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IN THE KNOW. IN THE NOW.

WEEK OF AUGUST 17-23, 2017

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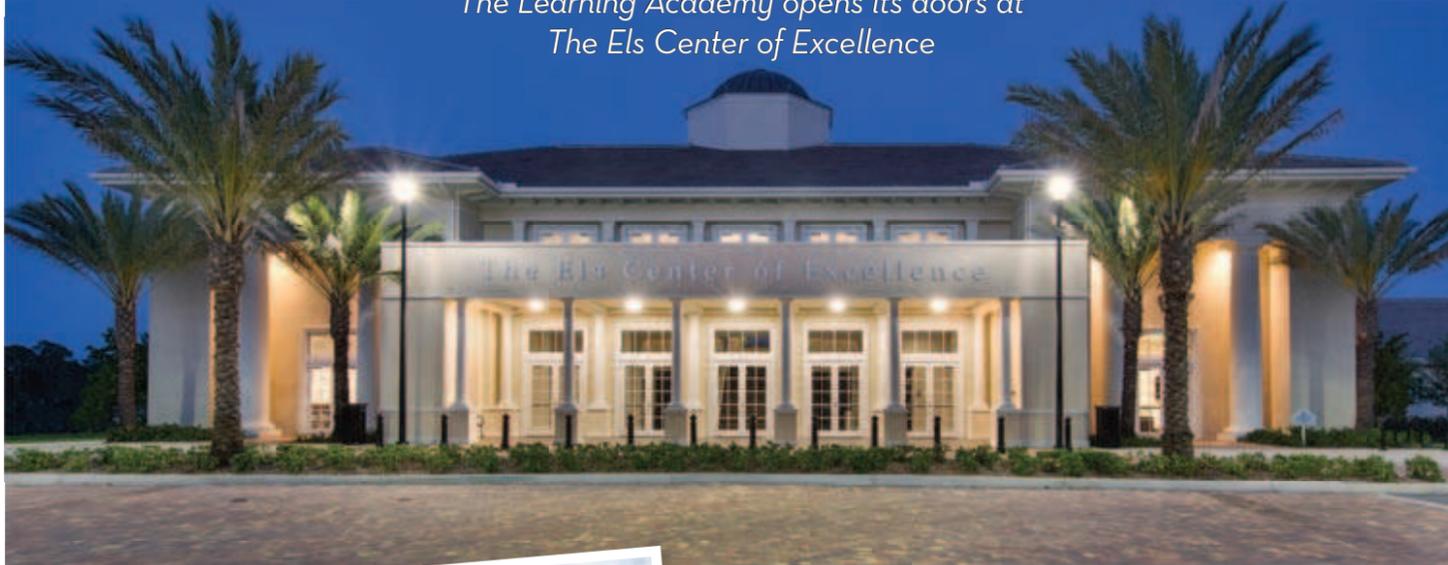
Vol. VII, No. 43 • FREE

“When you’re on a campus where everyone is an expert in the field, there is a high probability of the students being successful in life.”

— **Marlene Sotelo**, director of programs and operations for The Els for Autism Foundation

Back to school

The Learning Academy opens its doors at
The Els Center of Excellence



COURTESY PHOTO

The Els Center of Excellence is for students on the autism spectrum.

BY AMY WOODS

awoods@floridaweekly.com

THE ELS CENTER OF EXCELLENCE in Jupiter welcomed its first high-schoolers Aug. 14, when 115 students on the autism spectrum took their seats in the newly constructed, 33,000-square-foot, game-changing facility.

The Learning Academy’s state-of-the-art classrooms, one-on-one therapy studios and storefront-style vocational labs aim to teach those with the disorder how to maximize their potentials.

“For a majority of the students, they’re learning vocational skills and functional academics

SEE SCHOOL, A8 ▶



The center welcomed its first high school students this month.

Marinelife Day offers fun, education

SPECIAL TO FLORIDA WEEKLY

Each season, they return to Palm Beach Gardens in an *arribada* of sorts.

No, we’re not talking about sea turtles — we’re talking about the fans of sea turtles, who gather each year for Marinelife Day at The Gardens Mall.

Think of it as a day when science, commerce and fun collide, all in the name of education.

The free family event, set for 11 a.m.-4 p.m. Aug. 19 in the mall’s Grand Court, will spotlight the sea turtle and ocean conservation

programs at Loggerhead Marinelife Center in Juno Beach.

The exhibition will feature interactive, educational programs, conversations with Loggerhead Marinelife Center scientists, a special appearance by LMC’s mascot, Fletch, family-friendly games and activities, and chances to win prizes.

Turtle-loving tots and their families and friends can design their own ocean reef, listen to sea turtle stories, craft seashell necklaces and adopt a sea turtle.

Loggerhead Marinelife Center also will

SEE FUN, A19 ▶



TRACEY BENSON PHOTOGRAPHY

Marinelife Day will give opportunities to learn about sea turtle rescue and research.

INSIDE



Kravis season

The center looks to Broadway, star power for 2017/2018. **B1** ▶



New hospital CEO

Dianne Goldenberg takes the helm at Gardens Medical Center. **A14** ▶



Behind the Wheel

The Mercedes-Benz AMG C43 takes middle of the road. **A9** ▶



Cabaret show

Shelley Keelor takes to Dramaworks stage. **B11** ▶

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COMMENTARY

I shot the sheriff



leslieLILLY

lilly@floridaweekly.com

Everyone remembers when candidate Donald Trump boasted he could shoot someone on Fifth Avenue and his supporters would shrug and vote for him anyway. It was a claim to arrogance few would dare. As it turned out, he was right.

That conceit followed him into the White House. He has since put his brag to the test on multiple occasions. So far, there is little evidence his aberrant behaviors have imperiled his popularity among his hardcore supporters. Candidate Trump, by his faux supposition of homicide, already imagined he was above the rule of law. Six months into his administration, he imagines he is the law.

I thought about this when his speech at the Boy Scouts Jamboree last month went viral. He spoke campaign-style. His audience was a crowd of 40,000 young boys on the cusp of puberty and the threshold of becoming adults.

He treated the occasion as if it were a political rally and his audience were old enough to vote. It was jarring to see how easily the uncorrupt spirit of thousands of adolescent boys could be sullied by Trump, in full view of their

Scout mentors, protectors and parents. It happened in the blink of an eye, if only temporarily. But don't blame the Scouts.

It is Trump who deserves the credit. He is a master manipulator. What happened that afternoon was the induction of young people into the Trump doctrine. The moment deserves a place in the political Hall of Shame. The president proved yet again he can target the unsuspecting in a crowd, take aim, pull the rhetorical trigger and kill innocence without any expectation he will be punished for his crime.

It happens again and again. The visceral cheers erupt right on cue from the dark and hidden place surviving in the lizard brains of people you wouldn't think would succumb. But they do.

The president smiles, walks away, satisfied with the damage done and he is no worse for the wear. After six months in office and firing away indiscriminately, his approval ratings among Republicans still stand at about 80 percent.

Trump knows this and gloats in the power of his supporters' unconditional love. It enables him free rein and to act without accountability for his moral transgressions. He is always on the prowl for new converts to the dark side, even among Boy Scouts.

The president's tactic is to go after the least common denominator in his audience. And there always is one. He has unerring accuracy on judging his

mark. His ammo is a provocateur's tease. The man blows smoke better than a sideshow barker. Everyone wants to go into the tent and see the boneless baby.

Adolescents are vulnerable to seduction by bad boys and bad-boy behavior. Which is why so many adults devote themselves to Scouting. Their mission is to mold, mentor and prepare young boys for the rigors of leadership and the challenges of adulthood. Scouting is aspirational toward "a more conscientious, responsible and productive society."

It doesn't include merit badges for mastering the art of bullying or metaphorically shooting someone just because you can. That's Trump's standard for meritorious conduct. He role modeled at the Jamboree what many perceived as egregiously un-Scout-like behaviors.

Afterward, Boy Scouts of America's chief executive, Michael Surbaugh, apologized to Scouting families "offended by the political rhetoric that was inserted into the Jamboree. It was never our intent." But good intentions don't count with this president.

In the weeks before the Scouts' controversy, the president went gunning for Attorney General Jeff Sessions. In May, he took aim, first firing FBI Director James Comey, because of the "Russian thing," i.e., the FBI investigation into whether the Trump campaign colluded with Russia.

Because Sessions acted as a cam-

paign surrogate for candidate Trump, he recused himself from the investigation. The president went bonkers. It wasn't that he thought Sessions had no choice. He thought Sessions had made the wrong choice. In his view, the rule of law that no one is above the law does not apply to him. He is the law.

There is a constitutional crisis lurking behind that assertion. But know Robert Mueller, the Justice Department Special Counsel investigating the "Russian thing" is in the president's crosshairs, too. The president has an "I shot the sheriff" ambition. It is sending cold chills down America's spine.

The month of July was capped off by the remarks the president made before a gathering of police officers. He casually suggested police should "not be too nice" to their suspects. He said giving suspects "rough" treatment was OK by him. The cops applauded and laughed at the president's dark exhortation.

But no one else laughed who understands police brutality is not a joke — most especially not the officers who put their lives on the line every day and who work hard to do the right thing, according to the rule of law. It is the way justice is supposed to work in America. ■

— Lilly writes frequently on issues of politics, public policy and philanthropy. Email her at lilly@floridaweekly.com and read past blog posts on Tumblr at lilly15.Tumblr.com.

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Palm Beach Gardens
Medical Center



AUGUST

COMMUNITY EVENTS & LECTURES



Hands-Only Adult CPR Class

Tuesday, August 15 @ 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

Class taught by Sara Chambers, RN, BSN, CYT

Wednesday, August 16 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

Palm Beach Gardens Medical Center now offers a chair yoga class for the community. The class will be taught by the assistant nurse manager of cardiac rehab, Sara Chambers, 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 participants strengthen their muscles and work on their balance.

Please call 855.387.5864 to make a reservation



New 256-Slice CT Designed to Offer: Lower Dosage. Higher Speed. Higher Quality Images

Lecture by Manuel G Martorell, MD- Interventional Radiologist

Thursday, August 17 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

PBGMC is the first hospital in northern Palm Beach County to offer the new 256-Slice CT Scanner, featuring the Somatom Definition Flash System with dual source CT from Siemens Healthcare as a diagnostic imaging option. Last month, we unveiled our new 256- Slice CT designed to offer increased speed, low dosage and detailed high-quality images. Join Manuel G Martorell, MD- Interventional Radiologist at PBGMC as he educates on the benefits of this advanced imaging technology.

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, August 23rd
- Wednesday, August 30th
- Wednesday, September 6th
- Wednesday, September 13th
- Wednesday, September 27th

Please call 855.387.5864 to make a reservation

All screenings held at: Palm Beach Gardens Medical Center

FREE COMMUNITY SCREENINGS

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Thursday, August 17
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PALM BEACH
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OPINION

A little each week, or two



rogerWILLIAMS

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My pickup was red, not green like the 1957 Dodge Power Wagon with a 90 horsepower, 230 cubic centimeter, flathead six-cylinder engine my Colorado ranching uncles still owned, the only truck I ever admired.

Instead, mine was made by International Harvester in 1959. It had six cylinders too, upward of 150,000 miles on the odometer, and somewhere in the vicinity of 120 horsepower, giving it a capacity for speed that produced a blazing 61 mph if you had a slightly downward slope and a few days to get there. Running it above 50 even on a gentle incline was almost impossible.

This was 1972 in Douglas County, Kansas, where the rolling hills of the eastern prairie vaguely resemble the Lake Wales ridge country in Central Florida.

My girlfriend, Eva, had decided to go into natural living with me. So we bought the truck for \$200 from an old farmer. Then we found another old farmer who would let us garden in his rambling corals, plotting out 120 feet by 50 inch soil enriched from decades of cow manure. We grew potatoes, onions, carrots, tomatoes, corn, pole beans, peas, spinach, lettuce, squash, peppers and a few watermelons — the whole shebang.

That farmer, Burt Wilson, was a Cherokee Indian adopted about 1905 from a Kansas orphanage by the postmaster of Lawrence, whose name happened to be Roger Williams.

That's all it took.

The coincidence of names got us a carte blanche opportunity to work one of the tidiest farms in eastern Kansas, neatly tucked into 450 acres of Wakarusa River bottomland. We grew hundreds of pounds of produce, never anticipating either the size of the harvests or the hard

work it would take while we were going to college about 10 miles to the north, in Lawrence.

Our friends, though, appreciated the food. So did we. And we loved those soft summer evenings in the fields: The cacophonous cricket symphonies performed spontaneously from stands of black oaks. The air above the valley floor settling sweet with the whispered promise of day's-end cool. Fireflies sparking above the garden and across the road into the trees, while dusk slipped away west into night and Colorado.

We never considered that all of it, for us, depended on that old pickup.

And we never considered that the old pickup depended on roads built for its use; on the full-service gas stations that pocked the American countryside then; on oil wells stretched back from Kansas, Oklahoma, Texas and the Americas into North Africa; on ships that transported the oil, on ports where it was offloaded and moved out, on the refineries that prepared the oil, and finally on the railroads, highways and transports that carried gasoline to the service stations.

All of which created an elaborate system of economics — of international dependencies — neither of us would ever have been able to explain.

We were a little too proud of ourselves in those days for living simply and (as we viewed it) self-sufficiently. In truth, we weren't.

The truck had a covered back so you could either sleep in it or haul tools and vegetables without getting wet, both of which we did. In addition, it got as much as 18 or 20 miles per gallon when gasoline was running 31 cents or so at the pumps.

That's important. Volkswagens produced in the late 1950s and '60s could get up to 50 miles per gallon, sometimes, but they were almost the only foreign-made cars you saw on the road. American-made cars and trucks did a nice unapologetic eight, 10 or 12 mpg, for the most part.

Unbeknownst to Eva and me (we thought we were rugged individualists),

we'd embarked on typical 20th century American lives. Our century, the 20th, was distinguished not just by world wars and social change, but by the sounds of internal combustion engines and the sight of pole-strung wires connecting every town and almost every home in the United States and western Europe.

We used resources (in this case fossil fuels) like there was no tomorrow. So did everybody else we knew.

That fact to me — that reality — suggests the ultimate dependency, one far exceeding the dependencies of a mere international economy. Why? Because we're still doing it now and now all of us know what we're doing.

Now, we've become a conscious and willing part of a rising tsunami of resource exploitation by humans.

Our human tsunami is distinct from the Earth's cycles of change in geology, geography, weather and biology that have unfolded since the planet was created four billion years ago.

But this tsunami doesn't exist in a vacuum, by itself. In fact, it's an accelerant. So the more we drive, or the less we drive electric or gas-saving vehicles, the more we have to accept blame for the horrific consequences our children will inherit.

What can we do?

The answer is, a little each day. And that's not hard.

Plan to drive a little less: Make one shopping trip instead of two or three in a week. Buy locally produced foods that don't have to be shipped great distances, requiring heavy participation in the tsunami.

And plan to vote. Vote for the candidates who take the tsunami seriously and look for ways to hobble it, to slow it, to break it up and inhibit it.

One other thing, too: recycle, like my cousin, Mike.

I no longer have my old IH pickup. But Mike still has and operates the Dodge Power Wagon, now 60 years old this fall.

He drives it just a little each day. Or week, or two. ■

The 'anti-diversity screed' that wasn't



richLOWRY

Special to Florida Weekly

The first thing to know about the instantly infamous "anti-diversity screed" written by a Google software engineer is that it isn't anti-diversity or a screed.

The loaded description, widely used in the press and on social media, is symptomatic of the pearl-clutching over the memo, which questions the premises and effectiveness of Google's diversity policies.

The document was meant — before getting splashed on the internet — as an internal conversation-starter. The author posits that innate differences between the sexes may account for the disparity between men and women in the male-dominated world of high-tech.

He states repeatedly that he believes in diversity, and there's no reason to doubt his self-description as a classical liberal. His exclamation-point-free memo is hardly a rant. He expresses the hope that "open and honest discussion with those who disagree can highlight our blind spots and help us grow."

How naive. The witless and inflamed reaction to his document instead underlines his point about "a politically correct monoculture that maintains its hold by shaming dissenters into silence."

It is one thing to disagree with the memo; it is another thing to believe the views therein should be forbidden. Former Google engineer Yonatan Zunger says that if it were up to him, the author would be summarily fired and escorted from the building immediately by security (you can't take a chance with such a danger). Entrepreneur Elissa Shevinsky believes that the memo could run afoul of Title VII of the Civil Rights Act — i.e., it might be illegal.

Google's diversity officer, Danielle Brown, didn't quite go that far. She offered a pro forma assurance that different views are welcome at Google. Nevertheless, she stipulated the opinions of the author are "incorrect" and added, ominously, that any discussion needs to be in accord with "our Code of Conduct, policies, and anti-discrimination laws."

Her case would have been much stronger if she had rebutted any of the author's statements about sex differences — assuming that she could.

Sex differences are value-neutral. As the publication *Stanford Medicine* notes: "Women excel in several measures of

verbal ability — pretty much all of them, except for verbal analogies." On the other hand, men "have superior visuospatial skills." Which is better? It depends on who's asking, and why.

Women tend to be better with people, men with things. Is either of those superior? Women tend to put more emphasis on family, men on their status. Does that speak better of women or men?

As the Google author cautions, "Many of these differences are small and there's significant overlap between men and women, so you can't say anything about an individual given these population level distributions."

In light of these differences, though, it is foolhardy to expect 50/50 gender parity in professional life, and otherworldly to believe such differences don't have a role in the predominance of men in, say, software engineering.

Obviously, the field should be open to women, and Neanderthal behavior in the workplace should be stamped out. But a company that believes implicit bias accounts for gender imbalances must be allergic to certain inconvenient facts. The Google author raised them, and paid the price. ■

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

FLORIDA WRITERS

A penetrating look at forgotten horrors of America's Revolutionary War



philJASON
philjreviews@gmail.com

■ **"The Ghost Ship of Brooklyn" by Robert P. Watson. Da Capo Press. 304 pages. Hardcover, \$28.**

Lynn University Professor Robert P. Watson makes reading history a totally engaging experience. He does so by choosing unusual and challenging topics, setting them into contexts rich in detail and presenting them in a prose style that is clear, vivid and uncluttered by academic jargon. Mr. Watson makes historical events shine as if they were today's news.



WATSON

His latest book is a piece of fine storytelling. Readers will care about what happened on HMS Jersey, the major British prison ship during the American Revolution.

As he must, the author attaches his relatively narrow topic to a few larger concentric circles: prison ships in general; overcrowded British prisons in the colonies and insufficient buildings to repurpose; and the overall Revolutionary War. The book's spatial focus is New York, particularly Brooklyn waterways, and New England.

The chapters are enticingly compact and action-filled, each opening with a quotation from Philip Freneau's 1781 poem, "The British Prison-Ship." Even though it's not about the HMS Jersey, the poem still gives a powerful contemporary insight into the horrors of prison ships.

The early chapters provide a detailed overview of the dismal situation for the colonial rebels in the early period of the war. Even under the estimable General Washington, retreat often was the order of the day. Overwhelmed by the much larger British fleet and its professional sailors, colonial forces, even when supplemented by privateers, were not making much headway.

The hows and whys of the turn-about become clear as the narrative proceeds, but once the focus is on the prison situation and the bright idea of prison boats, Mr. Watson's voluminous research on this generally unknown element takes over.

The Jersey is at once the most extreme example of prisoner conditions and the iconic one. It's hard to imagine that over several years 11,500 prisoners died on that ship alone (around a dozen every day by 1783) — more than on all the others put together.

Simply put, conditions went from abominable to worse.

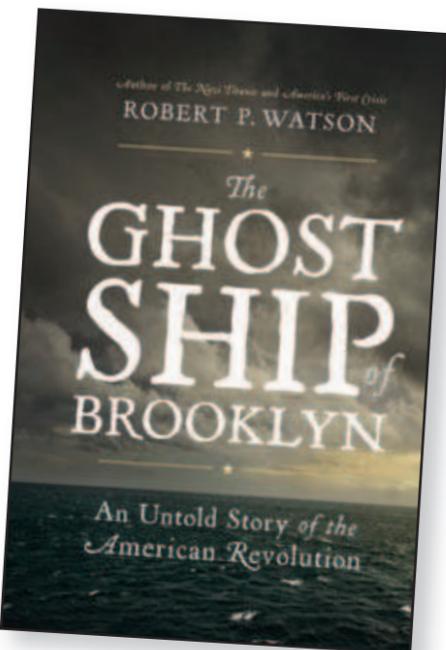
Food to sustain the incarcerated population was not sufficient and was most often dangerous to consume. You could die without it or die from eating it. Fresh water was a rare commodity. Sanitary conditions? There weren't any. Medical treatment? Uh-uh. People were crushed together in their disintegrating garments. Disease was rampant. No sympathy was shown to the prisoners, and they were not granted the protections of the laws of war.

Though this book allows readers to

meet a great many prominent historical characters, many of the lesser known or totally obscure individuals are just as interesting. Among these are the five young men whose recorded experiences as Jersey prisoners allow the author to bring the conditions and cruelties of the Jersey fully to life. Each of the five lived to write about his war experiences, and especially their ordeal on the prison ship. Mr. Watson's judicious selections of the men's own words and his summaries of other passages in their writings enliven his study enormously.

Astonishingly, several of these young men were barely men at all. At least two of the five had just entered their early teens when they went off to war as patriot-adventurers.

Not long after the war ended, the few viable prison ships were turned to other purposes, while the worst of the wrecks were either scavenged or simply abandoned. The latter was the fate of the Jersey, with the hundreds and thousands of corpses on and around



the ship reduced to piles of bones that were eventually recovered. Their final disposition became a matter of political controversy and indecision for decades.

This sobering book reminds us that no one can overestimate the human capacity for cruelty or underestimate the capacity for perseverance and courage.

About the author

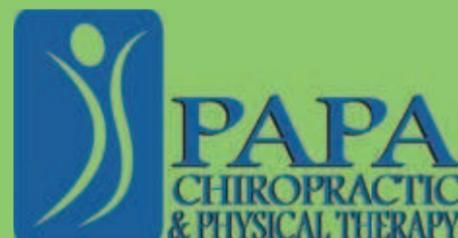
Robert P. Watson, Ph.D., has published more than three dozen non-fiction books, two encyclopedia sets, three novels and hundreds of scholarly journal articles, book chapters and reference essays on topics in politics and history. A frequent media commentator, he has been interviewed by outlets throughout the United States and internationally and serves as the political analyst for WPTV5 (NBC) in West Palm Beach. For many years he was also a Sunday columnist with the *Sun-Sentinel* newspaper in South Florida. His "The Nazi Titanic" was reviewed last year in these pages. Mr. Watson lives in Boca Raton. ■

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

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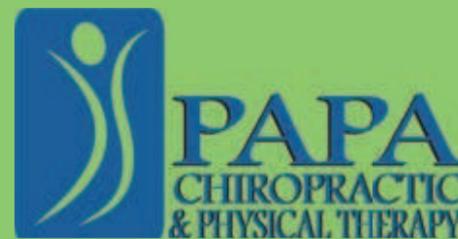
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PET TALES

Old cat, young cat?

BY KIM CAMPBELL THORNTON
Andrews McMeel Syndication

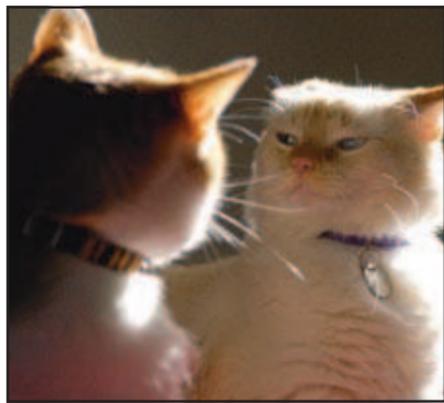
You love your old cat, but he's not as active as he used to be. It's wonderful to cuddle with him on the sofa, but you miss his antics as a youngster. Wouldn't it be great to get a kitten so you could enjoy those good times again and still relish the pleasure of your aging cat's company?

Not so fast. It's easy to think that a young pet and an old one will get along and that the young one will even rejuvenate a senior, but sometimes expectations and reality clash. Senior cats faced with a rambunctious kitten may be grumpy or even aggressive, and youngsters can become fearful or learn bad habits when their overtures are forcefully rejected. Here's what to know to help ensure a happy, respectful relationship.

First, think twice before getting a kitten at all. Introducing a young cat to senior cat household can be a bigger problem for cats than introducing a young dog to a senior dog household, says Marsha Reich, DVM, a veterinary behavior specialist who lectured at the American Veterinary Medical Association conference in Indianapolis last month. That's because cats in general don't welcome the addition of other cats to their environment.

A senior cat who doesn't want to interact with a kitten may begin by simply walking away, but that doesn't always work.

"Some young cats want to play with the senior cat no matter what," Dr. Reich



After they are 18 months old, cats that haven't been raised together may not get along when they are introduced.

says. "These are the 'me, me, me' kitties. In some cases, the younger cat stalks the senior cat with what seems like play but is really aggression, ending with the senior cat aggressively defending himself from the younger one or fleeing the younger one and being chased. If the senior cat doesn't think it's play, it's not play."

This can lead the older cat to engage in more active behaviors to avoid interaction. Hissing, growling, swatting and chasing are all signs that a cat has had enough of another's behavior.

It can be difficult (and sometimes painful) to interrupt and redirect a cat who is behaving aggressively. With cats, managing the environment is often the best way to reduce conflict. Give the younger cat something to entertain him,

such as interactive toys or a bird feeder that he can watch from a window. Spend more time playing with him so he has less time and desire to annoy your old cat.

When you can't be there to supervise, keep the cats separated. If your older cat is sedentary, confine him to a comfortable room with everything he needs: food, water, a litter box and a comfy place to nap.

Place resources such as food and water bowls and litter boxes in separate areas. Neither cat should be able to guard those items and prevent the other from using them.

Sometimes owners are surprised that there's a problem because the cats seemed to get along at first, Dr. Reich says. Often, that's because the kitten was recovering from a respiratory infection or some other kittenhood illness so his behavior was muted until he was feeling better.

Finally, consider whether your senior cat is grouchy because he's in pain. Degenerative joint disease is seen in 90 percent of cats older than 12 years. Other conditions that may cause pain include lower urinary tract infections, dental disease, kidney disease and endocrine disorders such as diabetes. Loss of vision and hearing can also contribute to spats between cats because the older one doesn't see or hear cues from the younger pet. Take your cat in for a checkup to rule out potential health problems and get them treated if necessary. Your veterinarian has more options for managing pain in cats than in the past. ■

Pets of the Week



>> **Pepper** is a 9-year-old, 11-pound female mixed breed dog that does not see very well. She's part of the Fospice program — all routine medical care, food, medication and other supplies will be provided by Peggy Adams Animal Rescue League, free of charge.



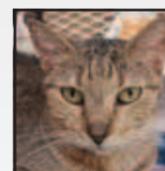
>> **Dakota** is a 7-year-old female cat that is shy at first, but warms up quickly to her humans.

To adopt or foster a pet

The Peggy Adams Animal Rescue League, Humane Society of the Palm Beaches, is at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at www.hspb.org. For adoption information, call 686-6656.



>> **Dollywood**, almost 10, is a long-haired female cat that likes to be petted and brushed.



>> **Little Pepper** is a sandy-colored female tabby, about 5 years old. She's very gentle and gets along with everyone.

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, or on Facebook, Adopt A Cat Foundation. For adoption information, call 848-4911, Option 3. ■

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ON THE LINKS

PGA HOPE helps vets assimilate through golfing

Larry BUSH

lbush@floridaweekly.com



An organization that provides veterans with the opportunity to learn golf as a form of therapy that also enhances their assimilation back into civilian life has received a \$40,000 boost from an event at the **Lost Tree Club** in North Palm Beach.

The group is called **PGA HOPE** (Helping Our Patriots Everywhere) and this year more than 200 veterans will go through a six-week golf instruction program administered by the South Florida PGA Foundation and local PGA professionals.

The program at Lost Tree opened with the presentation of colors by the **Palm Beach Gardens High School Junior ROTC**. On the course were two veterans who have participated in previous PGA HOPE efforts. They provided each contestant with a special challenge coin and shared their stories about how the program has changed their lives.

"This was such an amazing day and I am humbled to have the opportunity to go through the PGA HOPE program," said one veteran, who asked to remain anonymous. "It has gotten me through some very hard times over the past year and I am extremely grateful."

Partners supporting the SFPGA initiative included **Delta G Ventures, Raymond James, Jupiter Medical Center, Rocco's Tacos, JetSmarter, Tito's** and **Titleist**.

More SFPGA:

Teams from **Medalist GC**, Hobe Sound, and **Ocean Reef Club**, Key Largo, were the winners on separate Hobe Sound courses in the seventh annual **Charity Pro-Am**, which raised more than \$30,000 for the **South Florida PGA Foundation**. Medalist, led by **Cary Sciorra**, won at **McArthur GC**. **Michael Leone** paced Ocean Reef to the top at nearby **Loblolly Pine GC**. **Habitat for Humanity** is among charities supported by the SFPGA Foundation.

Lee Rinker of Jupiter won the Senior Open at **Jonathan's Landing GC** at **Old Trail** with 135. That was two better than **Rick Gomes** and **Trevor Dobbs**. Sharing low amateur honors at 148 were **John Wegmann**, Southwest Ranches, and **Paul Toliuszis**, Miami Beach. Pro age group winners were **John Calabria**, Naples, 60-69, 140; **Steve Benson**, Palm City, 70-74, 141; and **Roger Kennedy Sr.**, Stuart, 75-older, 145.

Andrew Filbert of Naples won the **Fort Lauderdale Open**, beating **Alan Morin**, Royal Palm Beach, 65-69, at

Parkland CC. The second round was rained out. **David Alpeter** of Boca Raton, and **Rinker** shared senior honors with 70s.

Kevin Murphy and **Patrick Rada** of **McArthur GC**, Hobe Sound, won the 20th annual **Pro-Assistant Championship** at **Imperial GC**, Naples. It was the first SFPGA win for each of them. Beaten out in the playoff and tied for second were **Brian Peaper** and **Michael Kostelnik**, **Lost Tree Club**, North Palm Beach, with **Trey Sones III** and **Jeremy Wells**, **Alico Family Golf Center**, Fort Myers. They had matched 27-hole better ball scores of 11 under par 97.

Two days later in the 10th annual **Senior-Super Seniors** at **Harbour Ridge Y&CC**, Palm City, the winners were **Rick Gomes**, **Trump National**, Jupiter, and **Fred Harkness**, Jupiter, retired head pro at **Jonathan's Landing GC**. Playing four-ball stroke play on the front and a scramble on the back, **Gomes** and **Harkness** posted 62, one better than the 63 by **Dennis Meyer**, Estero, and **Jim Jewell**, Naples.

Brett McCurdy, **Breakers Rees Jones**, and **Morin** shot a pair of better ball 63s to win the 36th annual **Pro-Pro** at the **Naples Beach Hotel & GC** by one, 126 to 127, over the Naples team of **Daniel Heaslip** and **Justin Bertsch** (63-64). It was the second win in three years for **McCurdy** and **Morin**.

Southeast Chapter pros — those are our guys, from Boca Raton to Vero Beach — won the annual **Nelson Cup** matches at **Verandah GC**, Fort Myers, edging the host **Southwest Chapter 67** to 66, with the Southern Chapter third, 29 points, following two days of twosomes and individual match play. After 23 years, SW (Fort Myers-Naples) leads SE 11-9. Southern (Broward and Miami-Dade) has won only three times.

More SEC:

Chris Stanko, head professional at the **Banyan Golf Club** of Palm Beach, earned his first Southeast Chapter title when he won the seventh annual **Boca Classic** on the Fazio course at **St. Andrews CC**. **Stanko** beat **Alan Morin** with a bogey on the sixth extra hole after they tied at three under par 69. By comparison, **Morin**, an assistant at **The Falls CC**, Lake Worth, was looking for his 30th SEC victory... **Kevin Morris**, Palm Beach Gardens, won the senior division, 73 to 76 over **Steve Benson**, Palm City. It was the second chapter win this season for **Morris**, who teamed with **Colin Amaral** to take the **Par 3 Pro-Pro** at **Palm Beach Par 3 GC**. ■

Florida Artists Group exhibition comes to Palm Beach County

Every year since 1949, the Florida Artists Group has held a symposium and member exhibition in a different Florida city. The statewide organization of professional artists seeks to promote the highest standards of creative art.

This year's Florida Artists Group Exhibition will be held through Sept. 23 at the Cultural Council of Palm Beach

County, 601 Lake Ave., Lake Worth.

The exhibit features the work of nine artists from Palm Beach County: Sami Davidson, Carol Grillo, Cecily Hangen, Joan Lustig, Lynn Morgan, Nadine Meyers Saitlin, Karen H. Salup, Carol Staub and Lorrie Williamson.

To learn more, call 561-471-2901 or visit www.palmbeachculture.com. ■

Advertorial

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

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

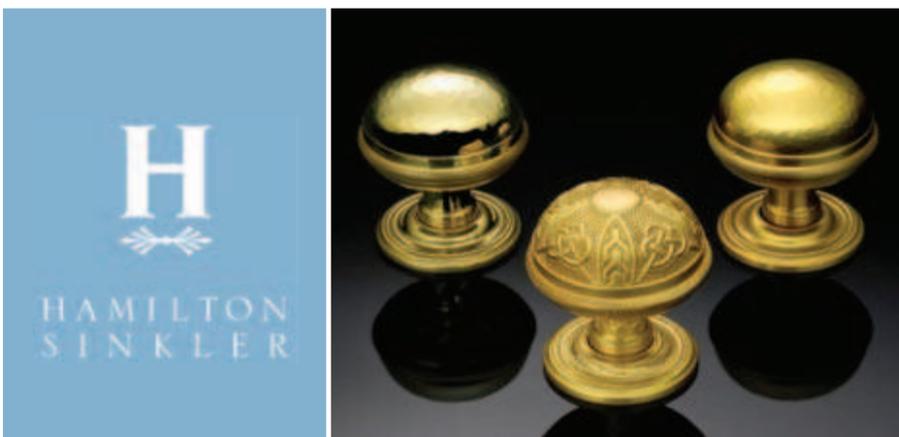
This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that nearly three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially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

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

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

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

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SCHOOL

From page 1

so that when they graduate, they have a greater opportunity of living on their own and finding jobs," said Marlene Sotelo, director of programs and operations for The Els for Autism Foundation, the non-profit owner of the Palm Beach County public charter school.

The vocational labs replicate four workplace settings — a computer-repair store, a restaurant, a retailer and a supermarket. Students will learn how to fix PCs, set tables, hang clothes and stock shelves, among other tasks. Functional academics in math, reading and writing will enable students to count change, follow a recipe and fill out an application. A Sensory Arts Garden and Pavilion will debut Sept. 25, serving as a fifth vocational lab for training in the horticultural arts.

"The reason we need a center such as ours is because we need specialized instruction for these kids to become independent and productive," Ms. Sotelo said.

The Learning Academy students, ages 14 and older, join the 3- to 13-year-olds at The Learning Center, which opened in 2015. Enrollment at the sprawling, 26-acre campus is 250. A total of 130 teachers and therapists certified in exceptional education, who either have completed or are working toward completing their autism endorsement, aim to carry out the mission of founders Ernie and Liezl Els.

"When you're on a campus where everyone is an expert in the field, there is a high probability of the students being successful in life," Ms. Sotelo said.

Mr. Els, a PGA Tour golfer and Jupiter resident, established the foundation in 2009 with his wife, Liezl, shortly after their son, Ben, was diagnosed. Their goal is to give other autistic children locally, nationally and globally the resources and tools they need to prosper.

"Everyone wants to have a productive life, and everyone wants to be a productive citizen," Ms. Sotelo said. "To think that someone with autism wants to sit around and play with their iPad all day, they will if you let them, but given the right environment with the right support, they can be successful."

The center's inaugural Global Impact Conference in April drove home that message during a two-day event that featured eight keynote speakers from Canada to California to Cape Town. Titled "The State of the Science," it offered perspectives on the fundamentals of autism, the challenges of diagnoses and the importance of treatment studies to caregivers, educators and especially parents.

"At the end of the day, it's the family that's going to be the game-changer," Ms. Sotelo said. "That was a real big point that was made by several of the speakers."

Marvin Shanken, chairman of the foundation, proposed the idea for a conference



COURTESY PHOTOS

The front of The Els Center of Excellence.



Speech therapists work with students to help improve verbal skills.

after seeing the success of the lower school and the impact it has had on improving young lives.

"What we've created is important to us, but long-term, building an awareness as a leading center for autism takes ingenuity, so I thought, 'A conference,'" Mr. Shanken said. "What a great way to begin the process of creating a reputation."

The foundation plans to have a second conference next year and also is in "serious discussions" to partner with a yet-to-be-named organization to pursue research in the field, he said.

"We have so much more to accomplish," Mr. Shanken said. "It's self-evident that we're very proud."



An auditorium will offer space for performances to engage the community at large.

The final phase of the capital campaign includes an aquatic center and an athletic track, a cafeteria and a gymnasium and a place to house adult services.

"It's really more than a dream — it's a fantasy," Mr. Shanken said. "When I walk down the halls and see these kids, it makes me melt. Through lots of persistence and generosity, we were able to build this center to help them."

Ben, 14, transitioned to the upper school this year.

"He has his buddies, and some of them will be moving to the upper school with him, so he's excited to return and see his friends," Mr. Els said. "While it will be an adjustment, we know he'll flourish as much as he did at the lower school."

One out of 68 children in the United States has autism, more than AIDS, diabetes and pediatric cancer combined, according to the Centers for Disease Control and Prevention. The strain and stress of a diagnosis can hit a family hard.

"For a long time, you are trying to figure out, 'What just happened to my life?'" Mr. Els said. "You feel sorry for yourself and for your kid and for your family. But soon enough, you learn to embrace the awesome qualities of your child and his friends."

"One of the misconceptions about people with autism is that they are not affectionate and don't really have a sense of humor," he continued. "Our Ben loves hugs and is one of the funniest people we know."

While the South Africa native nicknamed "The Big Easy" values his family's privacy, he realizes his presence in the public eye gives him the ability to raise funds that further the cause of preventing — and possibly curing — autism.

"It is something that we both feel very passionate about," Mr. Els said. "Our dream is to continue the groundbreaking work that we started two years ago. Every day at the center, we celebrate the amazing contributions of children and adults with autism, and we want to share their success with the rest of the world." ■



Students at The Els Center of Excellence can develop motor skills through art therapy.



Ernie Els tees up for the Els for Autism Pro Am at Old Palm Golf Club in Palm Beach Gardens.

COURTESY PHOTOS

BEHIND THE WHEEL

Mercedes AMG C43 is the new ultimate middleman



Somewhere between fantasy and cold hard reality is the Mercedes-Benz AMG C43 Coupe. Priced at \$56,495, it represents a midpoint — about \$12K less can purchase a base C-Class coupe, and \$12K more will provide the ultimate turbo V8 versions. And while compromise isn't always the best answer, in this case, balance is the greatest virtue.

AMG is the performance arm of Mercedes, and to have its name on the car means some added aggression in the appearance. But the C-Class coupe is already a nice design with plenty of sleek sports car lines and flared fenders. The AMG treatment here is about subtle intimidation by altering the front and rear fascias as well as blacking out the side trim.

The "43" line of cars has been re-introduced as a new beginning step in the AMG hierarchy. While these cars do get treated to a more assertive appearance, they miss out on some of the signature elements the ultimate high-performance Mercedes cars receive. For example, the hotter AMG C63 gets a broader makeover with more new body panels, but it also loses the snazzy starry-night style grille that only comes on the C300 and our C43. So the full upgrade is not always desirable.

But as debatable as exterior styling can be, buying a Mercedes — at any price level — comes with the expectation of a premium interior. The C43 is no exception.

This car nicely mixes a sporty and luxurious nature with a wraparound interior. The high center tunnel is the perfect height for a driver to rest the right elbow while gripping the flat-bottom sports steering wheel.

Buying the tweener also means getting a few options as standard. The C43 already receives the first rung of the C-Class three-tier premium packaging level. It includes a premium audio system, rear view camera, keyless entry/ignition, and blind spot monitoring. And

the panoramic sunroof is always a nifty feature to show off.

Plus, it receives the power adjusting memory seats. The MB-Tex with Dinamica inserts are not real leather and suede, but it takes looking at the window sticker to realize this. Also, adding to the premium presentation is the standard AMG interior that goes for a performance vibe by contrasting the black materials with red seat belts and red stitching on every surface.

But the real upgrade to justify the price is under the hood. The 3.0-liter bi-turbo motor produces 362 horsepower — rated squarely in-between the V6 and V8 of the Lexus RC series. This motor barks to life with a nice performance growl at

startup, but settles into a nice everyday pattern for the city streets. The coupe feels luxurious, confident and solid, just like a normal C-Class

Once there is an open stretch of road, the AMG animal takes over again. With a quick prod to the accelerator, there's an instant bark from the exhaust and a solid hit of power. The turbos working in sequence (one for each bank of the V6) have no lag and the utility of the nine-speed automatic transmission keeps them in the optimal RPM range. Life begins to move in the fast-forward kind of sequence felt when an engine is even more eager than the driver to release the full power.

The C43's standard all-wheel drive means that while this has seat-pinning power, there's also a constant underlying feeling of control — even when speed approaches triple-digits. And a car that adapts to be confident no matter if it's 30 mph or 100 mph shows a true investment in engineering.

It's hard to say the C63 wouldn't be able to achieve the same all-around composure with its 469 hp 4.0-liter bi-turbo. But that car starts at \$68K and has a hotter 503 hp S version for \$76K. Those price points open up a much wider world of performance coupes and hardtop convertibles.

Instead, the C43 cracks the seal of the high-performance AMG without breaking the bank. The price isn't cheap; it doesn't feel cheap; and it might just be the best way for your enthusiast's heart and practical brain to find a compromise. ■



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Oxbridge student helps unlock mystery of toxic algae bloom

SPECIAL TO FLORIDA WEEKLY

When people ask Robbie Linck, a senior at Oxbridge Academy, how he spent his summer vacation, they won't get the usual answer of a family trip or a part-time job. The aspiring young scientist spent his summer as a research intern at BioTools, a Jupiter firm, conducting scientific research to help unlock the mystery of the cause of the recent toxic algae bloom in the St. Lucie River and estuary. He will present a paper on his finding in October at the American Water Resources Association's annual Water Resources Conference in Portland, Ore.

Mr. Linck is one of four Oxbridge Academy students who interned at the biotech firm. The others are senior Gabrielle Gray-Case, junior Sarah Garelick and sophomore Alexa Perry.

"My internship functions as a way of assisting my research into the St. Lucie River Watershed," said Mr. Linck, 17, who lives in Palm Beach. "The data I extract through the water evaluation I'm doing at BioTools will be used as part of my presentation at the annual Water Resources Conference in October as well as for the paper I'll be publishing this winter." Mr. Linck uses BioTools' "Bio-Raman" microscope to determine the presence or absence of sugars within water samples collected from the St. Lucie watershed.

Mr. Linck's research involves analyzing water samples taken from the watershed contributing flows into the St. Lucie estuary to determine the presence of sucralose, an indicator compound for the presence of human feces. His find-

ings could help determine if improperly functioning septic systems are a major contributing factor to the algae growth in the area waterways.

He's "an amazing student," says Oxbridge science teacher Teresa Thornton. "Working with the Get Wet Organization, Robbie and other Oxbridge students assisted middle school students with collecting water samples in a number of private wells around the St. Lucie Estuary. His research involves analysis of those water samples and then analyzing the results and modeling the watershed dynamics to determine potential impacts. It's the beginning of long-term research," she said. "Once we have more samples, it could assist the government in decision-making regarding practices that have an impact on the water quality in that area."

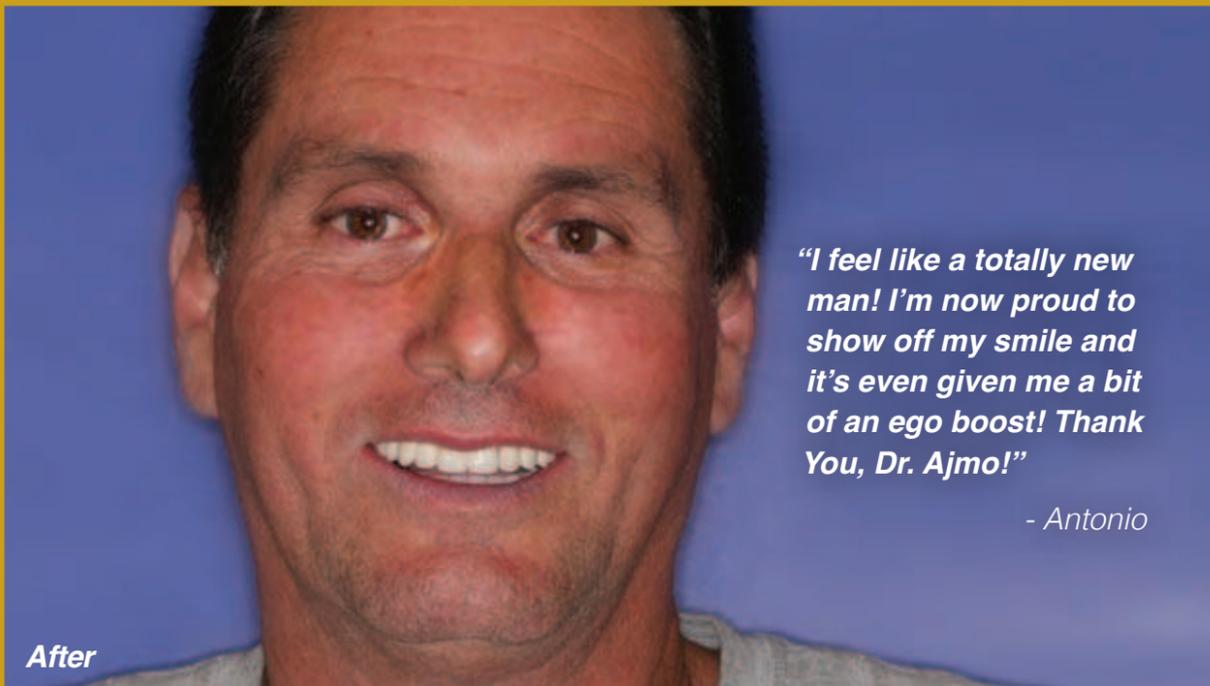
In addition to the practical applications of his research to add to the body of knowledge being used to pinpoint the source of algae growth in the St. Lucie River, Mr. Linck is developing proficiency within a professional bio lab. "I'm gaining valuable experience using specific instruments in my research, the likes of which can almost exclusively be found within pharmaceutical companies and collegiate laboratories," he said.

BioTool research scientist Juanita Sanchez is supervising the aspiring scientist's work. "I like the way that Robbie approaches the issue," she said. "He has so many questions about our methods and techniques. He has done a lot of independent research himself and that takes him to another level. He's one of the students I will always remember." ■



COURTESY PHOTO

Oxbridge Academy senior Robbie Linck, of Palm Beach, interns at BioTools and helps unlock mystery to cause of toxic algae bloom in St. Lucie Estuary.

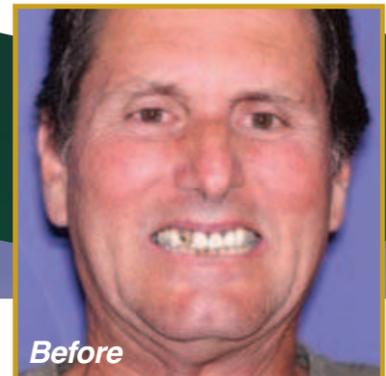


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Call to artists: ArtiGras accepting online applications

The Palm Beach North Chamber of Commerce is accepting artists' applications at zapplication.org for the upcoming Feb. 17-19 ArtiGras Fine Arts Festival in Jupiter.

ArtiGras, entering its 33rd year, is considered to be the top fine art festival in the Palm Beaches, and is ranked as one of the top 50 art shows in the United States. The three-day event showcases a juried exhibition of 300 fine artists from across the country and features interactive art exhibits, activities for children, live music and art demonstrations.

Artists' applications are being accepted for jury selection in the categories of ceramics; digital art; drawing and printmaking; wearable and nonwearable fiber art; glass; jewelry; metal; mixed

media; painting; photography; sculpture; and wood.

The event also offers an Emerging Artist category for artists who have never exhibited in a show and reside in the Palm Beach County area. Selected artists receive mentoring, professional booth photos, complimentary tent rental and a profile in the ArtiGras program.

To submit artwork online, visit www.zapplication.org.

The deadline is Monday, Sept.



11. ArtiGras is produced by the Palm Beach North Chamber of Commerce and is presented by Palm Beach Gardens Medical Center.

For more information, email artists@artigras.org, call 561-748-3942 or visit www.artigras.org. ■

University Women announce meeting schedule at library

The Northern Palm Beach County Branch of American Association of University Women meets monthly at 6:30 p.m. from September to April at the North Palm Beach Library, 303 Anchorage Drive, North Palm Beach.

AAUW's purpose is to advance equity for women and girls through advocacy, education, philanthropy and research. The 2017-18 program schedule follows:

■ **Salad and dessert meeting: "Getting to Know You"**
Monday, Sept. 18

■ **Happy hour party**
Sa-lute Market
Saturday, Oct. 7

■ **"Legal Matters for Women"**
Speaker: Diane Karlik Lynch, Esq., Treasurer, Charitable Foundation, Inc. NPBC AAUW
Monday, Oct. 16

■ **Paella and sangria fundraiser party**
Saturday, Nov. 11

■ **"Trek Florida"**
Speaker: Sue Slone, camp director
Monday, Nov. 20

■ **Annual holiday party**
Monday, Dec. 11

■ **"It's All About Balance"**
Speakers: Holly Whitford and Samantha Meyers, physical therapists at Saylor

Physical Therapy
Monday, Jan. 8

■ **Annual benefit luncheon**
Saturday, Feb. 10

■ **"Imperiled Species in South Florida"**

Speaker: Natasha Warraich, regional biologist and wildlife photographer
Florida Fish and Conservation Commission

■ **Wine tasting party for new members**
Coopers Hawk
Saturday, April 7

■ **"Women Modernists in New York"**
Speaker: Ellen Roberts, curator of American art
Norton Museum of Art
Monday, April 16

■ **Dinner club Derby party**
Saturday, May 5

To learn more about AAUW, visit www.northernpalmbeachfl.aauw.net. ■



Palm Beach Gardens hosts '80s entertainment Aug. 18

In celebration of the last of its summer movie series, the city of Palm Beach Gardens is hosting "Flashback to the '80s" starting at 6:30 p.m. Friday, Aug. 18, at Veterans Plaza Amphitheater, 10500 N. Military Trail.

This "Gardens Movie Nights & Food Truck Bites" presentation features the adventure comedy "The Goonies." The evening starts with offerings from food

trucks and continues with the free movie at 8:15 p.m.

In case of rain, the event will be held at the Burns Road Recreation Center, 4404 Burns Road.

Limited seating is available. Guest are encouraged to bring lawn chairs and blankets. For more information, call 561-630-1100 or visit www.pbgreg.com/movies. ■

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CONTAINS MATURE CONTENT

BUSINESS



Palm Beach Gardens Medical Center welcomes new CEO

BY MARY THURWACHTER
mthurwachter@floridaweekly.com



Goldenberg

Dianne Goldenberg seemed destined for a career in the healthcare field. She always looked up to her mother, a nurse and even chose to be a nurse when it came to picking Halloween costumes as a child.

She not only became a nurse, but rose to become a chief nursing officer. But she went way beyond that position.

Today, Mrs. Goldenberg is the new chief executive officer at Palm Beach Gardens Medical Center, where she is responsible for hospital operations, executive planning and medical services of the 199-bed acute care hospital. She began working there in June.

While she enjoyed her work as a nurse, eventually, she wanted more.

What propelled her to go up the ladder, she said, was “to have the ability to help more people.”

“As a nurse and chief nursing officer, I saw the opportunity to have a broader influence on healthcare, not only within the hospital, but within the community, within the system,” she said. “I never dreamed I’d be a CEO when I went into nursing, but it’s something that evolved over time. Fortunately, I have been able to serve a variety of people and communities and patients and work with great physicians and clinicians.”

Her career as a healthcare executive spans more than 35 years and she has

been in a CEO role for more than 10 years. Most recently, she was the CEO of a hospital in Miami-Dade County with a Level II trauma center. Among other CEO positions, she was the CEO of one of the former Tenet hospitals in Broward County.

Her focus has been on new program development and growth.

“I have a lot of experience, but I always want to be open to learning new ways of doing things,” she said. “I want to always keep an open mind and stay young at heart.”

Mrs. Goldenberg said she enjoys bringing new technology, services and care models to the hospital.

“That helps us take better care of patients and the community,” she said. “We recently brought in a new 256-slice

CT scanner. While expensive, that technology is game changing for patients and the hospital’s ability to diagnose and treat. The first of its kind in northern Palm Beach County, this advanced imaging technology offers faster, more efficient exams, low dosage and detailed, high-quality images.

“In our structural heart program, we offer very complex procedures to care for patients with different problems with their heart,” she said. “If we bring in a new cutting edge piece of equipment, the physician and the team can use that to provide better outcomes.”

And providing better incomes is key, she said.

“When people look to where they want to live, they look for a couple of

SEE MEDICAL, A18 ►

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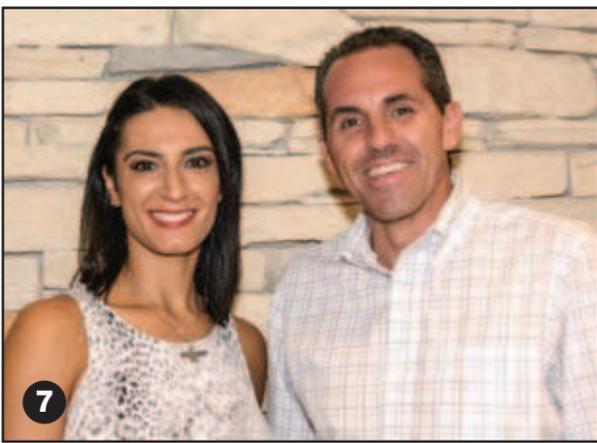
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NETWORKING

Vincent Cuomo's Back To School Supply Drive at PGA National



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2. Vincent Cuomo and Michele Wright
3. Susan Kaplan
4. Nicky Schneider, Craig Lichtblau and Kim Simpson
5. Ruth Churchill and Krysta Fuoco
6. Paul Wieseneck, Jonathan Karp and Josh Norris
7. Mehrtask Davari and Alejandro Lofaso
8. Vicki Wainright, David Rubenstein and Michelle Bacon
9. Susan Kaplan and Jessica Ticktin
10. William Bourbeau and Renee Bourbeau
11. Vincent Cuomo and Jack Scarola
12. Yvette Barnett, Gretter Hernandez and Jari Vega
13. Some of the school supply donations for underprivileged children and families.
14. Ruth Moguillansky, S. Bush, J. Ellis, Vincent Cuomo, B. Cassie and A. Robinson



GAIL V. HAINES / FLORIDA WEEKLY

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REAL ESTATE

A16 |

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WEEK OF AUGUST 17-23, 2017



COURTESY PHOTOS

Tropical golf paradise

SPECIAL TO FLORIDA WEEKLY

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

Privacy and tranquility abound. Marvel at the open floor plan, with 18-foot ceilings, custom banana fans and marble floors. Enjoy the designer granite kitchen renovated in 2012. Master has his and hers bathrooms and an expansive library houses custom built-ins. An additional wing has two en-suite bedrooms and a five-car garage.

It boasts a total of four bedrooms and 5½ baths in 6,671 square feet.

Landlubbers can enjoy a round of golf on one of the two championship courses. Swing your racquet on one of the 13 Har-Tru tennis or three Har-Tru pickle board courts. Work out at the state-of-the-art fitness center, which includes a lap and resort-style pool, or unwind at the full-service spa. Water lovers can enjoy the private beach club overlooking the Atlantic Ocean.

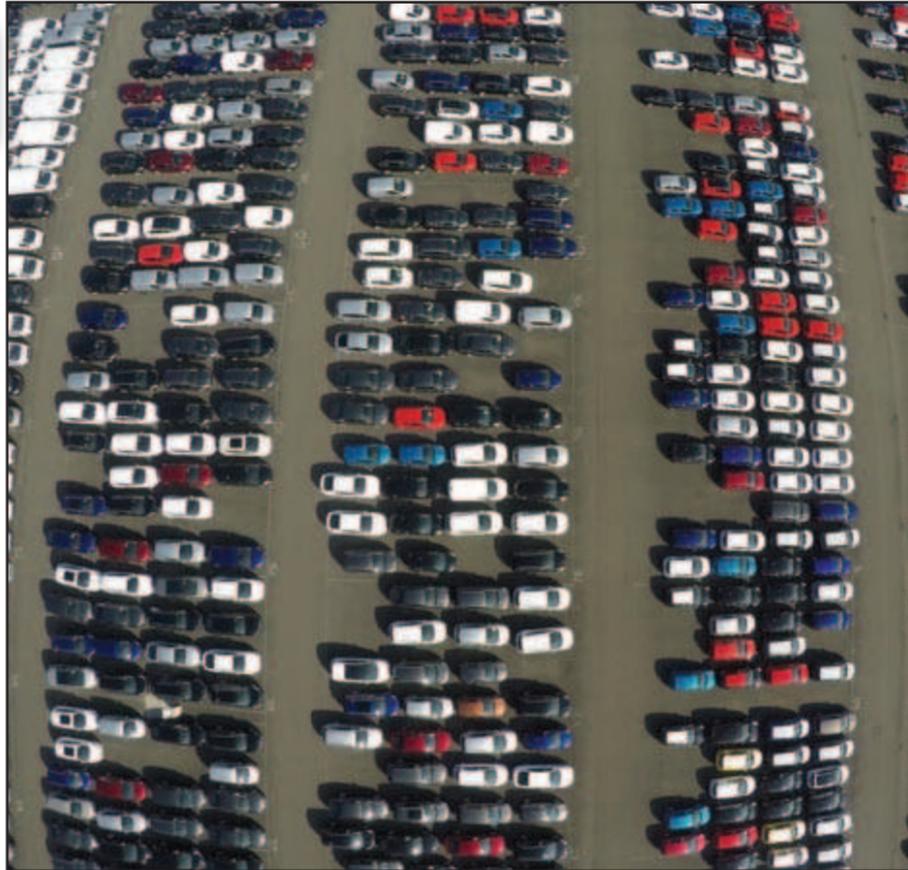
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MONEY & INVESTING

Car rental company stock prices crushed by app-driven services, high debt



Probably the greatest aspect of financial markets — and the most frustrating from an investor’s perspective — is that they are efficient. When a company is doing well, its stock goes higher. When it is struggling, its stock price immediately reflects that. This is problematic for investors because they want to buy great companies at a low price and sell their struggling investments at a higher price.

So why would an investor buy a stock when it looks like everything that could go wrong has gone wrong and the future looks even worse? This is the dilemma facing potential investors in the publicly trading car rental companies in the U.S.

What headwinds is this sector facing and should investors add these stocks to their portfolios?

The first problem facing the car rental companies is that more and more of their business is being taken away by companies like Uber and Lyft. Customers flying into a city are choosing not to take the time to take a shuttle to a rental counter, fill out stacks of paperwork and then choose a car. Instead, they are enjoying the convenience of tapping on their phone and being on their way as soon as they pick up their bags. This has depressed revenues and the demand for rental cars across the country.

The second related problem is the size of their fleet of cars. Because the companies did not anticipate the drop in car demand, many of the largest corporations ordered a record number of new vehicles over the past few years. At first, these companies tried selling the excess

vehicles to “right size” their inventory. But so many cars being sold at the same time depressed the value of these vehicles. The corporations had a hard choice. Either sell the cars at steep losses or lower prices to drive demand for the cars. Many attempted a mix of both of

these solutions, which cut revenue and profitability.

Despite these thorny problems for car rental companies, their biggest potential problem is in the future. Autonomous cars will be hitting the roads and will be commonplace in the next decade. Will anyone need a rental car if he can just hire an inexpensive robotic taxi to take him wherever he needs to go? Will people even “drive” cars in 30 years, or will we all be chauffeured everywhere by our cars?

Companies like Hertz and Avis are being crushed in the markets. Hertz traded at over \$450 a share in 2014 and now is under \$40. Frankly, it surprises me that it trades even this high. Hertz has lost money for three straight quarters and the bloodletting shows no signs of abating.

But there is always hope. Some analysts believe the companies will manage self-driving fleets for the companies that produce self-driving cars like Apple or Google. But that would mean a complete transformation of a very old school business model.

And these corporations will have to do this while servicing massive amounts of high yield debt taken on to fund massive fleets of underutilized cars. Doesn’t sound like a successful winning formula to me. ■

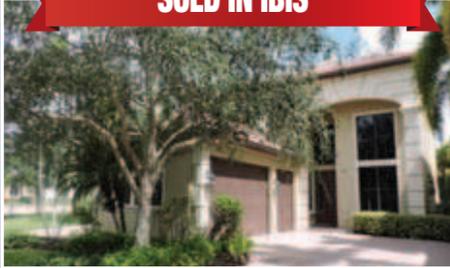
— Eric Bretan, the co-owner of Rick’s Estate & Jewelry Buyers in Punta Gorda, was a senior derivatives marketer and investment banker for more than 15 years at several global banks.



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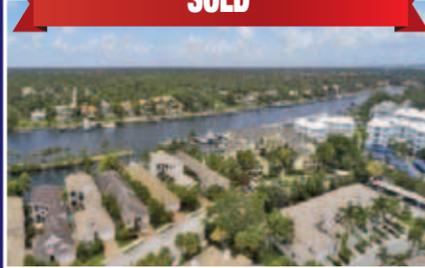
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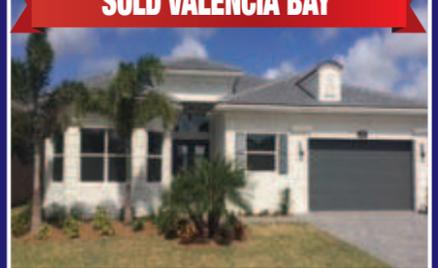
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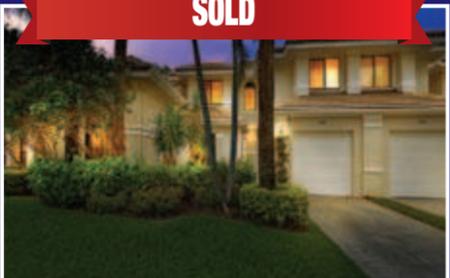
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Jupiter engineer creates bottle warmer for families on the go

They say necessity is the mother of invention. That was certainly the case when Eric and Elyse Schwartz brought twins into the world. The Jupiter residents — he holds the title of lead manager for innovation at FPL — are a couple on the go, and sought the most efficient solutions to caring for their twins. Mr. Schwartz thought existing bottle warmers lacked efficiency, so the engineer took on an innovation project of his own. After almost five years of trial and error, Mr. Schwartz created the patented Liquid LittleWunz Bottle Warmer featuring an efficient heat transfer system.

His invention came just in the nick of time, too, as the Schwartz family has expanded with the arrival of a baby boy.



Schwartz

Mr. Schwartz intends to create additional products for parents who lead active lifestyles.

Liquid LittleWunz uses straps to firmly tighten around any sized bottle. When a metal disc is pressed, a liquid solution travels through the bottle, heating it faster and warmer than older methods. It is reusable by boiling it in water.

“Our twin boys are now 5 years old and we have a new infant.” Mr. Schwartz said, “This warmer allows us the freedom to enjoy life and the outdoors.”

The LittleWunz baby bottle warmer is priced at \$19.99, comparable to other warmers that sell for \$14 to \$19. It is available through www.LittleWunz.com or through Amazon. Questions can be emailed to littlewunzllc@gmail.com. ■

MEDICAL

From page 14

things,” Mrs. Goldenberg said. “They look for schools and they look for healthcare. We’re a big draw to where people want to live, and I love being a great community partner.”

Marsha Powers, CEO of Tenet’s Eastern Region, Coastal Division, said, “Dianne is a strong leader and her extensive knowledge of hospital operations will be very valuable in this new position.”

A longtime Lake Worth resident, Mrs. Goldenberg said she doesn’t miss the long daily drive to Aventura Hospital & Medical Center for her previous job. It only takes her 19 minutes to get to work now.

She is married to Dr. Jim Goldenberg, a neurologist. They have four children, one grandchild and four granddogs.

Palm Beach Gardens Medical Center is an acute care hospital serving the medical and healthcare needs of Palm Beach County and the Treasure Coast for more than 45 years. The hospital was the first in Palm Beach County and the Treasure Coast to perform open-heart surgery and has since remained one of the area’s leading heart hospitals, having performed more than 16,000 open-heart surgeries and more than 100,000 cardiac catheterizations to date.

Name: Dianne Goldenberg
Where I grew up: Ironton, Ohio

Where I live now: Lake Worth

Education: B.S. in nursing from Texas Women’s University. I obtained my master’s in nursing from Barry University, before earning my MBA from Nova Southeastern University.

What brought me to Florida: Sunshine and a great job opportunity.

My first job and what it taught me: My first job as a registered nurse taught me to be caring, responsible and compassionate.

A career highlight: I feel honored that I have been able to work with physicians, nurses and clinicians to improve care in South Florida. I truly believe the best has yet to come.

Hobbies: I love to travel the globe with my husband, be with my family, work out, cook family dinners and babysit my grandson.

What was the spark or seminal moment that made me decide on my chosen field: I am not sure it was a spark but more of an evolution. I wanted to expand my role in order to have a broader impact on caring for others.

Best advice for someone looking to make it in my field: Pursue the highest level of education possible, take every opportunity to say yes to projects and opportunities, and build and value relationships with others.

About mentors: I have had the good fortune of working with a number of great mentors in my career. Key lessons are: always keep the patient and quality the priority; build strong relationships; and a good plan executed well is better than a great plan not executed. ■



TRACEY BENSON PHOTOGRAPHY

Kids can learn about sea turtles and more at Marinelife Day at The Gardens Mall.

FUN

From page 1

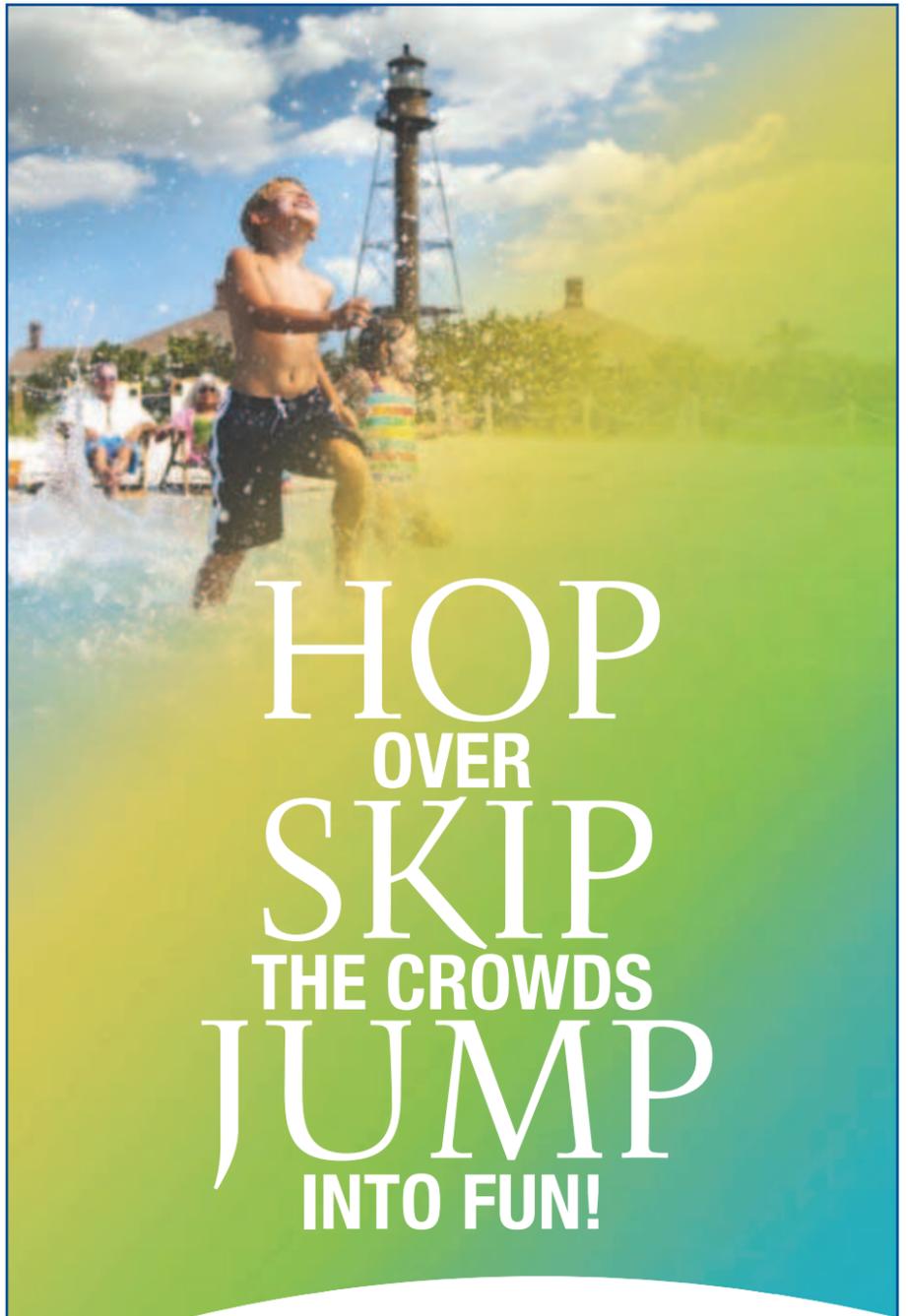
give children an opportunity to be a “Vet for a Day.” The contest is open to children ages 5 to 10. They will meet with an LMC rehabilitation staff member and learn how sea turtle patients are treated. Plus, little vets will receive a plush sea turtle patient as a take-home gift.

LMC officials also will announce the winners of their third annual Juno Beach Pier Photo Contest, a viral, community photography contest powered by Face-

book and Instagram.

Additionally, The Gardens Mall and various retailers will host Shop and Share events on August 19, and will donate 5 percent of the day’s total, logged shopping receipts to LMC. Participating retailers include JMcLaughlin, Kendra Scott, Athleta, Bloomingdale’s, California Pizza Kitchen, Lilly Pulitzer, Jimmy Choo, and Tommy Bahama. Guests can turn in their receipts at the information desk to help support LMC.

The Gardens Mall is at 3101 PGA Blvd., Palm Beach Gardens. For more information, visit www.marinelife.org or call 561-627-8280. ■



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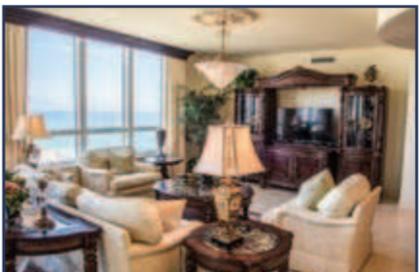


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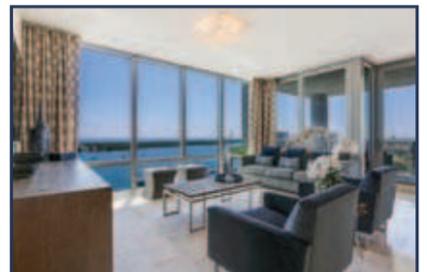
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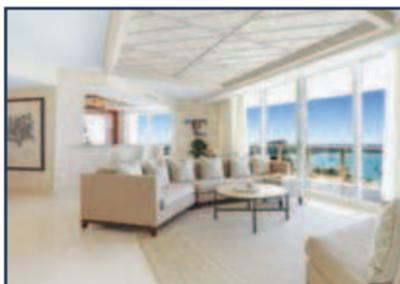
Water Club 1703-S
2BR+DEN/2.5BA - \$1,375,000



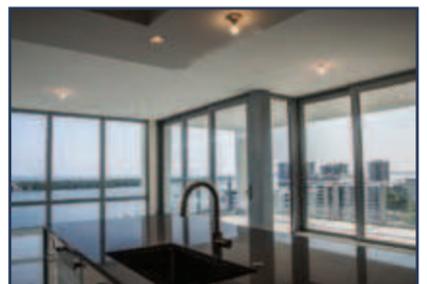
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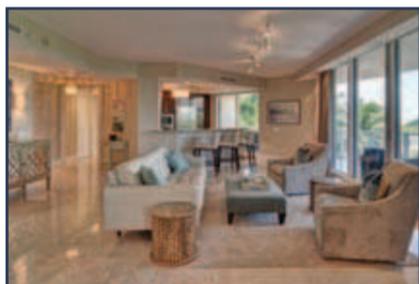
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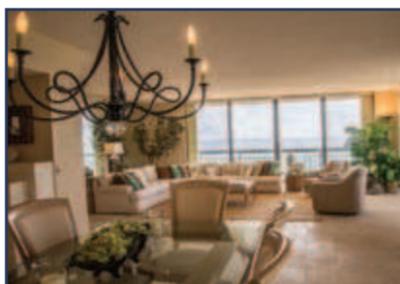
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ARTS & ENTERTAINMENT

WEEK OF AUGUST 17-23, 2017

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SECTION B

KRAVIS CENTER COURTESY PHOTOS



STAR POWER

Kravis Center banks on Broadway, big names for next season.



At left: Terra C. MacLeod as Velma Kelly and ensemble in "Chicago."

At top: Wynton Marsalis, John Cleese, Renee Fleming, Chita Rivera, Itzhak Perlman and Audra McDonald make Kravis Center next season. At right, "Book of Mormon" will return to say, "Hello."



BY STEVEN J. SMITH

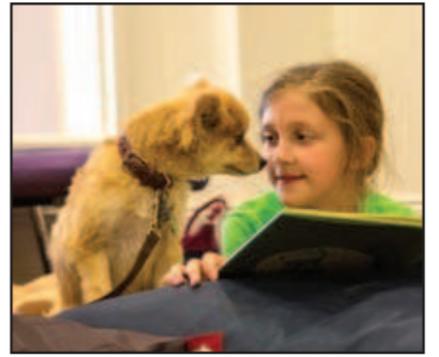
ssmith@floridaweekly.com

LEE BELL BELIEVES IF YOU CAN'T FIND SOMETHING to like in the Kravis Center's upcoming season of drama, music and dance events, you're simply not trying.

"There are so many choices," said Mr. Bell, who is senior director of programming at the Kravis. "Just off the top of my head, there's the Regional Arts Concert Series, which features the Israel Philharmonic, conducted by

SEE STAR, B10 ►

HAPPENINGS



COURTESY PHOTO

Kids read aloud to therapy dogs in the Mandel Public Library's Dog Tales program. They get to keep the books they read.

Mandel Library wants to ensure scholastic success

BY JANIS FONTAINE

pbnews@floridaweekly.com

School is back in session, and parents and students are putting a plan in place for a successful 2017-18 school year. The Mandel Public Library wants to help. Let the library be your partner in the education of your child by taking advantage of its free programs, tools and resources designed to help students excel.

The library's Homework Centers are facilitated by certified teachers who provide free after-school help with research projects, study skills and test preparation. The teachers encourage kids who need a little more attention and try to make school and homework a positive experience. The library includes a healthy snack as part of the program, and the centers are equipped with the latest technology. Elementary kids attend from 4 to 7 p.m. Monday through Thursday. Middle and high school kids meet from 5 to 8 p.m. Monday through Thursday.

The library also promotes learning through special programs for students, which include these and more:

Dog Tales: Kids read aloud to therapy dogs, which improves their reading skills, and the kids get to keep the book.

College Test Prep: Teens can receive one-on-one and group tutoring for ACT/SAT and take pretests at the library for free.

Full STEAM ahead: Kids can play, create and learn and use science, technology, engineering, art, and math skills, including coding workshops.

Work it out: Kids and teens learn about health and wellness, and can take yoga, Zumba and dance classes.

Kids Can Cook: Kids, grades 3-5, can learn cooking basics during this fun and interactive class while engaging literacy, math and science skills.

The Mandel Library has more than 140 computers available and, of course, it offers free Internet access. Kids and teens have a separate space where they can work on homework assignments, type papers or create presentations in PowerPoint. The library also has quiet places to read or study, and noisier spaces to work on group projects. Ask a

SEE HAPPENINGS, B10 ►

Part 2: The Florida Weekly Writing Challenge

FLORIDA WEEKLY STAFF

The first phase of the 2017 Florida Weekly Writing Challenge inspired 147 people from Venice to Marco Island to Jupiter and even one man from Texas (he was vacationing and picked up a copy of the paper in West Palm Beach) to pen an original short story based on a moody photograph of a woman's manicured hand dangling a cigarette out

a window, a small potted plant on the ledge nearby.

This week we offer a new prompt to get your creative juices flowing. Here's how the challenge works:

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

SEE CHALLENGE, B10 ►



VANDY MAJOR / FLORIDA WEEKLY

COLLECTOR'S CORNER

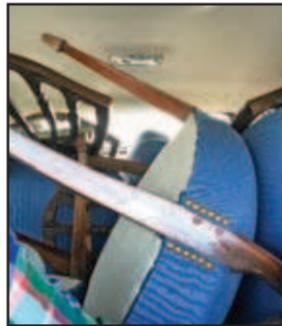
Treasure hunting in Naples yields some choice finds



scott SIMMONS
ssimmons@floridaweekly.com



SCOTT SIMMONS / FLORIDA WEEKLY



A friend and I somehow squeezed eight large shield-back dining chairs into a Prius.

I love shopping in Naples — always have.

I still remember visiting a thrift store on U.S. 41 that had as its landmark a restaurant called Fat Philly's — something tells me they sold sandwiches.

We'd stop at that store on our way to an antiques shop in Old Naples called Bibelots & Beads.

That was in the 1980s.

My mom and I still love to shop our way south from Fort Myers when we can. But I now live in the Palm Beaches. So when a friend suggested he and I do a day trip from the east coast so he could deliver a table to his boss's accountant, it was a no-brainer.

Along the way, I introduced him to a few stores.

The Guadalupe Resale and Consignment Shop (www.guadalupecenter.org), in North Naples, always has a nice selection of clothing and collectibles. My friend found a set of Fostoria American water goblets priced at \$7 for 10.

We headed south toward another of my favorite haunts — the Avow Hospice Treasures shop (www.avowcares.org/shop-treasures/), where my pal found a set of tart pans for a song and I found a set of 10 linen cocktail napkins for \$4.

I also scored a pair of Fenton cranberry glass hurricane shades at Up for Grabs Consignment (www.upforgrabsnaples.com).

But it was just north of downtown, at The Shelter Options Shoppe (www.nap-lesshelter.org/options/), that my friend

hit pay dirt, scoring a set of eight gorgeous quality shield-back chairs at \$25 apiece. We earned a 10 percent discount by liking the thrift shop on Facebook.

It was like a jigsaw puzzle, but somehow we managed to squeeze all eight of the chairs into a Prius.

We ended our day at Treasure Island Antiques (www.treasureislandnaples.com), which is 12,000 square feet of

antiques shopping the way it used to be — interesting, carefully selected items attractively displayed.

Next time, I want to take my pal to the Auctions Neapolitan gallery (www.auctionsneapolitan.com), The Antiques Center of Naples (www.antiquesnaples.com) and your choice of shops run by St. Matthew's House (www.stmatthewshouse.org), which has stores from Naples to Fort Myers. ■

THE FIND:

A 4-inch Moorcroft Clematis pattern vase

Bought: Treasure Island Antiques, 950 Central Ave., Naples; 434-7684 or www.treasureislandnaples.com.

Paid: \$95

The Skinny: Grandma loved her Moorcroft lamp.

It had pride of place in her living room atop a marble Victorian table that had belonged to her much-loved mother-in-law — she even referred to it as “the good lamp.”

The lamp, made from a 1920s Moorcroft pottery vase in the English company's Pansy pattern, had been an expensive piece in its day.

Like the table, the lamp had come to



her by way of my great-grandmother, who had the vase drilled during World War II to make a lamp.

It remains an object of beauty, with its deeply saturated reds and blues and its motif of pansies delicately outlined with the “slip” of the clay.

Over the years, I have cultivated a garden of the Art Nouveau pottery in Pansy and Anemone, Orchid and Sunflower patterns.

This little vase, in the Clematis pattern, dates from the 1950s, when Walter Moorcroft, son of the pottery's founder, was running the place.

It's pretty and will coordinate well with Grandma's lamp. ■



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CALENDAR

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

THURSDAY 8/17

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. Super-sized CBN with two bands, plus the unveiling of the new art installation, Aesop's Tables. www.clematisbynight.net.

Aug. 17: L-Tribe with The Intracoastals opening

"Alice in Wonderland" — Through Aug. 20, Sol Theatre, 3333 N. Federal Highway, Boca Raton. Adapted and directed by Seth Trucks from the novel by Lewis Carroll. Also plays Aug. 24-26 at Delray Beach Children's Garden. Show times: 7 p.m. Thursday, Friday, and Saturday and 2 p.m. Saturday and Sunday. Tickets: \$20 adults, \$15 age 11 and younger. 561-447-8829; www.solchildren.org

"The Kosher Cheerleader" — Through Aug. 27, PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. Sandy Gelfound's one-woman show — billed as "a tru-ish Jewish love story" — is full of heart, humor and cheerleading. The comedian and storyteller reveals what it's really like to be an NFL cheerleader. Show times: 7:30 p.m. Thursday, Friday, Saturday and matinees at 2 p.m. Thursday, Saturday and Sunday. Tickets: \$45-\$59. 855-448-7469; www.pgaartscenter.com.

"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.sfscenter.org.

Fusion Art & Fashion Gallery Opening — Through Oct. 10, 501 Fern St., West Palm Beach. This new gallery's first exhibition is "Sublime Chaos: a journey from realism to abstraction," 25 paintings by West Palm Beach resident Deborah Bigeleisen. www.fusionfashionandart.com.

FRIDAY 8/18

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. Themes: Cartoons (Aug. 18), Fairy Tales (Aug. 25). The Tropics Café is open for dinner or a snack. Info: www.palmbeachzoo.org/safari-nights-2017.

Gardens Movie Nights & Food Truck Bites — 6:30 p.m. Aug. 18, Veterans Plaza Amphitheater, 10500 N. Military Trail, Palm Beach Gardens. Screening the comedy "The Goonies" at 8:15 p.m. Rain site is the Burns Road Recreation Center, 4404 Burns Road. BYO lawn chairs and blankets. 561-630-1100 or visit www.pbgrec.com/movies.

Meet celebrity designer Krista Watterworth — 7 p.m. Aug. 18, at Fortunoff Backyard Store, 2843 PGA Blvd., Palm Beach Gardens. The star of HGTV, The Food Network and DIY will headline a night of cocktails and decor tips to "Get Your Patio Party Ready." Food and drink provided by Cabo Flats Cantina & Tequila Bar of Jupiter. Free, but RSVP at www.eventbrite.com.

Cabaret: Shelley Keelor — Aug. 18-20. who plays the beggar woman in "Sweeney Todd" at Palm Beach Dramaworks. These intimate shows are held in the Perlberg Studio Theatre. Paul Reekie will accompany Ms. Keelor on piano in a set arranged around the beloved ballad "Sentimental Journey." Hear a selection of World War II-era songs like "Don't Sit Under the Apple Tree," "You'll Never Know," "Don't Get Around Much Anymore," "Every Time We Say Goodbye," "Chattanooga Choo Choo" and "I'll Be Seeing You." Tickets: \$30. Performances are at 8 p.m. Friday and Saturday, 7 p.m. Sunday, and 2 p.m. Saturday and Sunday. Call 561-414-4042, Ext. 2, or www.palm-beachdramaworks.org

SATURDAY 8/19

Blue Friends Beach Clean-Up — 8:30-10 a.m. Aug. 19. Join Lynne Wells and her group of Blue Friends for the one-hour, monthly beach cleanup followed by a light breakfast sponsored by Whole Foods Market in Palm Beach Gardens, plus coffee by Oceana Coffee. Bring a bucket to collect the trash and garden gloves. RSVP to Lynne: bluefriends@marinelife.org.

Young Hemingways Creative Writing Class — 10 a.m. to noon Saturdays beginning Aug. 19, The Burt Reynolds Institute for Film and Theatre, 122 N.S. 1, Suite 109, North Palm Beach. For age 10-12. Four-week session: \$100. To register, call Donna at 561-743-9955.

Classic Cruisers Car Show and Family Fun Day — 10 a.m. to 3 p.m. Aug. 19, The Big Apple Shopping Bazaar and Flea Market, 5283 W. Atlantic Ave., Delray Beach. Food, raffles, swap meet, and classic cars and bikes. Call AJ at 561-389-2178.

Marinelife Day — 11 a.m.-4 p.m. Aug. 19, at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. The event theme is 'The Art and Science of Plastic Pollution,' which features exhibits and activities focused on marine pollution and how each person can make a difference by simple behavioral changes. Hands-on children's labs, crafts, shows and activities highlighting the conservation, rehabilitation and research are planned, as well as an art contest and science fair. Free. www.marinelife.org.

Live Auction — Portion of proceeds to benefit Hannah's House, a home for unwed mothers, noon-5 p.m. Aug. 19, DéjàVu Consign & Design, 4086 PGA Blvd., Palm Beach Gardens. The store also will host an event from noon to 2 p.m. Aug. 26 in which participants can donate baby food for Hannah's House and get a chance to "Crack the Safe" and win \$100,000. There will be prizes, music, a silent auction and a drawing to win a weekend getaway to Orlando. 561-225-1950 or www.dejavudesigncenter.com.

SUNDAY 8/20

Sunday on the Waterfront — 4-7 p.m. Aug. 20, Meyer Amphitheatre. Features a tribute to Coldplay by the band 42. www.Wpb.org.

WEDNESDAY 8/23

The West Palm Beach Fishing Club 2017 Speakers Series — 7 p.m. Aug. 23, at the West Palm Beach Fishing Club, 201 Fifth St., West Palm Beach. Capt. Max Parker will speak about drift fishing for snapper, grouper and kingfish. 561-832-6780; www.west-palmbeachfishingclub.org

THURSDAY 8/24

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.

■ **Aug. 24:** Mighty Quinn, with Jaded opening.

Bourbon & Beer Pairing Dinner — 7 p.m. Thursday, Aug. 24, The Butcher Shop, 209 Sixth St., West Palm Beach. Three courses paired with three different bourbons and two different beers. Tickets: \$60. www.Eventbrite.com or by phone at 561-812-2336. Info: www.butcher-shopwpb.com.

LOOKING AHEAD

Summer in Paradise Grand Finale — 6-10 p.m. Aug. 30, during Clematis By Night. The highlight will be the auction of the popular Aesop's Tables for charity. Music is by country singer Drew Baldrige, who released his debut album, "Dirt On Us," in 2016. His single, "Rebound," features Grammy winner Emily Weisband.

AT THE COLONY

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

Summer Cabaret — Saturday. \$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.

Deborah Silver — Aug. 19.

Franco Corso — Aug. 26.

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.

AT CORAL SKY

Coral Sky Amphitheatre, 601-7 Sansbury's Way, West Palm Beach. Info: www.westpalmbeachamphitheatre.com/events/. Tickets: 800-345-7000 or www.ticketmaster.com.

Jason Aldean with Chris Young — Aug. 19

Linkin Park with Machine Gun Kelly — Aug. 20

Green Day — Sept. 3

Brad Paisley — Sept. 15

Zac Brown Band — Sept. 22-23

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.palmbeach-dramaworks.org.

"The Little Foxes" — Oct. 20-Nov. 12

"Billy and Me" — Dec. 8-31

"On Golden Pond" — Feb. 2-25

"Edgar and Emily" — March 31-April 22

"Equus" — May 8-June 3

AT HARBOURSIDE PLACE

Harbourside Place, 200 U.S. 1, Jupiter. Info: 561-935-9533; www.harbourside-place.com.

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

■ **Flashback** — Aug. 18.

Back to School Fair — 11 a.m.-3 p.m. Aug. 19.

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

■ **Bob Folse** — Aug. 19.

■ **Swingtown** — Aug. 26. A tribute to Steve Miller Band.

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.thekelsey-theater.com or www.holdmyticket.com.

Hard Rock Live: The Magic Mike Experience — Aug. 19. \$18, \$50 VIP.

Shakewell, Ramirez, Germ and Mikey the Magician — Aug. 20. Tickets at www.foryourfriends.net.

Smells Like Grunge presents Nirvana Tribute: 5 years of Grunge — 9 p.m. Aug. 26. Songs from Nirvana's heyday (1989-94).

AT THE LIGHTHOUSE

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way, Jupiter. 561-747-8380, Ext. 101; www.jupitelighthouse.org.

Lighthouse Sunset Tours — 7:15 p.m. Aug. 23. Weather permitting. Spectacular sunset views and an inside look at the nuts & bolts of a working lighthouse watchroom. Tour time: 75 minutes. \$15 members, \$20 nonmembers. RSVP required.

Twilight Yoga at the Light — 7-8 p.m. Aug. 21, 28. Mary Veal, Kula Yoga Shala, leads.

Lighthouse Book Club — 6-7 p.m. the first Wednesday of the month. Join the museum staff in book discussions on all things Florida. Donation requested. RSVP.

History of Jupiter Inlet Lighthouse — 10 a.m. Aug. 29 at Lake Park Library, 529 Park Ave., Lake Park. Historian Josh Liller will look at the more than 150 years of Jupiter Inlet Lighthouse history and operations.

AT MACARTHUR PARK

John D. MacArthur Beach State Park — 10900 Jack Nicklaus Drive, Singer Island, North Palm Beach. 561-776-7449; www.macarthurbeach.org.

Introduction to Surfing — Noon-2 p.m. Aug. 19.

Birding at MacArthur Park — 1:30 p.m. Aug. 20.

Bluegrass Music — 1-3 p.m. Aug. 20.

Butterfly Walk — 11 a.m. Aug. 26.

CALENDAR

AT THE MALTZ

Maltz Jupiter Theatre, 1001 E. Indian-town Road, Jupiter. 561-575-2223; www.jupitertheatre.org.

“Born Yesterday” — Oct. 29-Nov. 12.

“Disney Newsies The Musical” — Nov. 28-Dec. 17.

“Hairspray” — Jan. 9-28.

“An Inspector Calls” — Feb. 4-18.

“South Pacific” — March 6-25.

AT THE JCC

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

Aug. 18: Mah jongg and canasta, duplicate bridge

Aug. 21: Mah jongg and canasta, duplicate bridge

Aug. 22: Duplicate bridge

Aug. 23: Mah jongg and canasta, duplicate bridge, adult fencing league

Aug. 24: Duplicate bridge

Aug. 25: Duplicate bridge

Aug. 28: Mah jongg and canasta, duplicate bridge

Aug. 29: Duplicate bridge

Aug. 30: Duplicate bridge; adult fencing league

Aug. 31: Duplicate bridge

AT MOUNTS

Mounts Botanical Garden, 531 N. Military Trail, West Palm Beach. Info: 561-233-1737; www.mounts.org.

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

Making a Garden Trough: The Hypertufa Process — 9 a.m.-noon Aug. 24. Master gardener Ted Johnson will teach you to make a functional planter that looks like stone but is much lighter. Wear old clothes and bring clear plastic safety glasses and well-fitting, waterproof dishwashing gloves. \$20 members; \$25 nonmembers.

Qigong/Tai Chi in the Garden — 9-10 a.m. Aug. 31, Sept. 7, 14, 21 and 28. The instructor is Dorothy Ret-tay, Level IV Qigong teacher. Benefits include reduced stress, increased vitality, improved concentration and balance. \$10 members; \$15 nonmembers.

Cooking in the Garden — 6-8 p.m. Sept. 10. A creative culinary class with Chef Nina Kauder of Bean Scene Productions focusing on demystifying nondairy mylks.

AT THE PLAYHOUSE

The Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Info: 561-586-6410; www.lakeworthplayhouse.org.

In the Stonzek Theatre:

“The Last Dali Lama” — Aug. 18-24.

“Harmonium” — Aug. 18-24

“It Comes at Night” — Aug. 25-Sept. 1

AT PGA ARTS CENTER

PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. 888-264-1788; www.pgaartscenter.com.

“The Kosher Cheerleader” — Through Aug. 27.

“Raunchy Little Musical - Belle Barth is Back!” — Oct. 6-Nov. 12.

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.

Leslie Jones of SNL — Aug. 18-20.

Gilbert Gottfried — Aug. 24-26.

Demetri Martin — Aug. 28.

AT THE FAIRGROUNDS

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

Our Kids World Family Fun Fest — 10 a.m.-5 p.m. Aug. 26-27.

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.sfsiencecenter.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.sfsiencecenter.org/gems. Info: www.sfsiencecenter.org or 561-832-1988.

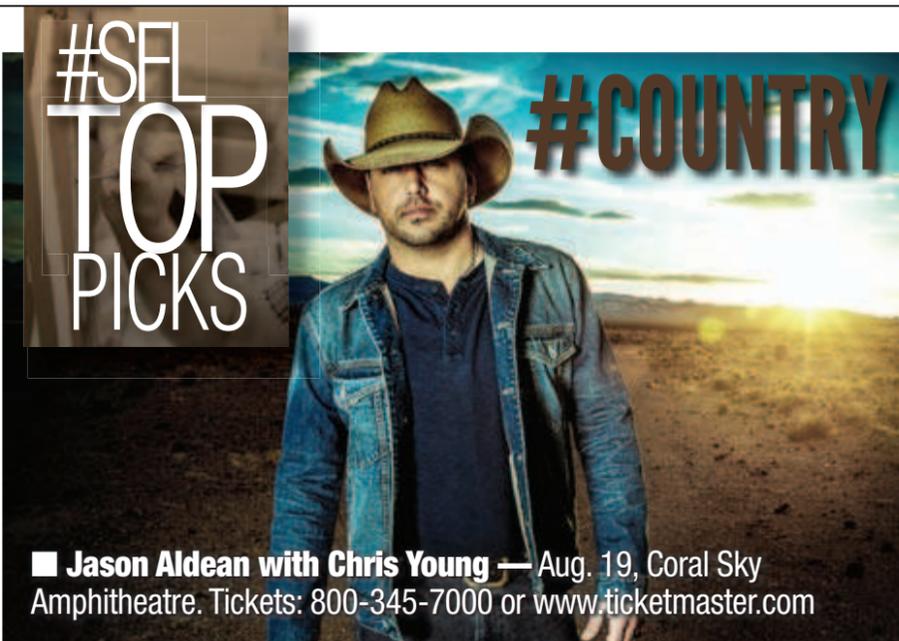
Nights at the Museum — 6-9 p.m. the last Friday of the month. Theme: Spring Science and Investigating Insects. Extended hours at the museum with interactive science crafts, activities, entertainment, exhibits, planetarium shows, and a chance to view the night sky. Food for purchase. \$13.95 adults, \$11.95 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.sfsiencecenter.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.

Exhibition: “Illustrating Words: The Wondrous Fantasy World of Robert L. Forbes and Ronald Searle” — In the Mary Alice Fortin Children’s Art Gallery.



#SFL TOP PICKS

#COUNTRY

■ **Jason Aldean with Chris Young** — Aug. 19, Coral Sky Amphitheatre. Tickets: 800-345-7000 or www.ticketmaster.com



#CABARET

■ **Deborah Silver** — Sings on Aug. 19 in The Colony Hotel’s Royal Room. 561-659-8100 or 561-655-5430; www.thecolonypalmbeach.com



8.20

■ **Shakewell, Ramirez, Germ and Mikey the Magician** — Aug. 20 at the Kelsey Theater, Lake Park. Tickets at www.foryourfriends.net



#SEET

■ **Gardens Movie Nights & Food Truck Bites** — 6:30 p.m. Aug. 18, Veterans Plaza Amphitheater, Palm Beach Gardens. Screening the comedy “The Goonies” at 8:15 p.m. 561-630-1100 or visit www.pbgreg.com/movies

LIVE MUSIC

AmericanAirlines Arena — 601 Biscayne Blvd., Miami. www.aaarena.com

■ **Marco Antonio Solis & Camila** — Aug. 26

■ **Ed Sheeran with special guest James Blunt** — Aug. 30

Arts Garage — 94 NE Second Ave., Delray Beach. 561-450-6357; www.arts-garage.org

■ **The Ben Hecht Show** — Aug. 17.

■ **Otis Cadillac Band and the El Dorados Featuring the Sublime Seville Sisters** — Aug. 18.

■ **Jazz Gals** — Aug. 19.

■ **The New Vision Sax Ensemble** — Aug. 20.

■ **ONYX - Chemradery & the Nostalgic Minds** — Aug. 24.

■ **Onyx Art Stroll** — Aug. 24. Meet artists.

■ **Amed Torrecilla** — Aug. 25

■ **VIBE - Delray’s Hottest Jam Session** — Aug. 29.

Hard Rock Live at the Seminole Hard Rock Hotel and Casino — 5747 Seminole Way, Hollywood. 866-502-7529; www.seminolehardrockhollywood.com

■ **Jo Koy & Angela Johnson’s BFF Tour** — Aug. 26

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

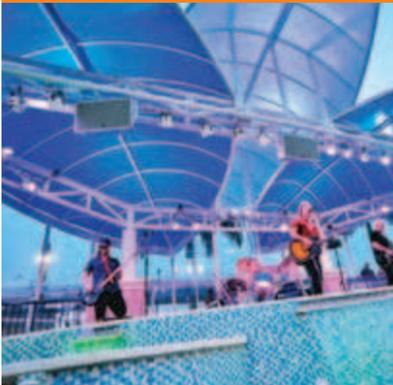
Cafe Boulud: The Lounge — 9 p.m. Fridays, in the Brazilian Court Hotel, 301 Australian Ave., Palm Beach. Info: 561-655-6060; www.cafeboulud.com/palmbeach.



HARBOURSIDE PLACE
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WEEKLY HAPPENINGS AT HARBOURSIDE

LIVE MUSIC ON THE WATERFRONT



Fridays & Saturdays | 6pm – 10pm

Join us at the waterfront amphitheater to enjoy live music.

Friday, August 18: Flashback
Saturday, August 19: Bob Folse

BACK TO SCHOOL FAIR



Saturday, August 19 | 11am–3pm

Enjoy a free afternoon of fun at Harbourside Place! Pony rides, balloon artists, a face painter and so much more will be along the waterfront for all to enjoy!

JOFIT SIP N SHOP



Sunday, August 20 | 12pm–5pm

Sip mimosas and munch on small bites while you shop! Fun raffle and Jofit gift card giveaways. #SundayFriday

MOVIES ON THE WATERFRONT



Friday, August 25 | 8pm

Watch *The Wild Life* (Rated PG) for free at the waterfront amphitheater. Bring a blanket or chair.

CAR SHOW & TRIBUTE BAND



Saturday, August 26 | 6pm

Check out the Classic Car Show hosted by South East Rods & Customs. Car show starts at 6pm. Live music from Swingtown, performing legendary classics by "The Steve Miller Band"! Music starts at 7pm!

LADIES NIGHT OUT



Thurs., Aug. 31 | 6:30pm–9:30pm

Hosted by Tommy Bahama Jupiter, join local women in business for a free evening of networking, fun and live music at the waterfront amphitheater! Lite bites provided by Tommy Bahama. To RSVP, call (561) 406-6605.

CALENDAR

Camelot Yacht Club — Jazz sessions start at 8 p.m. Tuesdays at Camelot Yacht Club, 114 S. Narcissus Ave., West Palm Beach. TCHAA! Band performs. 561-318-7675.

Copper Blues at CityPlace — 550 S. Rosemary Ave., West Palm Beach. 561-404-4101; www.copperblueslive.com/west-palm-beach.

Don Ramon Restaurante Cubano & Social Club — Live music Thursdays through Sundays, 7101 S. Dixie Highway, West Palm Beach. 561-547-8704.

E.R. Bradley's — 104 Clematis St., West Palm Beach. Friday, Saturday and Sunday. Info: 561-833-3520; www.erbradleys.com.

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

The Pelican Café — 612 U.S. 1, Lake Park. Music from 6:30-9 p.m. Tuesday, Thursday and Friday. 561-842-7272; thepelicancafe.com

Respectable Street Café — 518 Clematis St., West Palm Beach. Info: 561-832-9999; www.sub-culture.org/respectables.

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.

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.

Absolutely Abstract 2017 — Abstract work in any medium. On display through Sept. 8.

Drawing and Collage — 2 p.m. Aug. 26. All ages. An afternoon of drawing and collage making.

Art Salon — 6-8 p.m. Aug. 28. Bring one piece of your original, recent art to show and tell. Light refreshments will be served. Free.

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

"New & Now: Work by New Faculty Fall 2017" — Aug. 28-Oct. 14.

The Audubon Society — Bird walk info: asetripinfo@gmail.com; 508-296-0238. www.auduboneverglades.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.

Classes:

Fusing classes for kids — At 3, 4:30 and 6 p.m. Wednesdays and 10 and 11:30 a.m. and 1:30 and 4 p.m. Saturdays. One-hour classes meet in the air-conditioned studio through the end of August. For age 5 and older. \$25.

Glass blowing for two — \$100.

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.

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

Concerts on the Court — 6-9 p.m. Fridays at Centre Court

Groove Merchant — Aug. 18

PWL — Aug. 25

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.loxfltrail.org.

The Happiness Club of Palm Beach — Meets at 5 p.m. the first Monday of every month at Bice Restaurant, 313 Peruvian Ave., Palm Beach. Donation: \$20 at the door or online at www.HappinessClubPalmBeach.com.

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.

Lake Park Public Library — 529 Park Avenue, Lake Park. 561-881-3330; www.lakepark-fl.gov.

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.

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

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

Hatchling Releases: 7:45-10 p.m. through Aug. 31. Learn about sea turtles and the nesting and hatching process, then take a trip to the beach to see LMC staff release sea turtle hatchlings into the ocean. Starting at \$12.

Biologist Beach Walks: 7-8:30 p.m. Monday, Wednesday, Thursday, Friday and Saturday. A staff member will lead guests down onto Juno or Tequesta beaches to discuss the nesting and hatching processes of sea turtles. \$10.

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CALENDAR

■ **Marinelife Day** — 11 a.m.-4 p.m. Aug. 19, at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. 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.wpbcitylibrary.org.

■ **Life Support Workshops:** 10 a.m. Monday. Get help with government websites, resumes, and job searching.

■ **Do the Hustle!** 6-6:45 p.m. Tuesdays. Learn how to hustle with Grigo,

■ **Bachata Lessons:** 7-8 p.m. Wednesdays. Learn how to dance bachata with Eliseo!

■ **Essentrics Exercise Class:** 6-7 p.m. Wednesdays. Bring your mat and join Jan Bostic in a class to improve flexibility and mobility.

■ **DIY Digital Studios:** 10 a.m.-2 p.m. Saturdays and 2-4 p.m. Sundays. Use the library's equipment to digitize your old photos, slides, negatives and VHS film or try out the new 3D printer.

■ **The Multilingual Language & Cultural Society** — 210 S. Olive Ave., West Palm Beach. Info: 561-228-1688 or www.multilingualsociety.org.

■ **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.

■ The museum will close through Sept. 4 for its annual preparations for the coming season.

■ **The Palm Beach Friends (Quakers) Meeting** — 823 S. A St., Lake Worth. A Joyful Noise Singing Group meets at 1:30 p.m. Mondays. Visitors are welcome. John Palozzi hosts "A Course in Miracles" at noon Wednesdays. 561-585-8060; www.palmbeachquakers.org.

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

■ **The 21st annual Members' Juried Exhibition** — Aug. 26-Oct. 28.

■ **FOTOCamp 2017 Exhibiton** — Aug 26-Oct. 28. Showcases the diverse work and emerging talent of our young photographers.

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

■ **#PALTeenClub at the PAL Center** — 720 N. Tamarind Ave., in West Palm Beach. Hours: 3-10 p.m. Monday-Thursday, and 3-11 p.m. Fridays and Saturdays. Middle and high school students are invited to activities in a safe environment hosted by the Police Athletic League of West Palm Beach. Activities including open mic nights, the fashion

and beauty club, video games, pool, music, art, fitness, and dance parties. Info: www.westpalmbeachpal.com or 561-835-7195.

■ **The River Center** — 805 N. U.S. 1, Jupiter. Hours: 9 a.m.-4 p.m. Tuesday-Saturday. The Loxahatchee River District was created more than 30 years ago to monitor and protect the river. Today it's a teaching facility and recreation area that offers programs to enrich the community and the river. Call 561-743-7123; www.loxahatcheeriver.org.

■ **Studio E Gallery** — 4600 PGA Boulevard, Suite 101, in PGA Commons, Palm Beach Gardens. Hours: noon to 5 p.m. Monday through Friday, 10 a.m. to 5 p.m. Saturday and noon to 3 p.m. Sunday. 561-799-3333; www.studioegallery.com.

■ **"20/20: 20 Years, 20 Artists"** Exhibit: Evan and Ann Griffith celebrate 20 years' worth of their bold and colorful aesthetic with this interactive exhibit that showcases the 20 resident artists who have made a positive impact on the local community.

■ **The Taste History Culinary Tours of Historic Palm Beach County** — Cultural food tastings at family-owned eateries, juice bars, teahouses and pastry shops along with showcasing local art shops, historic buildings and emerging cultural districts. The tour is part bus riding and part walking. All tours start at 11 a.m. Fee: \$50-\$60. Free for children younger than age 14. Private and team building tours are also available. Reservations required. 561-638-8277; www.tastehistoryculinary-tours.org.

■ **The West Palm Beach Hilton** — 600 Okeechobee Blvd., West Palm Beach. 561-231-6000; www.hilton.com.

■ **Summer Fridays at Galley** — Live music beginning at 7:30 p.m. with tapas and craft cocktails.

■ **Saturday Night Dive-In Movie** — The movie starts at 8 p.m., outside, weather permitting.

■ **Saturday Themed Brunch** — Have fun poolside or play games on the lawn. Live music. TotalMOVEMENT hosts fitness classes before brunch.

AREA MARKETS

■ **Lake Worth High School Flea Market** — 5 a.m.-3 p.m. Saturdays and Sundays, year-round, under the 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. The market moves under cover for the summer but has the same great produce, bread, seafood, cheese, honey, artisan foods and handmade crafts. No pets. www.pbgl.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. Pet friendly. New vendors should email info@harboursideplace.com.

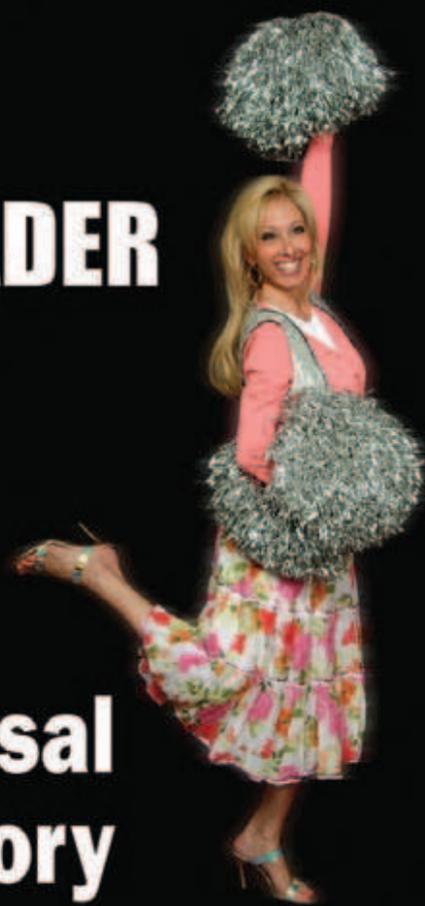
■ **The Green Market at Palm Beach Outlets** — 11 a.m.-4 p.m. Sundays, year-round, 1751 Palm Beach Lakes Blvd., West Palm Beach. Info: 561-515-4400; www.palmbeachoutlets.com. ■

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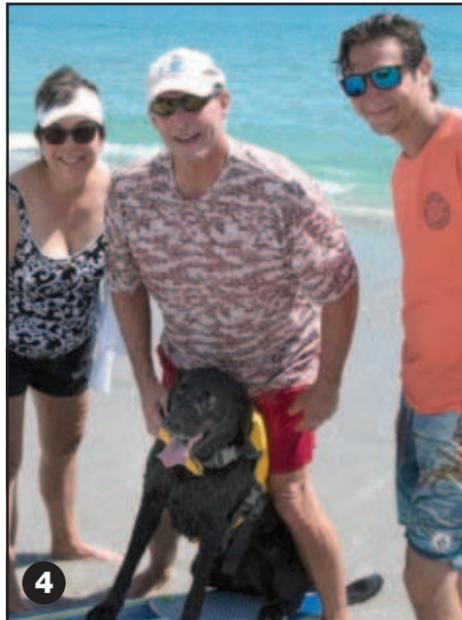
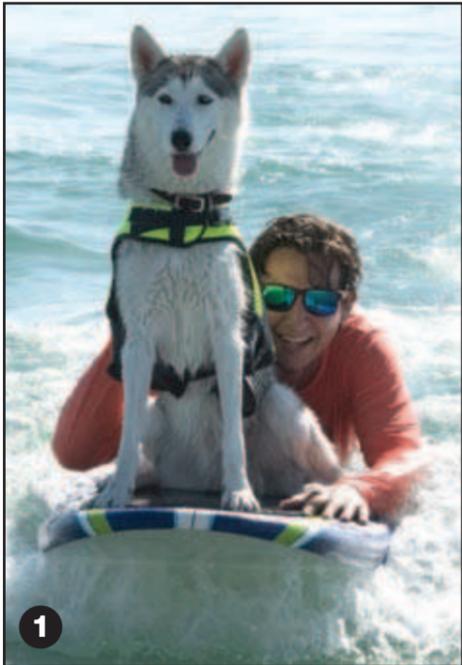
Tickets: **1-855-HIT-SHOW (1-855-448-7469)**

Groups (12+): **1-888-264-1788 • PGAArtsCenter.com**



SOCIETY

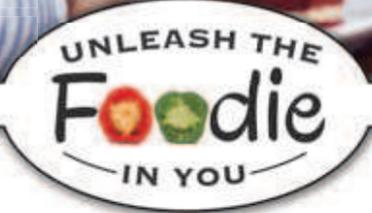
Training for Surf Dog Class



"Like" us on Facebook.com /FloridaWeeklyPalm Beach to see more photos. We take more society and networking photos at area events than we can fit in the newspaper. Send us your photos.



- The Blend Bistro
- The Cheesecake Factory
- Dirty Martini
- Fro-Yotopia
- Grimaldi's Coal Brick-Oven Pizzeria
- IT'SUGAR
- MJ's BistroBar
- Paris in Town Le Bistro
- Sloan's Ice Cream
- The Spice & Tea Exchange
- Texas de Brazil
- TooJay's
- Yard House
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DOWNTOWN
at the garden

SOCIETY

Music at Carlin Park in Jupiter



8



9



11



12



10

1. Indy and Sam Chiet
2. Riptide
3. Micky Do on a paddleboard
4. Beanie's family and San Chiet
5. Sam Chiet, Aly Pinto, Shellie Chiet, Bob Calhoun, Peggy Leach and pups
6. Minx riding with his toy.
7. Beanie
8. Indy makes it to shore.
9. Sam Chiet, Riptide and Peggy Leach
10. Arthur coming in to shore.
11. Sharing a board.
12. John O'Mahoney, Arthur and Sam Chiet
13. Huckleberry Finn and Shellie Chiet



Minx



13

GAIL V. HAINES / FLORIDA WEEKLY

in the know

Hang 20 Surf Dog Classic

- >> **Benefits:** Furry Friends Adoption Clinic & Ranch
- >> **When:** Registration is 7:45 a.m. Aug. 26
- >> **Where:** Carlin Park, Jupiter
- >> **Cost:** This event is free to attend; donations are welcomed. Cost to participate is \$45; the military veteran/first responder heat is \$35 per dog contestant.
- >> **Info and registration:** www.furryfriendsadoption.org.

our society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.

CONCERTS in the COURT

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Groove Merchant
Jazz / Pop

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PWL
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STAR

From page 1

Zubin Mehta and the Chicago Symphony Orchestra, conducted by Riccardo Muti. Those are giants in the world of classical music and to have both of them here in the same season is really quite special.”

Mr. Bell said he and his programming colleagues responded directly to audience requests for “more Broadway, more comedy, more music superstars — from Bach to rock.” And they’ll get it all, starting with the 10th anniversary Kravis on Broadway series featuring “The King and I,” “The Book of Mormon,” “Finding Neverland,” “Cabaret,” “The Illusionists,” “The Bodyguard” and “Something Rotten.”

“We have a Broadway theme that runs through all of our events, save the Regional Arts Series,” he said. “You see it in our Rinker Playhouse, where ‘Little Shop of Horrors’ will play, and you’ll see it in regular Dreyfoos Concert Hall presentations in addition to Kravis on Broadway, such as ‘Chicago’ and ‘A Chorus Line.’ We have a Lunch & Learn program that includes a panel discussion with major Broadway investors and producers. And our gala for the year is called ‘A Broadway Celebration,’ focusing on celebrity performers.”

In addition, Provocative Entertainment At Kravis, or PEAK, will resume its series of innovative presentations in November, concentrating on ethnic diversity and impactful, contemporary themes — this time with a nod to Broadway as well.



MATTHEW MURPHY / KRAVIS COURTESY PHOTO

Jose Llana and Laura Michelle Kelly in Rodgers & Hammerstein’s “The King and I.”

“PEAK is one of the most incredible things we do,” Mr. Bell said. “There is a play called ‘The Mountaintop,’ which ran on Broadway a few years back. So there’s actually Broadway in the PEAK series, which, by the way, we’re expanding from 11 to 16 productions next year. Among those are Lemon Andersen and his solo show ‘When Aliens Fall From The Sky’ and ‘DakhaBrakha,’ which is incredible music from Ukraine, ‘10 Hairy Legs,’ which celebrates the artistry of the male dancer, the dance troupe Urban Bush Women, the energetic Yamato — The Drummers of Japan and Ranky Tanky, a music group from the islands of South Carolina and Georgia, focusing on that Sea Island sound.”

Mr. Bell said Argentinian dance company Che Malambo and Lil Buck and Jon Boogz, who are remarkable dancers and choreographers, will fill out the bill, along with “It Gets Better,” a project that uses media to convey messages of hope and support to LGBT youth.

“PEAK is just a wonderful variety of work that touches on different areas of our community,” he said. “Definitely worth seeing.”

Aside from Broadway and classical music offerings, the Kravis will aim its spotlight on pop and jazz music performers such as The Beach Boys and Chris Botti, Audra McDonald and Wynton Mar-

salis, even Paul Anka, George Benson, Dudu Fisher and Johnny Mathis, all of whom are returning this season. The calendar also will include comedy raconteurs John Cleese, Howie Mandel, Jackie Mason, Dennis Miller and the duo of Brad Garrett and Rita Rudner.

“Also we’ll have Michael Feinstein, whose musical series incorporates Cole Porter and the First Ladies of Song — Judy Garland, Peggy Lee and Ella Fitzgerald,” Mr. Bell said. “So you see, there truly is something for everyone.”

The process of putting together a season like this — which also includes a dizzying array of lectures, films, children’s theatre and cabaret performances — is time consuming, he added. It can start as far out as two to four years from when the events finally come to the Kravis venues of Dreyfoos Hall, the Rinker Playhouse and Persson Hall. But that’s what it takes to amass the diverse assemblage of talent that performs there.

“We’ve got so much and it all depends on what you want and what you like,” Mr. Bell said. “Broadway, popular and classical music, great singers, dancers, comedians. We’ve got the best of everything. Whatever it is you love, you’ll find it here. Look at our schedule, check out our brochure, visit our website. I’m sure you’ll find something you’ll want to see.” ■

— The Kravis Center is at 701 Okeechobee Blvd. in West Palm Beach. For more information about the 2017-18 season or to order tickets, call the box office at 561-832-7469 or visit the official website at www.kravis.org.

HAPPENINGS

From page 1

librarian how to download books, movies and music for free from the library using



COURTESY PHOTO

Students can get homework help at the Mandel Public Library in downtown West Palm Beach.

its hoopla app.

Don’t forget to enter the library’s Back to School Contest for a chance to win an Amazon Fire Tablet. Just by visiting the library through Sept. 23 and checking out a book, students are automatically entered to win. (Two entries max per person.)

The Mandel Public Library is at 411 Clematis St., West Palm Beach. www.wpb-citylibrary.org or call 561-868-7703.

Finish August with food

If you need a reason to have a night out, here are a few: Celebrate that the kids are back in school. Enjoy a well-earned bargain date-night. Meet friends you haven’t seen all summer for happy hour. Escape the sad desk lunch and take a real lunch break — August is the slowest month of the year and it might be your last chance!

Here are some local specials to consider:

Sweetest happy hour — Through Aug. 27, Brio at CityPlace will be featuring fresh watermelon cocktails specially priced at \$5. On Tuesday, the watermelon-rita is \$5, the watermelon-kick martini is \$5 on

Wednesday and a watermelon-berry mojito is \$5 on Thursday. Brio at CityPlace, 550 Rosemary Ave., West Palm Beach. 835-1511.

Lovely lunch specials — Lynora’s on Clematis will be offering a \$10 summer lunch special featuring an appetizer salad or polenta fries, the main course of the day and soft drink for \$10. Just pick your favorite lunch:

- Monday — Meatball parmigiana hero
- Tuesday — Baked ziti al forno
- Wednesday — Penne alla vodka
- Thursday — Fettucini bolognese
- Friday — Chicken parmigiana hero

Lynora’s, 207 Clematis St., West Palm Beach. 899-3117; www.lynoras.com.

Lazy late lunch — Brio is offering two-course early dinner combos from 3-5:30 p.m. Monday through Friday through Oct. 20. Entrees (margherita flatbread, mezza lasagna bolognese or pasta pesto) paired with soup, side salad or dolcino are \$12.95. Or choose from shrimp mediterranean, chicken milanese or pasta brio for \$14.95. BRIO at CityPlace, 550 Rosemary Ave., West Palm Beach. 835-1511.

Masterful match — The Butcher Shop Beer Garden & Grill is offering a night of Bourbon & Beer for anyone who loves strong spirits, flavorful ales and meticulously prepared beef. At 7 p.m. Aug. 24, the restaurant will host a three-course dinner pairing three distinct bourbons and two different beers with three of the Butcher Shop’s signature dishes. Entrees include grilled hangar steak, wild mushroom risotto and roasted root vegetables paired with Kentucky Bourbon Barrel Ale & Town Branch Bourbon.

The Butcher Shop Beer Garden & Grill is at 209 Sixth St., West Palm Beach. Tickets are \$60. Reservations are required at www.eventbrite.com or by phone at 812-2336.

Best early bird — Through Oct. 31, Table 26 offers half-price entrees from 4:30-6 p.m. daily. This is a dine-in only special. The summer wine deal: Take 26 percent off bottles of wine Monday through Wednesday during dinner service.

Table 26 is at 1700 S. Dixie Highway, West Palm Beach. 561-855-2660; www.table26pb.com. ■

CHALLENGE

From page 1

Run your masterpiece through Spell-check, 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. 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, Oct. 1, to submit your story. It’s OK if you sent us something based on the cigarette picture; you can enter another story — but just one — based on the Part 2 beach picture. We hope you do, in fact.

Florida Weekly editors will review all of 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.

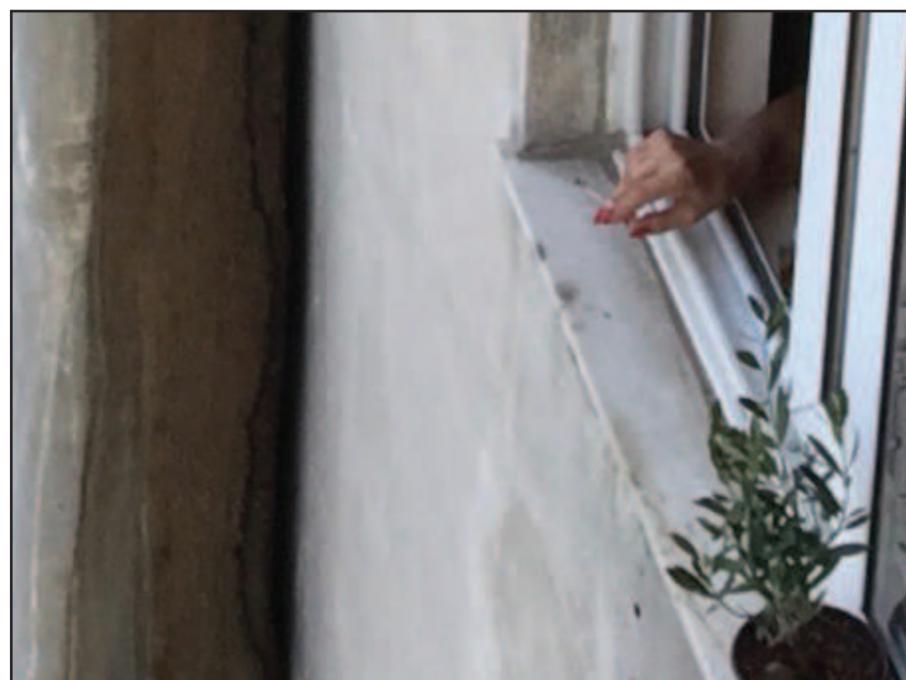
The 2017 Florida Weekly Writing Challenge winner will be notified by Oct. 15, and the winning entry will be published soon after in all our editions.

Submissions in Part 1 of the challenge ranged in length from a single sentence to every last one of the 750-word maximum. Among the titles: “What a Drag,” “No One Asks,” “Family Dinner” and “Soon?” We also received “Busted” and “So Busted.”

One entrant told us it was the first time she’d ever been inspired to write a short story. Another included “a half-blind shepherd mix called Gumption” in her narrative.

We can hardly wait to find out what the Part 2 photo prompt inspires.

Questions? Email writing@floridaweekly.com and we’ll get back to you. ■



BETTY WELLS / FLORIDA WEEKLY

Actress/singer is a different kind of stage mom

BY JANIS FONTAINE

pbnews@floridaweekly.com

Songbird Shelley Keelor isn't a stage mom; she's a mom on stage. Instead of cheering for her child from backstage, she's the one performing and her son, Sean, 9, might be found watching from the wings.

"He often tags along with me," Ms. Keelor said by phone from her home in Jupiter. "But I don't take as many out-of-town performances anymore because



KEELOR

I want him to have a life that's as normal as possible and to not miss out on anything."

That's good for Sean and for local music fans, because it means they'll get to see Ms. Keelor perform at Palm Beach Dramaworks' Don and

Ann Brown Theatre in West Palm Beach Aug. 18-20. Ms. Keelor is the third artist to appear in the theater's Cabaret Concert Series, which launched in June.

The classically trained singer traveled extensively in her 20s, performing as a vocal soloist accompanied by an orchestra, and she still supports herself as a cabaret or concert singer, even though her performances in local musical theater have been the source of frequent accolades.

Most recently, she won rave reviews for her role as the sad, tragic Beggar Woman in Palm Beach Dramaworks' production of Stephen Sondheim's "Sweeney Todd: The Demon Barber of Fleet Street." She also played Margaret White, the psychotic, hyper-religious mother to a telekinetic teenage daughter in the creepy "Carrie The Musical." Both roles are challenging, both charac-



COURTESY PHOTOS

ABOVE: Shelley Keelor as the Beggar Woman in Palm Beach Dramaworks' production of "Sweeney Todd."

RIGHT: Ms. Keelor with Anne Chamberlain in Slow Burn Theatre Company's production of "Carrie The Musical."

ters barely in touch with reality.

"I don't like the dark roles, but I do like that these characters are very complex and have some of the hardest singing tracks. I find the layers of the characters interesting and I think I can relate to the maternal side."

Going from such an intense, demanding dramatic role to singing beloved selections from the Great American Songbook isn't as different as you might think, Ms. Keelor says. It's all about storytelling.

"It's different in preparation. It's like learning 15 to 20 characters, actually. I pride myself on the fact that people tell me, 'You really tell the story beautifully.' It's my job to provoke emotion. The audience wants to feel something and if they don't, they walk away disap-



pointed," she said.

Ms. Keelor feels a strong affinity for songs from the 1940s and '50s and her cabaret performance is arranged around the ballad "Sentimental Journey." The setlist includes fan favorites "You'll Never Know," "Don't Get Around Much Anymore," "Every Time We Say Goodbye" and "I'll Be Seeing You."

"The show will be intimate," Ms. Keelor said. "The music from the World War II era is unrivaled. This is music that reaches deeply within me and I think the audience will feel a lot of emotion. When it comes to American music, there's nothing like it."

Ms. Keelor will be accompanied by pianist Paul Reekie, but mostly she's on her own.

in the know

Shelley Keelor in a cabaret concert

>> **When:** 8 p.m. Friday, 2 and 8 p.m. Saturday, and 2 and 7 p.m. Sunday, Aug. 18-20.
 >> **Where:** Palm Beach Dramaworks' Don and Ann Brown Theatre, 201 Clematis St., West Palm Beach
 >> **Tickets:** \$30
 >> **Info:** 561-414-4042, Ext. 2, or www.palmbeachdramaworks.org

"With cabaret or a concert, there's no set, no real costumes, nothing to aesthetically bring the audience in. There's your singing, and that's it." ■

Lighthouse ArtCenter season to begin with faculty show

The Lighthouse ArtCenter Gallery and School of Art opens its 2017-18 season with a full media experience that features the work of the Lighthouse ArtCenter's expanded faculty. Beginning Sept. 5 and running through Oct. 28, an exhibition that includes a variety of artistic designs and forms will fill the gallery's 3,500 square feet.

The opening reception and awards ceremony is on Sept. 21, from 5:30-7:30 p.m.

Among the faculty artists are:

- Chad Steve, soda-fired pottery;
- Chris Kling, portraits;
- Manon Sander, *plein air* paintings;
- Ralph Papa, *plein air* paintings;
- Jim Rigg, alcohol inks and water-

color;

■ Karen Leffel-Massengill, signature status with FWS and Society of Animal Artists;

■ Danuta Rothschild, surrealism;

■ Justin White, multimedia and wire wrap jewelry;

■ Esther Gordon, collage;

■ Alessandra Gieffers, pastels;

■ Eduardo Gomez, figurative sculpture;

■ Tracey Roedl, jewelry making;

■ Kazimierz Kalkowski, one of Poland's most prestigious ceramists.

Lighthouse ArtCenter is at Gallery Square North, 373 Tequesta Drive, Tequesta. Call 561-746-3101 or visit www.lighthousearts.org. ■

PUZZLE ANSWERS

H	A	G	A	R	S	T	A	T	E	B	A	R	R	E	H	A	B	S		
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3	9	8	5	4	6	7	2	1
7	4	5	3	2	1	6	8	9
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LATEST FILMS

'Logan Lucky'

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★ ★ ★

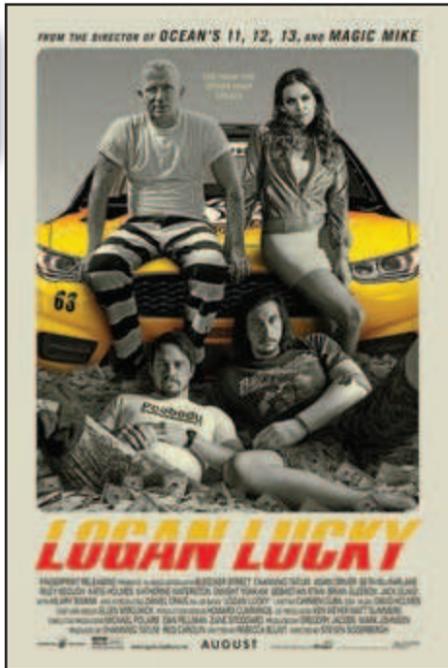
Is it worth \$10? Yes

Steven Soderbergh has directed many types of films with great success (he won an Oscar for "Traffic" in 2000), but it's clear he has an affinity for heist movies (he made "Oceans II" and its two lesser sequels). Yet it's still odd to see him on the big screen with "Logan Lucky," about a robbery during a NASCAR race. I say this for a number of reasons.

For one, you might recall Mr. Soderbergh announced his retirement from feature film directing in 2013. This didn't last (few thought it would), but it is true that this is his first feature since then (he's been quite busy with "The Knick" on Cinemax).

When he "retired," Mr. Soderbergh said he was burned out and disliked the ways directors were being robbed of their creativity in feature films. Everything became about money rather than making the best movie possible.

It's ironic, then, that he'd return to features with a movie that has clear mainstream appeal; this is certainly not one of his indie film passion projects ("Bubble," "The Girlfriend Experiment") that he knows will not play to the masses.



"Logan Lucky" follows Jimmy (Channing Tatum), Mellie (Riley Keough) and Clyde (Adam Driver), the three Logan siblings, as they plan to rob the Charlotte Motor Speedway during the busiest race of the year.

They need help, so they enlist demolitions expert Joe Bang (Daniel Craig, delighting with a Southern twang), who then brings in his dim-witted brothers Sam (Brian Gleeson) and Fish (Jack Quaid), who has "Dangerus" tattooed on his right shoulder.

In the "Oceans" movies the intelligence

of career criminals Danny (George Clooney), Rusty (Brad Pitt), et al. was never in doubt.

We could believe they were clever enough to think through robberies on an incredibly complex scale, and part of the fun was in the revelation of what they saw coming that the audience couldn't possibly foresee.

This is relevant in terms of "Logan Lucky" because none of the characters — especially mastermind Jimmy — shows anything close to the intelligence needed to execute a heist this complicated. Maybe on his absolute best day Joe Bang could pull it off, but even that feels like a stretch, especially given that he's incarcerated when we first meet him.

That said, it's nonetheless fun to watch the plan unfold. On top of that, ample cameos (Hilary Swank, Seth MacFarlane, Dwight Yoakam and more) keep things fun, and darn if the aftermath doesn't make you smile. You'll likely sense some biting social commentary in the last act, which is Mr. Soderbergh's indirect way of criticizing the establishment without being preachy. As often, well done, sir.

In its totality, "Logan Lucky" delivers as

advertised. It's compelling, features likeable albeit flawed characters and offers some good twists along the way.

It might have a few too many characters, but its humor (especially an argument between prison inmates and the warden that will delight "Game of Thrones" fans) and creativity outweigh the flaws.

We're glad you're back, Mr. Soderbergh.

FILM CAPSULES

The Nut Job 2: Nutty By Nature ★

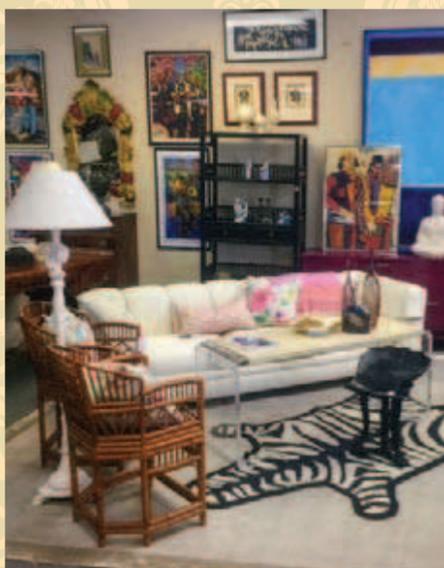
(Voices of Will Arnett, Katherine Heigl, Jackie Chan) When a greedy mayor (Bobby Moynihan) wants to build an amusement park, squirrels Surly (Mr. Arnett) and Andie (Ms. Heigl) and the rest of the animals try to stop the destruction of their home. It's not funny, and it's actually insulting to the human race. Rated PG.

Kidnap ★★

(Halle Berry, Sage Correa, Chris McGinn) A desperate mother (Ms. Berry) will stop at nothing to rescue her kidnapped son (Mr. Correa). The story is thin and the action is decent; too bad for Halle Berry that mediocrity is not good enough. Rated R. ■

in the know

>> **Steven Soderbergh's fans** who prefer him on a small scale will not have to wait long: His next film — "Unsane," a low-budget horror movie starring Claire Foy ("The Crown") and Juno Temple — was shot with an iPhone.



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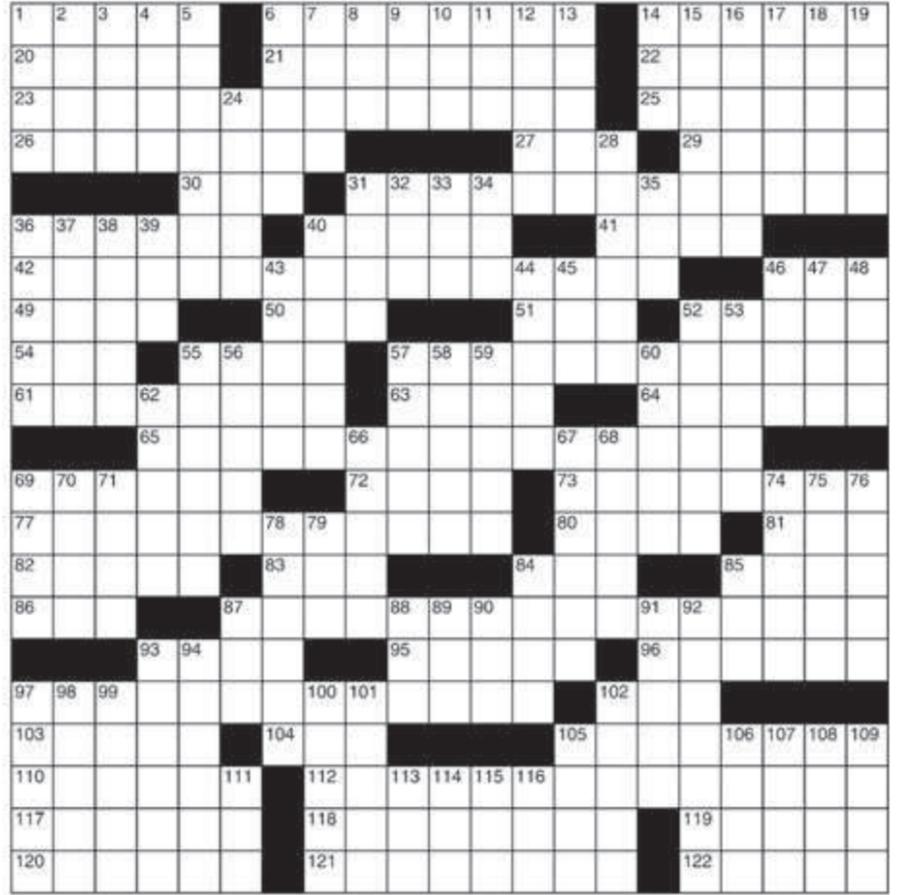
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PUZZLES

M-T SET

- ACROSS**
- 1 Comic Viking
 - 6 It licenses lawyers
 - 14 Habit-kicking programs
 - 20 Florida city
 - 21 It made Razz phones
 - 22 Take a — (give a go)
 - 23 Was glad to stick around?
 - 25 New Orleans university
 - 26 Outdated
 - 27 Entertainer Zadora
 - 29 Decrees
 - 30 Grouch's cry
 - 31 Monotonous predictions from mind readers?
 - 36 Get all sudsy
 - 40 Rho follower
 - 41 Big beer buy
 - 42 Colorful bird helping out?
 - 46 Pop group — Tuesday
 - 49 Untimely?
 - 50 Hoop dangler
 - 51 Conk
 - 52 Powdery
 - 54 Just make, with "out"
 - 55 Book leaf
 - 57 Snap a pic of an animated character?
 - 61 See 63-Across
 - 63 With 61-Across, Yankee who won the 1997 Silver Slugger Award
 - 64 Nels or Nellie on "Little House on the Prairie"
 - 65 Massive 1980s game consoles?
 - 69 Do, —, fa, sol, la, ti, do
 - 73 Oratorical art
 - 77 Steering rod on a purple dinosaur's boat?
 - 80 Harvard rival
 - 81 Sch. URL ending
 - 82 Consecrate
 - 83 Suffix with Vietnam
 - 84 Slalom, e.g.
 - 85 Distance unit in astron.
 - 86 According to
 - 87 A trio of fuddy-duddy ducks?
 - 93 Sandal, e.g.
 - 95 Go get
 - 96 Late, great crossword puzzle writer
 - 97 Buying candy for trick-or-treaters, e.g.?
 - 102 "Tsk!"
 - 103 Edgar — Poe
 - 104 — -Blo fuse
 - 105 Deprived of parents
 - 110 Bread units
 - 112 Flooring unit that can be installed in about 7% of an hour?
 - 117 Intertwine
 - 118 Distribution
 - 119 Hair tint stuff
 - 120 Like freshly baked
 - 110-Across
 - 121 Spruced up
 - 122 Like a cliff
- DOWN**
- 1 Twinkie alternative
 - 2 Hail —
 - 3 Spaces
 - 4 Rival of Iams
 - 5 Relative of a trolley
 - 6 Rocker Patty
 - 7 Lug along
 - 8 — minimum
 - 9 Craggy crest
 - 10 Go astray
 - 11 Young male, in hip-hop
 - 12 A, in Hebrew
 - 13 Halves of diameters
 - 14 Q-U link
 - 15 Liszt works
 - 16 Many a salt, chemically
 - 17 Manual calculators
 - 18 Swahili's subfamily
 - 19 Geyser spew
 - 24 Hopped
 - 28 Say "OK" to
 - 31 Brad of films
 - 32 Cpl.'s boss
 - 33 Singer Sumac
 - 34 Isn't unable
 - 35 Road goo
 - 36 City of witch trials
 - 37 Japanese port city
 - 38 Daisy lookalike
 - 39 Flaky treat
 - 40 Allergic reaction
 - 43 Wrath
 - 44 "I could write —"
 - 45 Obtained
 - 46 General — chicken
 - 47 "Am — early?"
 - 48 NFL's Swann
 - 52 Strike out
 - 53 In — (gestating)
 - 55 Sprites
 - 56 Edgy
 - 57 Sword stuff
 - 58 Blackjack request
 - 59 Studio alert
 - 60 Shanty
 - 62 Aquatic birds
 - 66 1957 Bobbettes hit
 - 67 Singer Badu
 - 68 Atheist Madalyn Murray —
 - 69 "Dancing Queen" band
 - 70 Like a giant
 - 71 District
 - 74 Label again
 - 75 Rustic verse
 - 76 Jinx
 - 78 Small giggles
 - 79 Medit. nation
 - 84 Use a straw
 - 85 Grazing spot
 - 87 AAA offering
 - 88 Young newt
 - 89 Salty waters
 - 90 Gallon div.
 - 91 Spew forth
 - 92 Restraints
 - 93 Works hard
 - 94 Candid
 - 97 "Roots" novelist Alex
 - 98 By oneself
 - 99 Camel kin
 - 100 Spritelike loop
 - 102 Evaned (up)
 - 105 Years ago
 - 106 Toiling away
 - 107 — -to-five
 - 108 In addition
 - 109 Low in pitch
 - 111 Reticent
 - 113 D.C.'s home
 - 114 Road furrow
 - 115 West in film
 - 116 Small hotel



◀ SEE ANSWERS, B11

HOROSCOPES

LEO (July 23 to August 22) A colleague might try to goad you into saying or doing the wrong thing. It's best to ignore the troublemaker, even if he or she riles your royal self. Your supporters stand with you.

VIRGO (August 23 to September 22) Be careful not to let your on-the-job zealotry create resentment with coworkers who might feel you shut them out. Prove them wrong by including them in your project.

LIBRA (September 23 to October 22) Although it's not quite what you hoped for, use your good business sense to make the most of what you're being offered at this time. Things will improve down the line.

SCORPIO (October 23 to November 21) A more positive picture of what lies ahead is beginning to take shape. But there are still too many gaps that need to be filled in before you make definitive plans.

SAGITTARIUS (November 22 to December 21) Continue to keep a

tight hold on the reins so that you don't charge willy-nilly into a situation that might appear attractive on the surface but lack substance.

CAPRICORN (December 22 to January 19) You still need to demand those answers to your questions. Remember, your wise counseling earns you respect, but it's your search for truth that gives you wisdom.

AQUARIUS (January 20 to February 18) You'll find that people are happy to help you deal with some difficult situations. And, of course, knowing you, you'll be happy to return those favors anytime. Won't you?

PISCES (February 19 to March 20) Give that special someone in your personal life a large, loving dollop of reassurance. That will go a long way toward restoring the well being of your ailing relationship.

ARIES (March 21 to April 19) This week could offer more opportunities for ambitious Lambs eager to get ahead. But don't rush into making decisions

until you've checked for possible hidden problems.

TAURUS (April 20 to May 20) Some light begins to shine on professional and/or personal situations that have long eluded explanation. Best advice: Don't rush things. All will be made clear in time.

GEMINI (May 21 to June 20) Although you might want to protest what seems to be an unfair situation, it's best to keep your tongue and temper in check for now. The full story hasn't yet come out.

CANCER (June 21 to July 22) Work prospects are back on track. But watch what you say. A thoughtless comment to the wrong person — even if it's said in jest — could delay or even derail your progress.

BORN THIS WEEK: You are a delightful paradox. You like things neat and tidy. But you're also a wonderful host who can throw a really great party. ■

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



◀ SEE ANSWERS, B11

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ANTIQUES

Artist first created googly-eyed dolls as illustrations in books

BY TERRY KOVEL AND KIM KOVEL

If collectible dolls have googly eyes, the designer likely was Grace Drayton (1887-1936), a talented artist. Her maiden name was Grace Gebbie. She married Theodore Wiederseim in 1900, and they divorced in 1911 — the same year she married William Drayton. She divorced Drayton in 1923, but kept his name. She illustrated children's books, ads, magazine covers, comics like "Dolly Dingle" or "Dolly Drake," and later music boxes, limited-edition plates, valentines and paper dolls. The best-known art of her career are the "Campbell Kids." She drew the pictures for the ads for many years. The googly-eyed children were used for doorstops, valentines and other projects.

Q: Could my silver clown pin with enamel decoration really be made by Tiffany & Co.? That is what it says on the back, and I saw a similar pin in an auction ad recently.

A: Yes. Tiffany & Co. made a series of pins as part of the Gene Moore Circus group about 1990. The juggling clown with polka-dot pants recently sold for \$976 at a New York auction. They have come down in price since 2000.

Q: What is the corner block on a chair? I took a dining-room chair to have the slip seat to re-upholstered, and they said two corner blocks were missing.

A: Most dining-room chairs made in the late 19th century and later have corner blocks holding the seat in place. The blocks are used inside the seat frame to keep the four sides of the seat in position. Pieces of wood cut to fit into the corners of the seat or a single narrow piece of wood positioned between two adjoining sides of the seat act as braces. Each is attached with a screw or glue. Twentieth-century chairs often had a sheet of plywood covering the bottom. Earlier chairs used mortise and tenon construction.

Q: How old are glass telephone insulators? Which came first, glass or pottery? I just started collecting insulators because I found a pile of them buried near a pole on a farm.

A: Glass insulators were first made in the U.S. in the 1840s to be used with the new telegraph lines. They were what collectors call "bureau knob" insulators because they look like the wooden drawer



COURTESY PHOTO

These Ideal Toy Co. dolls were restored by the artist who made similar ones for Campbell Soup ads. The set sold for \$6,880 at a Theriault auction in Indianapolis.

pulls. Most had no inside threads. They literally insulated the lines, especially in the rain. Threaded insulators were patented about 1865 to 1875. The last glass insulators were made in the 1970s by Kerr Glass Manufacturing Corp., the company that makes Kerr canning jars. Pottery insulators were made from the 1850s. Porcelain became popular about 1915. Some early insulators were made of gutta-percha, rubber, wood or composite, but glass was the most popular. If you plan to collect them, you should know that the embossing on the insulator identifies the shape, maker and other things. There is a collector's code for shape. "CD" stands for Consolidated Design. And each shape has a number added to the letters. The system was started in the 1950s. New numbers are added by a selected expert. Porcelain numbers that start with "U" are unipart insulators, while "M" numbers are for multi-part insulators. To learn more, join the National Insulator Association, go to the shows and look up history online.

Q: I bought a poster of dogs playing poker about 30 years ago and would like to know if it has any value. It shows seven dogs sitting around a table playing poker. One dog is passing a card under the table

to the dog next to him. There are no names on the poster. Is it worth anything?

A: The picture on your poster is called "A Friend in Need," part of a series of sixteen anthropomorphic dog paintings by Cassius Marcellus Coolidge (1844-1934) and published by Brown & Bigelow, a company in St. Paul, Minn. They were commissioned for a 1903 advertising campaign for cigars. Nine of the paintings pictured dogs in a poker game, and collectors often call the paintings "Dogs Playing Poker." The paintings were reproduced on posters, prints, calendars and other items. This painting of the two dogs cheating at poker is the most popular in the series. An original painting would sell for a lot of money, but prints are common and can sell for \$10 or less. A pair of the paintings sold at auction for over \$590,000 a few years ago.

Tip: Do not mount old maps, prints, etc., on cardboard. The acid in the cardboard causes stains. Use an all-rag board. An art store can help. ■

— Terry Kovel and Kim Kovel answer questions sent to the column. Write to Kovels, Florida Weekly, King Features Syndicate, 628 Virginia Dr., Orlando, FL 32803.

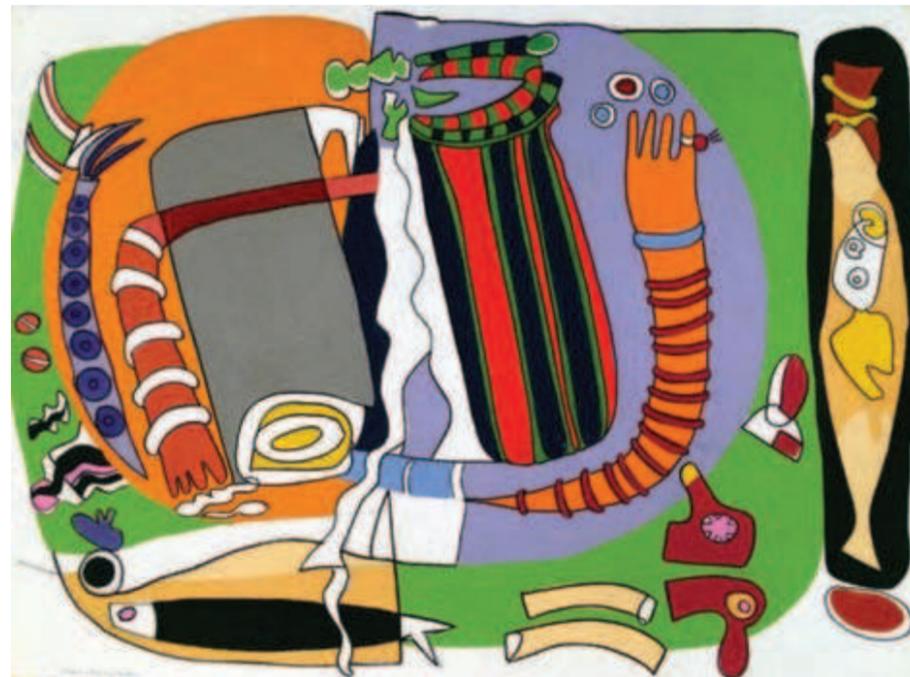
Florida Artists Group show comes to Lake Worth

Every year since 1949, the Florida Artists Group has held a symposium and member exhibition in a different Florida city. The statewide organization of professional artists seeks to promote the highest standards of creative art.

This year's Florida Artists Group Exhibition will be held through Sept. 23 at the Cultural Council of Palm Beach County, 601 Lake Avenue, Lake Worth.

The exhibit features the work of nine artists from Palm Beach County: Sami Davidson, Carol Grillo, Cecily Hangen, Joan Lustig, Lynn Morgan, Nadine Meyers Saitlin, Karen H. Salup, Carol Staub and Lorrie Williamson.

To learn more, call 561-471-2901 or visit www.palmbeachculture.com. ■



COURTESY PHOTO

Nadine Meyers Saitlin, "Pisces on the Table," 2017, acrylic paint on paper, 22 x 30 inches.

FLORIDA WEEKLY CUISINE

What's in your wine?

jerryGREENFIELD
vino@floridaweekly.com



The question often arises: Is wine simply the result of crushing grapes and letting the juice ferment, or is anything added to wine to improve quality or cover up flaws? The answer is mostly yes. At least for lower-end products.

As I've mentioned many times, there is no consumer product in the world that gives you less information about what's in the package than a wine label. But some winemakers steadfastly maintain a "non-interventionist" approach, adding nothing or very little to the wine, and they actually list ingredients on the bottle. This, however, is extremely rare.

On the other hand, makers of very inexpensive wines, like the stuff that comes in three-liter boxes with a little plastic faucet on the side, have a lot at stake because they make wine in industrial quantities.

Since they're cooking the stuff up 300,000 gallons at a time they have to (a) save money, (b) assure uniformity and (c) make sure nothing goes wrong in the process. These producers use several techniques (and several substances) to maximize production and minimize risk.

First, there's sugar. If there's not enough residual sugar in the juice, the yeast won't be able to convert it into sufficient alcohol. Winemakers add beet or cane sugar (a process called chaptalization) to increase alcohol content. It doesn't make the wine sweeter, because it's consumed during fermentation. This is illegal in most countries, but a common practice in Germany and some other places.

Then, there's oak, which adds all sorts of flavors and dimensions to wine. If you can't afford barrels, which cost upward of \$1,500 each, you throw planks of oak into the juice. If you can't afford them, you use oak chips. And if you're really on a budget, you use oak sawdust, then filter it.

Next are vitamins, which keep yeast alive in the juice during fermentation. These may be added in high-alcohol wines (over about 14 percent).

Acid content (pH) is extremely important to overall taste and balance. Too little acid might call for the addition of tartaric, malic, or citric acid. These are very common ingredients in many of the foods we eat, and are not at all harmful.

Tannins occur naturally in grape skins and seeds and are the critical structural component of red wine. If there's not enough, powdered tannin can be used to add muscle to an otherwise weak wine.

Now it's time to talk about Rubired grapes. As the name implies, they're really, really red and are used to make a concentrate called Mega Purple. This can be added to red wines to boost the color and make the wine look consistent from batch to batch. In California, in 2013, over 255,000 tons of these grapes were harvested. Winemakers won't admit on the record to using it, but the word is that even makers of more expensive wines drop some in to deepen the color. Since it's basically grape juice, it's not considered an additive.

There are other processes that don't involve putting substances in wine, but are also used to improve quality. Micro-

oxygenation blows tiny air bubbles into the juice to open up and smooth out tannins. Reverse osmosis forces the liquid through a membrane to filter out impurities and increase flavor concentration.

All that being said, there's no reason to fear opening your favorite bottle. These

substances don't remain in the wine — they're used in minuscule amounts to eliminate flaws, and then completely removed. So keep swirling and sipping, and sample this week's favorites.

Dierberg Chardonnay Santa Maria Valley 2013 (\$32) — If you like your Chardonnay on the oaky side, this is the bottle for you. Pronounced yet nicely balanced aromas of oak and vanilla with a buttery mouthfeel and characteristic mixed fruit flavors. The oak is done with a gentle touch. WW 87-88.

Locations I4 Italian Red Blend NV (\$19) — This is one of the very interesting blends from Dave Phinney, whom I've written about in this space previously. Lots of leather and perfumey lavender on the nose, and blackberry and plum flavors. Could use decanting to calm down the tannins. WW 87.

Locations P4 Portuguese Red Blend NV (\$14) — Another Dave Phinney effort, this wine is pretty purple in the glass with pronounced vanilla aromas. Slightly on the sweet side, earthy, extracted and raisiny. Drinks more like a Port, and so well balanced that it supports 15 percent alcohol. WW 86-87. ■

— Jerry Greenfield is *The Wine Whisperer*. Read his other writings at www.wine-whisperer.com.



COURTESY PHOTO
Analyzing wine can tell what has been added.



JAN NORRIS/FLORIDA WEEKLY
Fresh Nation's interior has a clean, industrial vibe.

SCOTT'S THREE FOR 3 Places in Juno

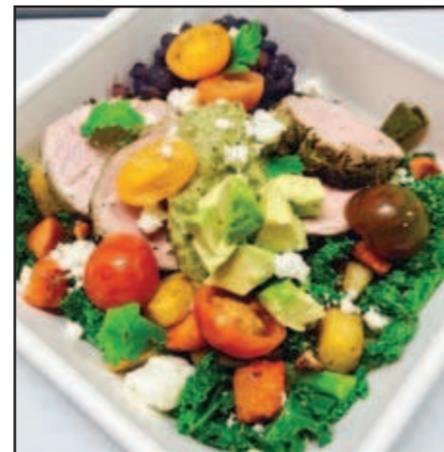
A trio worth noting

1 CAPTAIN CHARLIE'S REEF GRILL
12846 U.S. 1, Juno Beach; 561-624-9924.
Before there were any of the newer, "hipper" seafood places, there was Captain Charlie's, serving fresh, locally caught fish and shellfish, all innovatively prepared. Bits of sausage elevate shrimp and grits, and the yellowtail, snapper and other fish always taste "of the sea." There's nothing fishy about this place. Oh, and they have a great wine list.

2 FRESH NATION
891 Donald Ross Road, Juno Beach; 561-318-5371 or www.gofreshnation.com

Hurricane Café owner Scott Philip is a founder of this place that specializes in "clean" food.

Try one of the shakes — the South Beach is packed with acai, banana and strawberry with organic coconut water. You can order any of the special "superfood" menu items — the shrimp ceviche sounded good. There also is mainstream fare you'd expect to see on the menu at Hurricane Café — the B.L.T.A., or bacon, lettuce, tomato and avocado on bread, is served with chips and a pickle.



JAN NORRIS/FLORIDA WEEKLY
The Southwest Bowl at Fresh Nation.

3 KE'E GRILL
14020 U.S. 1, Juno Beach; 561-776-1167.
The menu at Ke'e Grill is equal parts surf and turf, just like its sister restaurants, Cool'a Fishbar, in Palm Beach Gardens, and Bimini Twist, in suburban West Palm Beach. The group also founded U-Tiki Beach in Jupiter. The crab cakes are decadently packed with big lumps of sweet crab, with no filler. And during one of my visits, a friend dined on the grilled lamb chops and found them to be tender and flavorful. And, regardless of whether you dine from the land or the sea, you'll want to order a side of the Spinach Maria, a comfort-food casserole baked with parmesan on top.

— Scott Simmons

THE DISH: Highlights from local menus

The Dish: BBQ Chicken Flatbread
The Place: Hurricane Café, 14050 U.S. 1, Juno Beach; 561-630-2012 or www.hurricanecafe.com.

The Price: \$9.75

The Details: There's a reason why the Hurricane Café is crowded all year long — even in the dog days of July and August: It's called consistency.

You know you can go there for lunch, breakfast or dinner, order a satisfying meal and either linger over a meal or eat and run — they'll accommodate either.

I love the sandwiches and the salads.

But I always come back to the flatbreads, which offer a crispy crust topped

with an array of ingredients — the Mediterranean, with artichokes, grilled veggies and goat cheese, is a favorite.

For this flatbread, Hurricane Café tops the crust with pieces of roast chicken, slices of red onion, bits of bacon, a tangy barbecue sauce, mozzarella and a sprinkling of cilantro.

The bacon lends a smoky flavor that permeates the dish and the cheese tames the tanginess of the sauce.

Share it as an appetizer or do as I do, and eat the whole thing yourself.

Your waistline won't thank you, but your stomach will. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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Sara DelBeato belts "the ditties of the titties!"

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CONTAINS MATURE CONTENT



Inside. Outside. Seaside.



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AUGUST 2017

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

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Is your weight getting in the way? | 3

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Getting kids back on sleep schedule | 10

Breathe out, breathe in

Calcagnini Center for Mindfulness can help you reduce stress, find balance in your life

"GIVE YOURSELF PERMISSION TO allow this moment to be exactly as it is, and allow yourself to be exactly as you are." - Jon Kabat-Zin, mindfulness expert

Denial — even resistance — to getting older is a natural impulse. But what if we embraced it instead of pushing it away?

Pushing away aging makes good sense; why not stay healthy and fit as long as possible? The difficulty in doing that is a seeming glitch in our design that reveals the essential challenge of being human. Eventually, knees and hearts give out, eyes and sex drive weaken, the broad mind and the narrow hips exchange places. We look in the mirror, half expecting to see our 20-year-old selves looking



Sheila Griffin
PROGRAM MANAGER,
INSTRUCTOR
CALCAGNINI CENTER FOR
MINDFULNESS
JUPITER MEDICAL CENTER

SEE BREATHE, 9 ►



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

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



**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

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

Who is a candidate for dental implants?

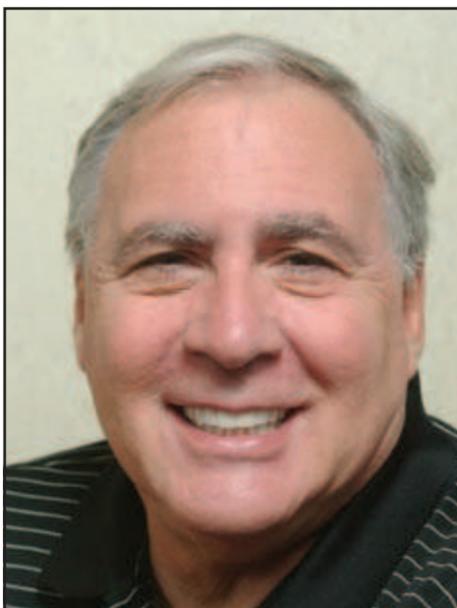
Most adults at any age who want to replace missing teeth are candidates. They are used to permanently replace a single missing tooth or multiple missing teeth and have become the optimum choice for many patients requiring tooth replacement and dental restoration. Implants also serve as secure attachments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



Before

What does a complete dental implant procedure involve?

The process in our office has become simplified because we use state-of-the-



After

art techniques to surgically place and completely restore your implants, all in our specially designed cosmetic and implant facility in Palm Beach Gardens.

We'll schedule your implant surgery in our on-site surgical suite, where you'll be kept comfortable and relaxed with a sedative, if necessary. Dr. Ajmo will place small, biocompatible implant posts precisely where your teeth are missing in your jaws. The same day, in many cases, he will attach abutments and temporary crowns to the implants. Your mouth will heal over the next few weeks and the implants will fuse to your jawbone over several months (a process called osseointegration). After the implants are securely fused to your jawbone, Dr. Ajmo will custom design permanent restorations that will look, feel and function like your real teeth.

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

To ensure your comfort during implant procedures, we offer a variety of relaxing sedation techniques, including mild oral and IV sedation. Since Dr. Ajmo is board certified in IV sedation and is highly skilled in all of these comprehensive implant services, you can be certain you're getting the most comfortable care possible while feeling confident that you're receiving the absolute best in modern dentistry. ■

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Is your weight getting in the way?

Weight gain is a frequent complaint from patients and is an ongoing lifetime struggle.

Obesity is a rising epidemic in our country. In the United States, it is estimated that 93 million Americans are affected by obesity and almost 112,000 annual deaths are attributable to obesity. Individuals affected by obesity are at a higher risk for impaired mobility and experience a negative social stigma commonly associated with obesity.

Being affected by excess weight, obesity or morbid obesity significantly increases the risk of developing many other diseases, such as type 2 diabetes, hypertension, heart disease, stroke, osteoarthritis and much more. Unlike diabetes and hypertension, obesity cannot hide from those around you.



Jennifer Nicholson
Nurse Practitioner
Youthful Balance
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youthfulbalance.net

Weight management is a partnership between the patient, their family and the healthcare team.

This partnership is one that is developed on an individual basis with each patient. Management of obesity includes diet, exercise, behavior modification and nutritional counseling. In most cases, medications for weight-loss (pharmacotherapy), supervised very-low calorie diets, structured meal plans and injectable vitamins like B12 are prescribed. Most people have



little or no side effects.

Getting a handle on eating behaviors is key to making a significant long-term change. While no one likes to keep food logs that require writing down all food eaten, this exercise has been shown to be important for long-term success. With all the variation in serving sizes, most individuals do not have a good understanding of how many calories are actually consumed in one day. Therefore, it is recommended that individuals keep a complete food log. This will also help the providers to get a better handle on areas of the diet to focus on at follow-up visits.

The current weight-loss model as patients and providers know it, needs to

be reversed. With pharmacotherapy as the core and foundation, then diet, exercise and behavioral modification as essential adjuncts. Once a desirable weight is achieved, a maintenance program needs to be continued using pharmacotherapy, diet, exercise and behavior modification. The medications suppress appetite, control cravings, improve insulin sensitivity and lower the metabolic set point.

One particular method of weight loss using medications is with the use of prescription hCG. This also can be combined with lipotropic (fat burning) and B12 injections. Patients can lose up to 20 pounds in 20 days or 40 pounds in 40 days.

Many studies have shown that accountability is one of the major factors influencing the ability of individuals to maintain long-term weight loss. Obesity is not a disease that's conquered in a day, month or year. It is a disease that must be fought every day for the rest of one's life. Weekly weigh-ins are a useful tool to hold individuals accountable. Just knowing there will be a weekly weigh-in decreases caloric consumption.

Other options for weight loss under the supervision of a health care provider is The Ideal Protein Weight Loss Method. It is a medically designed protocol containing two key components — weight loss and a healthier lifestyle education to assist you in maintaining your results after dieting.

The Ideal Protein Weight Loss Method is learning to live off of the body's own fat reserves. First the body depletes its simple and complex carbohydrate reserves and then turns simultaneously to its protein and fat reserves for energy.

Do you think you have a slow metabolism? Do you have trouble losing weight no matter what you do? Do you feel like your weight is getting in the way of your relationship, job and quality of life? Medically supervised weight loss is easier, faster and safer than standard diets because you are under the care of a physician throughout the course of your treatment. At Youthful Balance Medical Center, we can use medications and diet tools not available in commercial or self-directed diets.

Call Youthful Balance Medical Center today and let us come up with a weight-loss plan together! ■

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Checklist for a “Care”-versation with your parent’s doctor

How well your dad or mom communicates with his or her doctor can have a big impact on their health care. Unfortunately, talking to the doctor isn’t always easy for an older person. Often loved ones are afraid to ask questions, voice their concerns, and get suggestions.

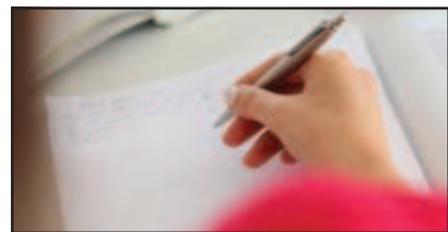
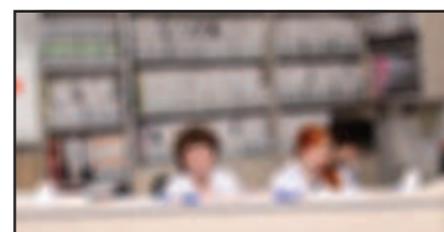
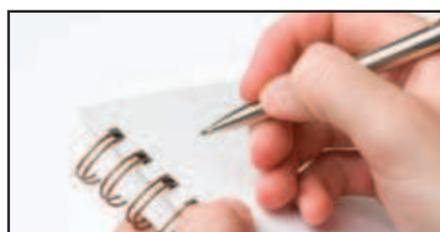
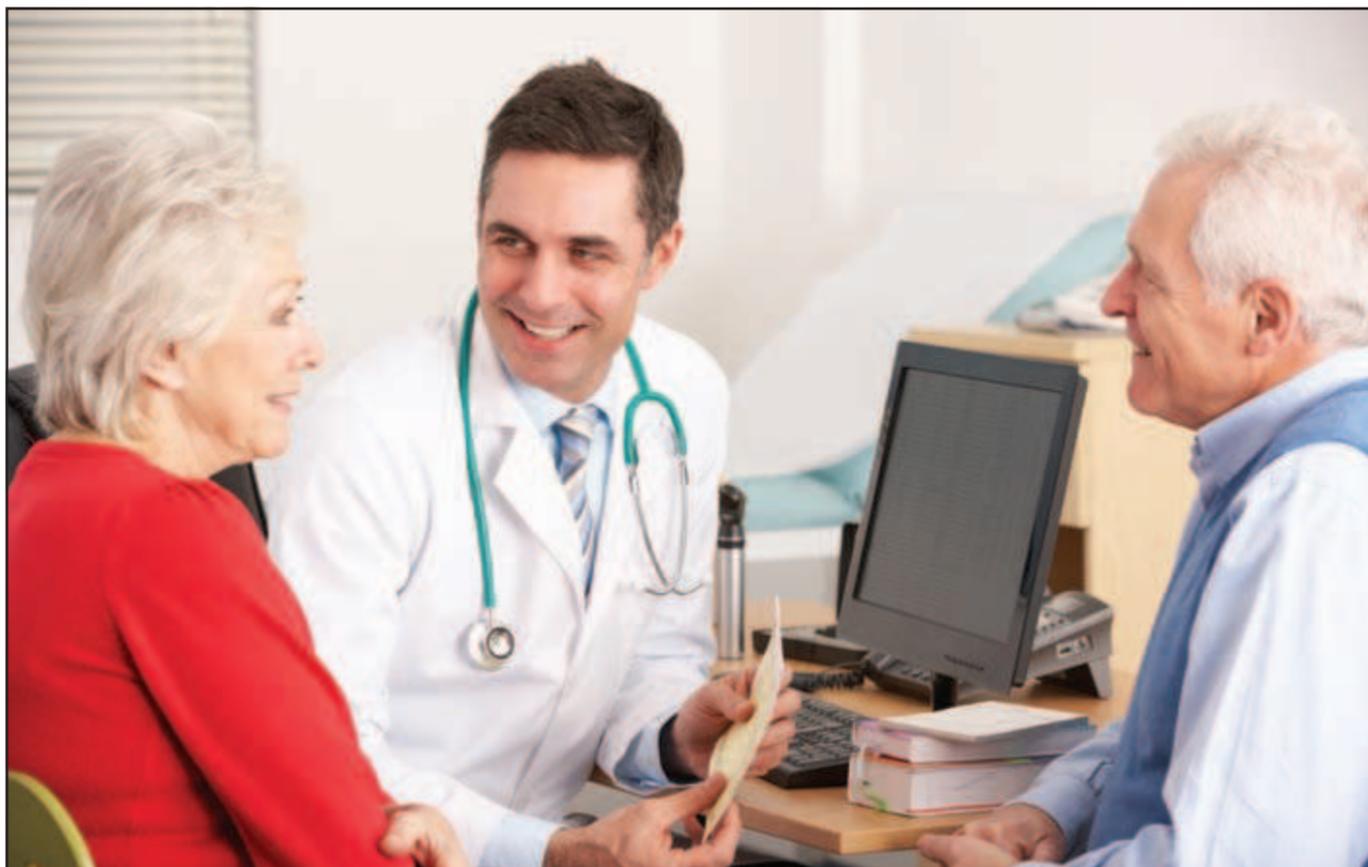
In 2017, we have a digital-driven, high-tech, medical environment where treatments are touted on TV and many



Irv Seldin, JD
President and Owner,
Visiting Angels
of the Palm Beaches

health care questions are answered by Google or WebMD. So it makes sense that today’s patient — doctor relationship is more of a working partnership. As folks age, it becomes more important than ever to talk often, and feel comfortable with their doctor

because they have more medical conditions and treatments to discuss. Having an extra pair of eyes and ears, as well as moral support and someone to take notes can be very helpful, so consider accompanying your parent to the doctor’s office. Help your senior parent have a “care”-versation with their doctor! Use this checklist to support them in taking an active role in their healthcare at the next appointment with their physician or geriatrician.



1. Before your parent’s doctor visit

a. Listen to, and then make a list of the health concerns they have to take with you. Encourage them to be truthful — being honest about how you are feeling is not “weakness,” and does NOT make you a “complainer!”

b. Write down all that has transpired since their last visit. Note what conditions have changed, what new symptoms have appeared, how their medication is working, any tests or treatments since the last visit per other physicians consulted.

c. Bring a complete list of any medications they are currently taking.

d. Find out ahead of time if they will need to give a urine sample, skip breakfast because of a blood test, or have an X-ray/MRI beforehand and then bring the images along.

e. If this is a NEW doctor, be sure to have their complete medical history sent to the medical office ahead of time.

2. During the doctor visit

a. Be sure your loved one shares as much information with the doctor as possible about their habits and routine, from

what they eat to how they sleep, and what changes have recently occurred.

b. Remind them not to belittle, or leave out any symptoms or changes because they think them unimportant. The frequency, severity, and what brought them on needs to be brought to the doctor’s attention.

c. Review with the doctor all current medications, possible side effects or interactions with other medicines and over the counter drugs.

d. Make sure your parent is open about their mental and emotional state as well as their physical issues. Talk about any life changes they recently experienced such as selling their house and moving, or death of a loved one. Depression and anxiety are real, and can cause symptoms or mimic medical conditions.

3. When a diagnosis is made

a. TAKE NOTES!

b. Find out what medical tests are needed and why, what it might cost, and how best to prepare for the test. How long will it be before you get the results?

c. If you are bringing your parents to the doctor to discuss results from tests already taken, make sure the doctor explains what the results mean, what may have caused the condition, and

how long it may last. Can it be cured? Treated or managed?

d. If the doctor prescribes a medication, find out the dosing directions and whether there are any restrictions while taking it. Address possible side effects, what to do if a dose is forgotten, or refills are needed.

e. If your parent must make an immediate decision regarding a treatment for a serious illness, be sure they thoroughly discuss the choices and options with the doctor, including the risks, benefits, timing, and co-pays.

4. Before you leave the doctor’s office

a. Ask if the doctor has any brochures or educational resources related to your parent’s medical condition, or the medications and treatments he has prescribed.

b. Ask what proactive changes Mom or Dad might need to make to their lifestyle and daily habits to improve health and well-being.

Adult children must remember not to dismiss a loved one’s medical symptoms as “normal aging!” Dementia is sometimes a misdiagnosed physical condition that can be reversed. Not all tremors mean Mom or Dad has Parkinson’s,

but early diagnosis of both dementia and Parkinson’s, and many other illness, is extremely important — so it is critical to discuss, not dismiss, symptoms with the doctor. Keep in mind that private duty homecare services can also have a positive impact on your parents’ health. A Home Health Agency can provide transportation and companionship for doctor visits when a family member is not available, as well as another set of eyes and ears that can report back to you. If the doctor feels your parent would benefit from additional assistance with their daily routine, an agency can coordinate with the doctor to provide a caregiver or companion to help at home while they are recovering, under treatment, or dealing with post-operative protocols. ■

— *Visiting Angels of the Palm Beaches has a refreshing and award-winning approach to homecare relationships. Let our “Angels” help you or a loved one while recovering from illness, accident or surgery, or assist with the care and companionship needed to remain comfortably and safely at home while aging in place, or living with Alzheimer’s and Parkinson’s. Call 561-328-7611 or visit www.VisitingAngels.com/PalmBeaches.*

**This article is not intended as medical advice*



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Healthier Jupiter announces results and progress

More than 70 people recently gathered at the Raso Education Center at Jupiter Medical Center to hear an update on the work that Healthier Jupiter has been doing in their five- to seven-year initiative to improve the health of our community. Project Director, Carrie Browne, shared the results of the 10 groups who received last year's \$2,500 mini-grants. Highlights included a collaboration between American Youth Soccer and the culinary program at Jupiter Community High School to hold a banquet featuring healthy food and education for the soccer league and the new "Rec on the Move" outreach program hosted by Town of Jupiter Recreation Department to bring

healthy activities to our community parks. Guests also heard about Healthier Jupiter's monthly "Walk & Talk" program, its funding of Jupiter Tequesta Athletic League (JTAA) scholarships and seasonal Jupiter Farmer's Market at El Sol, and the weekly "Zumba in the Park" program, among others.

Joanna Peluso, Healthier Jupiter's outreach coordinator, shared the results of their second yearlong health survey, which showed that 62 percent of our residents feel they need to lose weight, 65 percent would like to be more active, and only 40 percent are aware of the risk factors for Type 2 dia-

betes. Healthier Jupiter is a community initiative addressing health and quality of life issues starting with diabetes. Diabetes was selected because promoting healthy lifestyles can lower diabetes risk and complications as well as many other chronic diseases.

Mrs. Browne also unveiled Healthier Jupiter's new "Walk on Jupiter" initiative; a physical fitness challenge to encourage everyone in our community to walk and COLLECTIVELY achieve the distance it would take to land on the planet Jupiter. Walking is one of the simplest and least expensive ways to increase your physical activity. You

can join the Walk on Jupiter challenge by becoming a Walking Captain creating and leading your own group, or by joining a Walking Crew.

For information on Healthier Jupiter's programs or to become a Walking Captain, visit healthierjupiter.org or contact project director Carrie Browne at 561-263-7580, or carrie.jupiter@HealthierTogetherPBC.org.

Healthier Jupiter is a community initiative addressing health and quality of life issues starting with diabetes. Diabetes was selected because promoting healthy lifestyles can lower diabetes risk and complications as well as many other chronic diseases. Healthier Jupiter is funded through a grant from Palm Healthcare Foundation. ■



Stress Less, Live More



NOW OPEN!

Enroll in classes at the new Calcagnini Center for Mindfulness

Jupiter Medical Center, in collaboration with the University of Massachusetts Center for Mindfulness, is pleased to offer Mindfulness-Based Stress Reduction (MBSR).

Thousands have benefitted from this comprehensive, eight-week course. MBSR is offered as a complement to traditional medical and psychological treatments. It is proven to be effective in helping to treat work, family and financial stress and anxiety in addition to many common conditions such as sleep disorders, fatigue, headaches and high blood pressure.

In this intensive training, you will learn to access and cultivate your natural capacity to actively engage in caring for yourself and find greater balance, ease, and peace of mind.

Fall 2017 Session - includes eight classes and one all-day session.

Students who register for the Fall session will be invited to participate in a research collaborative exploring the depths of MBSR. Compensation of \$75 will be awarded to participants. Information will be provided at the October 10 orientation.

Orientation

Tuesday, October 10 | 10 a.m. – 12:30 p.m. or 6 – 8:30 p.m.

Classes

October 17, 24, 31, November 7, 14, 21, 28, December 5, 12
10 a.m. – 12:30 p.m. or 6 – 8:30 p.m.

Retreat

Saturday, December 2 | 8:45 a.m. – 4:30 p.m.

Location

Calcagnini Center for Mindfulness at Jupiter Medical Center, 1210 S. Old Dixie Hwy., Jupiter

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

Learn more at jupitermed.com/mindfulness

JUPITER MEDICAL CENTER



What women should know about stroke

PALM BEACH GARDENS MEDICAL CENTER

Did you know that stroke is the third leading cause of death for women?

Approximately 55,000 more women than men have a stroke each year, and it kills twice as many women as breast cancer each year. That's why it is so important to be familiar with the symptoms and risks associated with women and stroke.

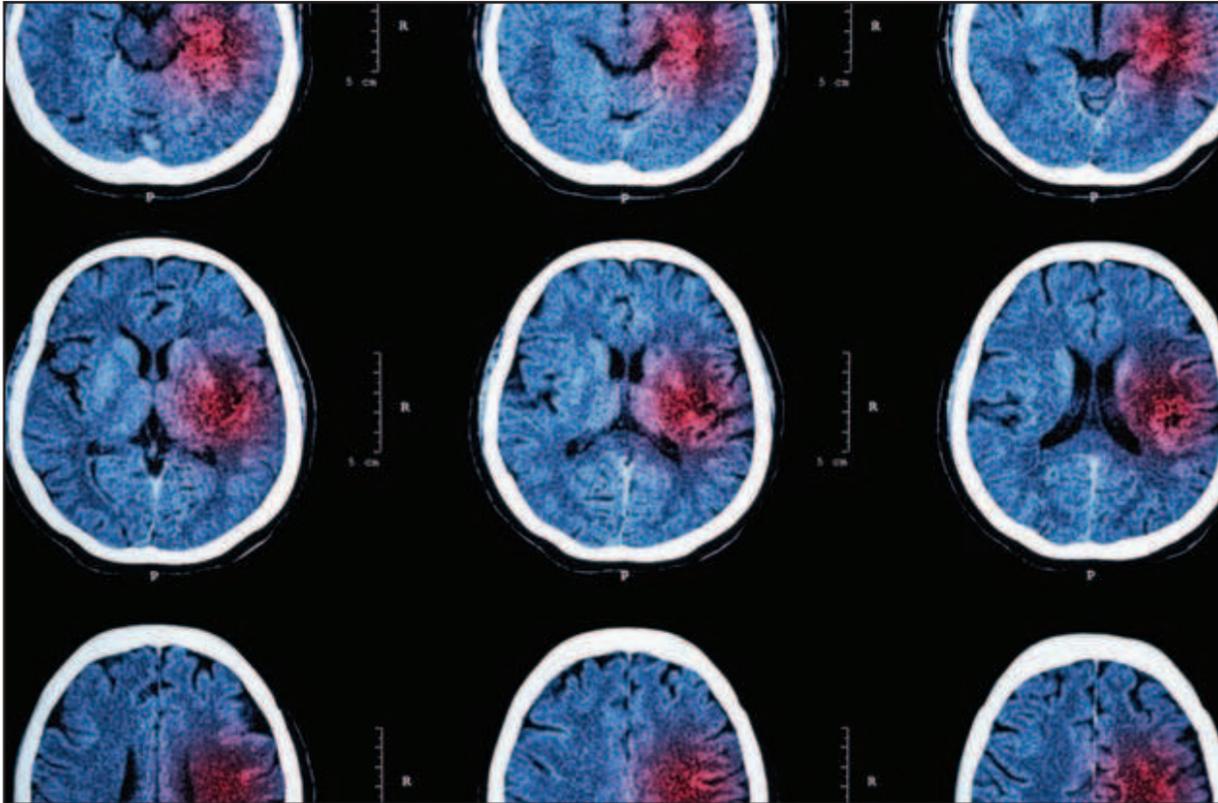
When it comes to a stroke, every minute counts. If you, or someone you are with, experiences the symptoms of stroke, seek medical attention immediately. The sooner treatment begins, the better chance for recovery.

Women and men experience many of the same symptoms of stroke:

- Sudden numbness or weakness of the face, arm or leg
- Confusion
- Difficulty speaking
- Problems with vision
- Loss of balance or coordination
- Trouble walking
- Sudden onset of a severe headache for no known cause.

However, some signs of stroke are unique to women, such as:

- Rapid onset of hiccups
- Nausea
- Fatigue
- Chest pain
- Face and limb pain
- Shortness of breath or heart palpitations.



Experiencing stroke symptoms?

The signs of stroke require immediate attention. Never wait more than five minutes to dial 9-1-1 if you experience even one of the symptoms.

You could be experiencing a stroke even if you don't exhibit all of the symptoms.

It's also important that you check the time, as the responding medical providers will need to know when your first symptoms occurred.

Strokes caused by blood clots, which are called ischemic strokes and are the most common type, can be treated with clot-busting drugs such as tPA, or tissue plasminogen activator.

But in order to be effective, the medication must be administered within three hours of the initial onset of symptoms.

Anticoagulants, such as warfarin and antiplatelet drugs, such as aspirin, may

be prescribed to help prevent a stroke in people who are high risk. In other cases, surgery may be recommended to treat or prevent stroke.

Carotid endarterectomy can be performed to remove fatty deposits that clog the carotid artery in the neck.

If a person does have a stroke, rehabilitation can help rebuild strength, capability and confidence to continue daily activities.

Risk factors

Women and men share many of the same risk factors for stroke. While a person of any age can have a stroke, risk increases with age. In fact, the chances of having a stroke double every 10 years after the age of 55. Other risk factors include a family history of stroke, high blood pressure or cholesterol, smoking, diabetes, being overweight and not exercising.

Women also have some exclusive risk factors that could raise their risk of having a stroke, which include:

- Taking birth control pills
- Experiencing natural changes in the body during pregnancy that increase blood pressure and put stress on the heart
- Using hormone replacement therapy to relieve symptoms of menopause
- Being postmenopausal and having a waist that is larger than 35.2 inches and a triglyceride level higher than 128 milligrams per liter
- Suffering from migraines

In addition, African-American women have more strokes than Caucasian women, and stroke

is the number one cause of death for Hispanic women.

Prevention

The good news is that there are steps to prevent stroke. Women can actively reduce the risk of stroke by:

- Monitoring their blood pressure
- Not smoking
- Knowing their cholesterol and triglyceride levels and taking steps to improve those levels, if necessary
- Limiting alcohol
- Maintaining a healthy weight

Generally, it is safe for young, healthy women to take birth control pills. However, risk of stroke increases in some women who are over 35, smoke, have diabetes and/or high blood pressure/cholesterol. ■

Palm Beach Gardens Medical Center names new medical director of bariatric program

Palm Beach Gardens Medical Center has appointed John Bacha, D.O., as its new medical director of the bariatric program. The bariatric program offers several treatments for patients including:

- LAP-BAND Adjustable Gastric Banding
- Gastric Bypass
- Sleeve Gastrectomy

"This program is an opportunity for individuals to lose weight in a way that's safe and may even help improve related conditions such as type 2 diabetes, high blood pressure and heart disease," said

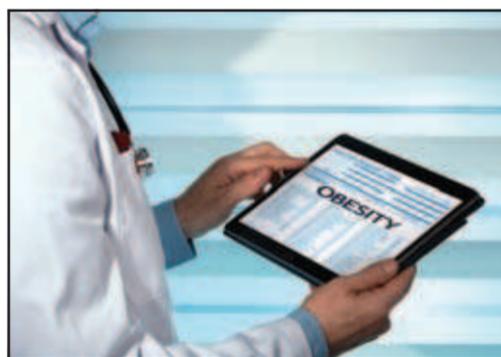


BACHA

Dianne Goldenberg, chief executive officer of Palm Beach Gardens Medical Center. "This is the kind of care that can benefit someone's health long-term."

Dr. Bacha is a board certified general surgeon who specializes in bariatric procedures.

"Procedures such as bariatric surgery can have a significant impact on



your quality of life," said Dr. Bacha.

"This can include not only your physical abilities but mental function as well."

Dr. Bacha received his bariatric and robotic training at Wayne State University and the University of Miami. He then completed his residency through Michigan State University at Macomb-Oakland Hospital in Madison Heights, Michigan. He earned his medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. He received his bachelor's from Penn State University, graduating with honors in biology. ■

Gardens Medical Center offers outpatient nutrition services

Palm Beach Gardens Medical Center is now offering an outpatient nutrition program to help patients with their dietary needs and goals. The program is designed to provide comprehensive nutrition assessment and education, including individualized nutrition consultation for patients who require medical nutrition therapy.

This program allows registered dieti-

tians to monitor the patients and create a dietary plan that's tailored perfectly for them," said Dianne Goldenberg, chief executive officer of Palm Beach Gardens Medical Center.

With an appointment, patients can expect a registered dietitian to provide individual counseling for food allergies and intolerances, weight concerns, heart disease, kidney disease, hyperten-



sion, digestive disorders, liver disease, vitamin and mineral deficiencies, high cholesterol and diabetes.

The program is based at the Palm Beach Gardens Medical Center Outpatient Rehabilitation Center at 2503 Burns Road in Palm Beach Gardens. To learn more, call 561-776-8584. ■

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OCTOBER | MARKET PULSE | 19

Brett Morris

Polo Club of Boca Raton
 'Forward thinking, trend-setting marketing'

WHO AM I?
 NAME: Brett Morris
 TITLE AND COMPANY: Polo Club of Boca Raton
 YEARS WITH THE COMPANY: Four-plus
 NATURE OF BUSINESS: Private Residential Country Club Resort
 EDUCATION: Culinary Institute of America
 HOMETOWN: Wyckoff, NJ

What is the most significant change you've seen in your industry over the past year?
 Appealing to a younger demographic that actively participates and desires to live in a private resort style enclave that is built around golf and tennis.

What improvements, innovations or changes do you foresee in your industry in the coming year or two? What about further in the future?
 Polo Club has strategically invested \$25 million over the past two years to address and meet the changing "next desires" of the club industry's "next generation of buyers." More specifically, club improvements and enhancements include five destination recreation experiences, a family dining venue, a new 27-hole putting green, lakes and FRC. The club's 38,000-square-foot health club was completely transformed into a state-of-the-art spa/wellness/fitness center. The club offers over 350 special events and activities annually including entertainment, arts, cultural, social and a street fair. In summary, the "new Polo Club of Boca Raton" speaks to adults and families looking for an active, resort-infused environment in which to live and play within the gates. Polo honesty rivals any 5-Star destination resort in all of South Florida.

What are three key challenges your industry is facing? How is your company responding to these?
 In the past, when a country club opened its doors - people would just come. For any club to remain competitive, they must remain relevant and invest in actual marketing. While all clubs are not, in fact, created equal - Polo Club is unique in that within the gates there are 24 distinct home communities within the community. The clubhouse is a world-class facility boasting five restaurants - from 5-Star to casual fare. Getting potential new members on one or both of our golf courses as well as encouraging play in our 27-court tennis complex clearly demonstrates what makes this club so different from others. Again, the key to sustaining and attracting new members is marketing a compelling story to potential new consumers and buyers.

Name the top three elements or practices that have been absolutely critical in the success of your business?
 Continually assessing and investing in property facility improvements from aesthetics to technology. Striving to create and deliver unique member experiences and a service culture that exudes warmth and genuine hospitality. Forward thinking, trend-setting marketing.

If you could go back in time, what are two things you would have done differently in your company?
 Polo Club has a very supportive, forward-thinking, progressive Board of Governors. So there really isn't anything I think we should have done differently. I just wish we had more time to get everything done that we'd like to do - just quicker.

What are two things you'd like to change about your industry now? Your company?
 I think the industry needs to continually think creatively. We have to work to find ways and means to expose youth, teens and younger adults to both sports and golf and tennis. Not only are they actually good for you from a physical exercise perspective - both sports also provide a great way to meet and make new friends as well as to challenge us.

What is your superpower?
 My father used to say that if something is worth doing, it's worth doing right.

What are you proudest of in 2016?
 2016 has been a great class year. Quantum House broke ground on a 20,000 square foot ribbon cutting in March of 2015. In May of 2016, we held the ribbon cutting on this magnificent project. Since May of 2001, Quantum House has served thousands of families from across the globe and suite building. Now, we can serve three times that many with 30 guest suites and more amenities such as a fitness center, playrooms, laundry and business centers, outdoor veranda, putting green and playground. For what many may consider a small organization, Quantum House took on the challenge of a \$5,000,000 Welcome Home capital campaign and has been successful. Because of a thoughtful and committed board of directors led by Kathleen Emmett, generous supporters and campaign leadership from Cathy and Jack Flagg, this grassroots, local non-profit made

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Roberta H. Journey

Quantum House
 'Staying true to our mission, integrity and outstanding stewardship'

WHO AM I?
 NAME: Roberta H. Journey
 TITLE AND COMPANY: CEO Quantum House
 YEARS WITH THE COMPANY: Since 1997 as member of Junior League of the Palm Beaches; founding board member since 2001; CEO since 2008
 NATURE OF BUSINESS: Nonprofit
 EDUCATION: Cardinal Newman High School - Go Crusader; Spring Hill College, Mobile Alabama BS degree
 HOMETOWN: North end of Palm Beach County

What is your "finish line"? Or, what does success look like to you for 2017?
 Success in 2016 is getting all of the new suites on line, providing lodging and love to hundreds of more families, providing opportunities for the community to join in on our journey by preparing meals, organizing arts and sharing their pets and all of their talents with the families who call Quantum House home. Because we are not exclusive to any illness or injury, we roll out the welcome mat to so many. While our presence is local, our impact is truly global with families from Italy, Poland, Israel or from right here in Palm Beach County.

How is social media impacting your industry or business this year?
 Social media allows Quantum House to share the message that the families we care for are just like you. Each of us has a child in our lives, a son or a friend, so each of us might need a place like Quantum House. It's a unique theme that resonates with everyone and Facebook, Twitter and Instagram highlight the faces and smiles of the children, the folks who prepare dinner or the joy of snuggling with a therapy dog.

What's in store for 2017?
 2017 will mark one year in our expanded House. It will be a time to celebrate this accomplishment and bit like Switzerland - we don't care where their families come from, what their physician or the weight of their wallet. What we care about is helping them get through this rough patch with their precious children and getting them home.

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BREATHE

From page 1

back at us, and notice a spot here, a sag there, lines everywhere. One minute we are striving and on top of our game, the next moment we are in a doctor's office, waiting for a variety of invasive procedures to keep us around a little bit lon-



in the know

A quick practice in mindfulness

- >> When fears, worries, and concerns about aging overtake you, try this three-minute breathing space practice, which is used in Mindfulness-Based Stress Reduction to maintain openness and curiosity.
- >> 1. Breathe in. Notice any thought bubbles that appear, including negative thoughts about aging. Notice what these thoughts trigger in your body, and which emotions arise. Continually remind yourself to be gentle, open, and curious — even if (especially if) you feel overwhelmed. Aging happens. It's OK.
- >> 2. After a moment of opening to whatever you noticed in your mind and your body, rest your attention lightly but firmly on the rise and fall of your belly, feeling the stretch of the inbreath, the release of the outbreath. Your body is your anchor to the present moment. Notice when your attention seeks distraction from being here. Do not judge. Simply notice and then gently return to the rise and fall of your breathing.
- >> 3. After a minute of repeatedly returning to the breath, expand your attention out into the rest of your body, noticing whatever sensations arise. Be aware of your facial expression and your posture. Then stretch a tiny bit further and notice the space around you. Be here now.

ger. And, even if we do manage to slow down the effects of aging, mortality is always right around the corner.

The human experience of aging is interwoven with vulnerability. And what if it's OK to be vulnerable? What if wisdom and connection, depth and richness all come from the realization of impermanence? You don't have to pretend the sensations of aging are comfortable, or pleasant, or wanted. But what you can do is be present as it all bubbles up.

And just maybe, if we can find a way to stay present we might be surprised to discover that being older than we were yesterday is part of being alive. Enjoy the changes of life, the new discoveries that come with every breath.

"Mindfulness practice means that we commit fully in each moment to be present; inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness, mindfulness and equanimity right here and right now." — Jon Kabat-Zin

The new Calcagnini Center for Mindfulness at Jupiter Medical Center is a beautiful, soothing space overlooking the Jacqueline Fiske Healing Garden that is designed to teach people to be more mindful and to manage the tension of everyday life.

The ongoing practice of mindfulness helps by lowering stress levels that are often a contributing factor to "dis-ease."

In addition, those who practice this discipline can achieve an enhanced sense of balance in their lives and a greater interest in learning the "how" of taking good care of themselves, enhancing their ability to focus on overall wellness.

Mindfulness-Based Stress Reduction (MBSR) classes are the cornerstone of the services offered at the Calcagnini Center, in addition to other services like meditation sessions, workshops, health coaching, and other integrative medicine practices such as Yoga, Tai Ji Quan and massage, to name a few.

To register for the MBSR program, visit www.jupitermed.com/mindfulness or to learn more about our services, call 561-660-1828. ■

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Get your kids on their back-to-school sleep cycle

PALM BEACH CHILDREN'S HOSPITAL

Now that school is back in session, some children may still be adjusting to their new bedtime. After spending a whole summer staying up later than normal, it's time to once again help establish a new routine to help maximize your child's performance in school. Although some families might have had a seamless transition back to an earlier bedtime, here are some helpful tips for those families who may still be in this process.

How much sleep should your child be getting?

The amount of sleep children need gradually decreases as they mature. Newborns usually nap about 16 hours through the day and night, while older children need about 10 hours of sleep per night. If a child doesn't get enough sleep, it may lead to difficulties in school, anxiety disorders and behavioral problems. Parents can help by following these steps:

- Stick to the same bedtime every night, even on weekends.
- Turn off the television, video games and computer at least one hour before going to bed and start winding down with a consistent routine that includes brushing teeth, going to the bathroom and maybe reading a short story.
- Make sure the place to sleep is comfortable.
- Keep a low noise level in the house



while the child is asleep.

How to help adjust to early mornings

While helping your child go to bed earlier on school nights is a big accomplishment, it's only half the battle! Weeks of laidback mornings are now refocused on getting up early, getting dressed, brushing hair and teeth, making sure all supplies are prepared and having an adequate breakfast within



a stricter time frame. Here are some techniques that may help with your new morning schedules:

- Make sure you have enough time

to get going — it could take up to a week for a child to transition from “sleeping in” to waking up early. Parents can help this transition by gradually waking their kids up earlier in 15 or 30 minute increments, but ensure that they still get the hours of sleep they need for their age.

■ Prepare as much as you can the night before — this may help reduce the morning scramble leading up to your departure for school and work. Try picking outfits, packing lunches and loading up book bags before preparing for bed the night before.

■ Don't let the weekends undo all your hard work — the last thing you'd want is for your child to sleep in all weekend, potentially erasing all the structure you've helped create for your weekday schedule. Encourage your kids to stick to their weekday wakeup time, even on weekends, by explaining that this may help them adjust to their new sleep schedule sooner.

We heal for them

The medical professionals at the Palm Beach Children's Hospital at St. Mary's Medical Center are trained to treat your child for a variety of conditions. Our hospital treats patients needing treatment for pediatric care including surgical intervention, emergent or traumatic injuries, orthopedic problems and more. For more information about the services offered at Palm Beach Children's Hospital, please visit www.PalmBeachChildrensHospital.com. ■

Pebbles in your plumbing?

Don't let kidney stones send you to the emergency room

NATIONAL INSTITUTES OF HEALTH

Each year, more than 1 million people in the U.S. rush to the emergency room with pain caused by a kidney stone. Many of them say passing a kidney stone is more painful than giving birth.

Kidney stones are hard, pebble-like pieces of material that form in one or both kidneys. They're caused by high levels of certain minerals in your urine.

Stones vary in size from tiny crystals that can only be seen with a microscope to stones more than an inch wide. Tiny stones may pass out of your body without your even noticing. With larger stones, you won't be so lucky. Stones that are larger than a pencil eraser can get stuck in the urinary tract — and that can really hurt.

Everyone is at some risk for developing kidney stones.

“It is a very common condition,” says Dr. Ziya Kirkali, a urologist at the National Institutes of Health, adding one out of 11 individuals in the U.S. is affected by the disease.

Kidney stones can form at any age, but they usually appear during middle age (40s to 60s). Of those who develop one stone, half will develop at least one more in the future.

“Probably one of the most important reasons why people form stones is dehydration,” Dr. Kirkali says. When urine is too concentrated, minerals can build up and form stones. “I can't over-emphasize the importance of drinking plenty of water, because that's the most effective way of preventing kidney stone disease.”

During the warmest months of the



year, you're at greatest risk of becoming dehydrated. “So it is really important to drink more than you usually drink when it's hot outside, compared with how much you drink during the cooler days or months,” Dr. Kirkali says.

To detect kidney stones, your doctor may order lab or imaging tests. Lab tests look in urine for blood, signs of infection, minerals (like calcium) and stones. Blood tests can also detect high levels of certain minerals. About 80 percent of all stones are made of calcium oxalate, Dr.

Kirkali says.

Knowing what the stones are made of can help guide treatment.

Treatment also depends on the stone's size and location. CT scans or plain X-ray imaging can help your doctor pinpoint the location and estimate the size of a kidney stone. Depending on what your doctor finds, you might be prescribed medicine and advised to drink a lot of fluids. Or you might need a procedure to break up or remove the kidney stone.

There are different procedures for breaking up or removing kidney stones. One method delivers shock waves to the stone from outside of the body. Other strategies involve inserting a tool into the body, either through the urinary tract or directly into the kidney through surgery. After the stone is located, it can be broken up into smaller pieces.

NIH-supported scientists are studying ways to prevent kidney stones from returning. “We always tell our patients to drink more, but it's not so easy to really increase your fluid intake,” Dr. Kirkali says. A new study is testing a method to encourage people to drink more fluids each day. Other NIH-funded studies are trying to unravel why some people seem more at risk of developing kidney stones. Still others are looking into how to better detect stones and treat them.

Don't let the pain of kidney stones send you to the emergency room. Keep hydrated. But if you develop any of the symptoms listed in the accompanying box, see your doctor right away. ■

in the know

Kidney stone clues

See your health-care provider if you have any of these symptoms:

- >> Sharp, severe pains in your back, side, lower belly or groin
- >> Nausea and vomiting
- >> Blood in your urine, making it look pink, red, or brown
- >> Constant need to empty your bladder
- >> Pain when you urinate
- >> Difficulty urinating

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