarrhea or both. Many more people have other digestive problems, like bloating and stomach pain.

“There are many factors that can impact gut health,” says Dr. Lin Chang, a GI expert at the University of California, Los Angeles.

How your body’s built, your family and genetic history, how you manage stress and what you eat can all affect your gut.

“I see a lot of lifestyle-related GI issues, and there are often no quick fixes for that,” she says. “In general, people do well when they create a more routine schedule, eat a healthy diet and smaller more frequent meals, add in some exercise and get a good amount of sleep.”

Chang studies the connection between stress and IBS. Her research group has found that people who have early life stress are more likely to develop IBS.

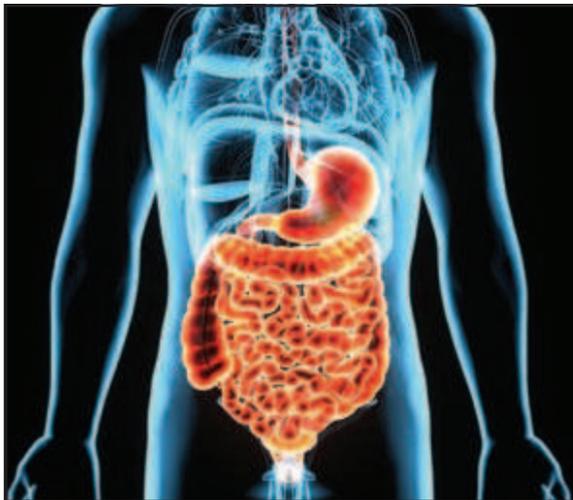
“However, this increased risk for IBS went down when people confided in someone they trust about the stress they experienced,” she explains. “Finding healthy ways to manage stress is important for GI health and your health overall.”

What you eat can help or hurt your digestive system and influence how you feel.

“Increasing fiber is really important for constipation,” says Dr. Chang. “Most Americans do not eat a lot of fiber, so you have to gradually increase the fiber in your diet. Otherwise you might get gas and more bloating and won’t stick with (the changes).”

Dr. Chang says you should eat at least 20-30 grams of fiber a day for constipation. You can spread out your fiber in small amounts throughout the day. Start with small servings and gradually increase them to avoid gas, bloating and discomfort.

Try to eat fruits and vegetables at every meal. A variety of fruits, vegetables, whole grains and nuts can provide a healthy mix of different fibers and nutrients to your diet. An added benefit is that the more fiber and whole foods you eat, the less room you’ll have for less-healthy options.



those found in the human gut — can improve your gut health. These are also called “friendly” or “good” bacteria. Probiotics are available in dietary supplements and in certain foods, such as yogurt.

There is some evidence that probiotics may be helpful in preventing diarrhea associated with antibiotics and improving symptoms of IBS, but more needs to be learned.

Researchers still don’t know which probiotics are helpful and which aren’t. They also don’t know how much of the probiotics people would have to take or who would most likely benefit from them.

Certain food additives, called emulsifiers, are something else that may affect your gut health. Emulsifiers are added to many processed foods to improve texture and extend shelf life, but studies show they can affect our gut flora.

“Our work and other research indicate that emulsifiers and other food additives can negatively impact the microbiota and promote inflammatory diseases,” says Georgia State University’s Dr. Andrew Gewirtz.

His group has been studying the relationships between food additives, gut bacteria and disease in mice.

The team also plans to examine how different food additives may affect people.

Based on what his team and others have found, Dr. Gewirtz advises, “The take home message: Eat a balanced diet and less processed foods.”

“The GI system is complicated and such an important part of our health,” Dr. Chang says. “It takes a real partnership between patient and doctor to get to the root of issues. Everyone has to find a healthy routine that works for them.” ■

But some fiber-rich foods, called high FODMAP foods, can be hard to digest. Examples include certain fruits and vegetables, dairy products, and wheat and rye products. If you have IBS, your doctor may recommend a diet low in FODMAPS.

Researchers are coming to understand the complex community of bacteria and other microbes that live in the human GI tract. Called gut flora or microbiota, these microbes help with our digestion. But evidence has been growing that gut microbes may influence our health in other ways too. Studies suggest that they may play roles in obesity, type 2 diabetes, IBS and colon cancer. They might also affect how the immune system functions. This can affect how your body fights illness and disease. Recent studies have found that microbes’ effects on the immune system may impact the development of conditions such as allergy, asthma and rheumatoid arthritis.

You might have heard that probiotics — live microbes that are similar to



Patricia After

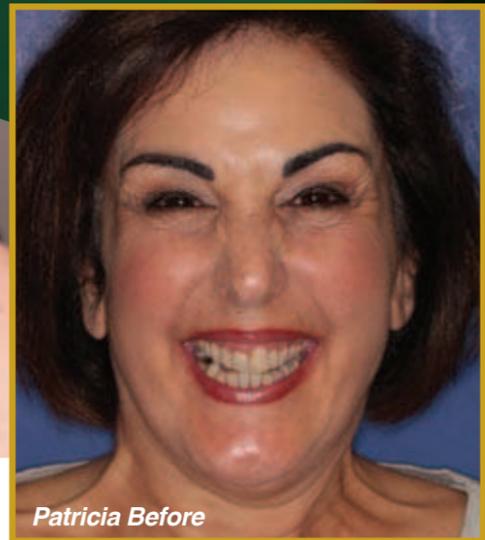


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