

PALM BEACH FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF OCTOBER 19-25, 2017

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INSIDE:

Highlights at this year's Fantasy Fest. **A13** ▶



FLORIDA'S FANTASY ... COMES ALIVE

BY LAURA RICHARDSON

Florida Weekly Correspondent

DEAREST READERS: THE PARTY WEEK WE'VE ALL been waiting and prepping for since last October is nigh upon us. As you read this very article, piles of boas, stacks of tutus and corsets, and boxes of costumes are being hauled down from attics and

SEE FANTASY, A12 ▶

▲ Revelers and partygoers celebrate at Fantasy Fest last year. Don't miss this year's fun.

PHOTOS BY ROB O'NEAL, FREAS PHOTOGRAPHY AND CAROL TEDESCO / COURTESY TO FLORIDA WEEKLY

INSIDE



Earth-oriented show

Norton exhibition tracks humans' impact on planet. **B1** ▶



Behind the Wheel

Cruising around in Bentley's ultimate SUV. **A16** ▶



Reimagined Colony

Hotel takes family-oriented approach to service. **A14** ▶



Collector's Corner

Our antiques columnist gets lit up over his latest find. **B2** ▶

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Woman pays it forward for Triangle Club

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

The day her identical twin daughters were born eight years ago marked the first day of Kat Moore's sobriety. She had struggled with alcohol and drugs during her pregnancy, but on that day she found the strength to make the changes she needed for herself and for her babies.

She had checked into Gratitude House in West Palm Beach, a treatment facility in West Palm Beach that specialized in treatment for women with children — one of



MOORE

her two daughters and work on her recovery. Today, Ms. Moore, who grew up in Jupiter, is a graphic designer and videographer and is also a committee member of The Third Annual Lions of Recovery Reception & Dinner on Nov. 4. The event will benefit The Triangle Club Inc.

“The Triangle Club has provided a safe place where I go to attend meetings, meet with sponsors and socialize with other people in different stages of recovery,” Ms. Moore, 38, said. She shares her story with

only a few in the country at the time. During that time, she often took her twins (Hope and Faith) with her to meetings at The Triangle Club, which provides a haven for recovering alcoholics and their families to learn and grow. Once her treatment at Gratitude House was complete, she moved into women's housing through The Lord's Place and continued to go to school, work, support

SEE TRIANGLE, A8 ▶

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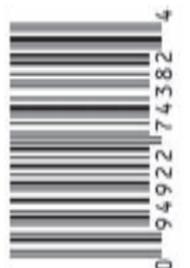
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Palm Beach Gardens Medical Center

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COMMENTARY

The United States of Alabama

leslieLILLY

llilly@floridaweekly.com



Having lived in Mississippi for almost a decade, there is not too much to be learned about Alabama that I don't already know. The Magnolia State is pretty much in the running for dead-last as compared to other states on issues of economic prosperity, educational attainment, lowest rates of poverty, health and wellness and racial progress; Alabama is generally reliable as close or second-to-dead-last on the same quotidian measures. If you live in Mississippi and look across the state line into Alabama, you recognize what you see.

Both states institutionalized systemic discrimination against African-Americans. State legislatures codified second-class citizenship for black people into the rule of law, social and economic policy, and social norms governing every aspect of racial relations, as in the use of public transportation and water fountains, for example.

White people set the rules. Black people were expected to follow them or suffer the consequences. And we all know, there were horrific consequences. Intimidation backed up by the threat of physical violence against African-Americans was commonplace. I remember once reading a report from a survey conducted by Mississippi's Department of Tourism

that fear was the No. 1 reason more black people didn't visit the state.

The post-agrarian promoters of the "New South" sought to overcome the region's backwardness and address its issues of racial injustice. But neither Mississippi nor Alabama was so inclined. "Preserving our way of life" was code for keeping black people in their place.

Both states paid a price, failing to achieve the quality of life had state leaders been wiser, more enlightened, and chosen more justly. Their choices robbed the states of human capital and the capacity to compete economically as compared to other states.

What Mississippi and Alabama did excel in was defending the indefensible, including racially motivated murders and discrimination, wage slavery, separate and unequal schools, denial of voting rights and corruption of the rule of law. It is why both states became notoriously bloody battlegrounds during the American Civil Rights Movement.

White supremacists murdered and assassinated African-Americans and civil rights workers, burning and bombing more than 300 black churches, all with impunity. Birmingham's 16th Street Baptist Church was the site of a bombing in 1963 that injured 14 and killed four young girls attending Sunday school. In Mississippi, three young men who had participated in Freedom Summer, a 1964 campaign to register black voters, were murdered.

The horrific killings spurred Congress to pass, with Democratic support, The

Civil Rights Act of 1964. But the Democrats were no saints on issues of racial justice. It was The States' Rights Democratic Party, the "Dixiecrats," who debuted the Confederate battle flag in 1948 to rally white supremacists and champion segregation.

The approval of the legislation opened the door for Richard Nixon and the GOP to cultivate white Southerners disaffected by the Democrats' support of the bill, driving a stake into the heart of the Democrats' solid South. The GOP today owes its dominance in national politics to the South. It is the engine room of the party's right-wing extremism.

U.S. Attorney General Jeff Sessions is from Alabama. In 1986, he was the U.S. Attorney in Mobile when the Senate Judiciary Committee rejected his nomination for a federal judgeship. Sessions had a tainted history of discriminatory attitudes and behaviors toward African-Americans that made his views racially suspect. They still are.

Last month, Alabama Republicans chose Roy S. Moore in the GOP Senate primary runoff. During the era of George H.W. Bush, he was known nationally for his right-wing extremism and virulent, anti-gay views.

Since then, he has been twice defrocked as an Alabama Supreme Court Judge for flouting the authority of the federal court system and for violating Alabama's canon of judicial ethics.

In 2003, he defied orders to remove from under the dome of the Alabama judiciary building a two-ton block of granite inscribed with the Ten Commandments.

He ordered it installed in the dead of night, much to the surprise of his fellow justices.

Alabamans took no offense and re-elected him in 2010. He again was suspended for the rest of his term for instructing the state's 68 probate judges to ignore a Supreme Court ruling on marriage equality.

Moore has publicly stated that the First Amendment protects only Christians, 9/11 was God's retribution for society's evil and Obama isn't an American citizen.

The Democratic opponent Moore will face in December is Douglas Jones. Charles D. Pierce wrote in *Esquire* about Jones: "In 2001, Jones convicted two men for the bombing of the 16th Street Baptist Church in Birmingham in 1963, one of the iconic white supremacist terrorist acts of that period. One of those bastards already died in prison and the other keeps getting denied parole. If you'd rather be represented in the Senate by a lawless theocratic lunatic, rather than a guy that finally got justice for four murdered little girls, well, you deserve anything that god-dam happens to you."

If extremists like Moore triumph, welcome to the United States of Alabama. ■

— Leslie Lilly is a native Floridian who writes frequently on issues of politics, public policy and philanthropy, earning national recognition for her leadership in the charitable sector. She resides with her family and pugs in Jupiter. Email her at llilly@floridaweekly.com and read past blog posts on Tumblr at [llilly15.Tumblr](https://www.tumblr.com/blog/llilly15).

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Palm Beach Gardens
Medical Center



NOVEMBER

COMMUNITY EVENTS & LECTURES



Breathe Easier Knowing there are Treatment Options for Pulmonary COPD

Lecture by Jose De Olazabal Jr, DO

Thursday, November 2 @ 6-7 p.m

Palm Beach Gardens Medical Center // Classroom 4

Did you know, an estimated 15 million Americans are suffering from COPD? With early diagnosis and treatment, sufferers are able to breathe better and live a more healthful life. Join Dr. DeOlazabal for a free lecture as we recognize National COPD Awareness month.

*Light dinner and refreshments will be served.
Reservations are required. Please call 855.387.5864 to make a reservation*



Minimally-Invasive Treatment Options for Heart Disease — Mended Hearts Program

Lecture by Saurabh Sanon, MD, Medical Director of PBGMC's Transcatheter Therapies Program

Tuesday, November 14 @ 6-7 p.m

Palm Beach Gardens Medical Center // Classroom 4

Palm Beach Gardens Medical Center is teaming up with The Mended Hearts Program to provide support for heart disease patients and their families. Members will be able to interact with others through local chapter meetings, volunteer opportunities and special events. Members are encouraged to listen, share their experiences with other heart patients, and learn from healthcare professionals about treatment and recovery. A small fee* will be collected by the Mended Hearts Program for registration. This month, join Dr. Sanon for a lecture on some of the minimally-invasive treatment options we offer at the hospital.

*\$5.00 per year will be collected solely by the local Mended Hearts Program to provide educational materials for members.

*\$20.00 per year will be collected solely by the Mended Hearts Program if participants would like to become a national member.

*Reservations are required. Please call 855.387.5864 to make a reservation
Light dinner and refreshments will be served.*



Hands-Only CPR Class*

Tuesday, November 21, @ 6:30-7:30pm

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, CPR demonstration and go over Automated External Defibrillator (AED) use. Participants will have the opportunity to practice their new skills using CPR manikins.

*Certification will not be provided

Please call 855.387.5864 to make a reservation

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FREE Community Chair Yoga Class

Class taught by Sara Chambers, RN, BSN, CYT

Please choose one class option:

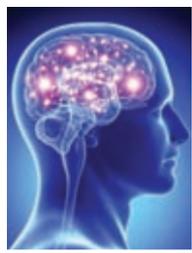
Wednesday, November 1 or

Wednesday, November 15, 6-7 pm

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



Epilepsy Support Group

Monday, November 27 @ 6-8pm

Palm Beach Gardens Medical Center // Classroom 3

Palm Beach Gardens Medical Center is teaming up with the Epilepsy Foundation of Florida to give patients and families the opportunity to engage with others living with seizures and dealing with the obstacles that come along with epilepsy. Attendees are encouraged to share their experiences and will be educated by guest speakers in the medical field.

Please call 855.387.5864 to make a reservation

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.

- Wednesday, November 15th
- Wednesday, November 29th
- Wednesday, December 6th
- Wednesday, December 13th
- Wednesday, December 20th

Please call 855.387.5864 to make a reservation

All screenings held at: Palm Beach Gardens Medical Center

FREE COMMUNITY SCREENINGS

Free Heart Attack Assessment Screenings

(blood pressure, BMI, glucose and cholesterol)

Wed, November 8 @ 8am-11am | Classroom 3

Please call 855.387.5864 to make a reservation

Osteoporosis Screenings

Thursday, Nov 16 @ 9am-1pm | Outpatient Entrance

**FOR RESERVATIONS, PLEASE CALL
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OPINION

Figuring costs



roger WILLIAMS

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Let me start with a breakdown of comparative values.

One trillion. If I'm not mistaken, a trillion is made up of a thousand billions. That's a lot of billions.

A billion — a single solitary billion — is made up of a thousand millions.

And a million? A million bucks isn't much in the long run, not at a mere thousand thousands. But it'll get you a good weekend in Paris, that's for sure, or an ice cream sundae from the Royal Scoop in Bonita Springs for \$10.02, with tax included and change to spare.

When you figure costs, you should always look at the things you want right now and the things you may not want or ever see, even if you're paying for them.

Say you want a good evening meal right now, so you sashay into Naples and wind up at Sea Salt. You'd better figure on paying \$200 per person or more.

But what if you've had hors d'oeuvres and dinner with wine, and suddenly (it's a nice night for a cross-state drive, after all) you find yourself craving a room for two at the Breakers in Palm Beach?

Well, friend, that's going to cost you. The place runs at least \$600 a night, and that's just for a broom closet.

You have some money in your pocket, obviously. So the next morning you decide you need either a glorious investment or another delicious expense.

You consider buying the violin made by Arthur Catton Lancaster and used by Wallace Hartley for \$1.7 million, but you reject the idea. You can't drive a violin, to start with — you probably can't play it, either — and you wouldn't want to take this lovely little fiddle on your yacht (cost for the Hatteras 70 Motor Yacht with two 1,600 HP CAT 32A diesel engines, about \$5 million). Mr. Hartley,

the bandleader, used the instrument to play "Nearer My God To Thee" as the Titanic went down. It tends to sink boats, apparently.

It'll be another car, then, and Palm Beach County has all the sporty ones: say a Lamborghini for \$200,000, a top-end Porsche for roughly half that, or a Chevy Corvette for about \$55,000. Maybe you just buy the three together, an automotive triptych.

All that's fun — toss in a house for a couple or \$5 million (only a tiny fraction of a billion, after all) and it'll be even more fun, but don't buy it near the beach. When your kid reaches 40 or 50, it'll be underwater.

So that settles that.

Now, what about the things you don't want or need, or may not even see, even though you're paying for them?

Bridges, for example. If you decide to build the Bob Graham Sunshine Skyway over Tampa Bay stretching about four miles long and 430 feet high, complete with 84 steel tubes that encase steel cables supporting the main span, you're going to pay \$244 million — at least you would have in 1987.

In today's dollars that would be about \$526 million — a mere half-billion, or so.

But how often are you going to use that bridge?

Not to worry, it still has investment value. Even decades later travelers have to pay \$1.25 to cross the Sunshine Skyway, and about 50,000 do every day. So we're raking in almost \$23 million a year, just from tolls.

Such bridges probably exist all over the U.S. of A., along with other public investments some people use and some don't. Libraries, for example. Parks. Public education, which isn't cheap.

The public schools budget for Palm Beach County last year was \$2.31 billion — that's 2,310 million, by the way — and worth it, I hope. Lee County spent \$1.4 billion, Collier spent \$977 million, and Charlotte came in at a paltry \$247.8 million.

I'm still good with those costs. Heck,

I'm even happy to pay \$16 to \$20 billion to fix the Everglades and Florida's entire water system from near Orlando south to Florida Bay. That's the cost figured by the Army Corps of Engineers for the total 30-year package, known as the Comprehensive Everglades Restoration Plan. I'd do it in two years, though, not 30. Probably save money and more than a few tourist businesses.

But now I've reached the limit of my spending tolerance. Because I hate the cost of the current wars.

I don't want to spend another nickel on another grain of sand in Iraq or Afghanistan, and certainly not in a tangle with the North Koreans or anybody else — no, sir. Though the numbers are slippery, the costs of Iraq and Afghanistan alone are ridiculous no matter who figures them: almost \$5 trillion so far, according to Brown University's Cost of War project.

Remember: a trillion is 1,000 billions, and each billion is 1,000 millions. For even a single trillion, therefore, you could fix the entire Everglades ecosystem at least 50 times. For \$5 trillion you could fix it 250 times.

What really bothers a cost-minded hound like me, though, is the waste of good blood money. At some point in the not-too-distant past, the death count alone for Americans reached 3,019 in Afghanistan, and 4,520 in Iraq. That's 7,539 bodies shipped home in flag-draped caskets since 2002.

Now look, people, that's just economically wrong. The human body carries about 1.5 gallons of blood, which is 12 pints. The cost of a single pint of "red-cell blood product" now on the market runs in the \$120 to \$150 range.

So by my scrupulous calculations, we've just thrown away 90,468 pints of good American blood. Taken at an average value, say, of \$135 a pint, I figure we've squandered \$12,213,810, right there.

What a waste. ■

Tillerson should go



rich LOWRY

Special to Florida Weekly

If Secretary of State Rex Tillerson resigned, how would anyone know?

He has become the nation's least influential top diplomat in recent memory. His relationship with the president of the United States is strained at best, he has no philosophy or signature initiative, he has barely staffed his own department, and he's alienated the foreign service. The former CEO of Exxon-Mobil has taken one of the power positions in the U.S. government and made it an afterthought.

Who knows the truth of the NBC story that he was close to quitting last summer over clashes with President Donald Trump? But Tillerson's strange press availability swearing his loyalty to the president is not the sort of thing loyalists usually have to do.

The secretary of state dodged questions about whether he had, indeed, as NBC reported, called Trump a "moron" — almost certainly the first time in U.S. history a Cabinet official has been asked about personally insulting the presi-

dent he works for and apparently been unable, in good conscience, to deny it.

Tillerson doesn't have an easy job. He works for a mercurial and bombastic boss who has a well-developed skill for humiliating his underlings. Even a practiced and slick diplomat — even Henry Kissinger; heck, even Cardinal Richelieu — would find the circumstances trying. But Tillerson is at sea.

He's an accomplished man who ascended to the leadership of a quasi-state as CEO of ExxonMobil. As such, he had done plenty of work abroad. It was in business, though, not government. Unlike, say, James Mattis advising Trump on defense matters, this is not a professional guiding an amateur; it's another amateur trying to school an amateur. Is it any wonder that it hasn't gone well?

In a nationalist administration, he is a man without a country. He doesn't have a constituency in the foreign-policy establishment, in the media, in Congress or in the bureaucracy.

Neither of the opposing dispensations in American foreign policy should feel vested in Tillerson. If you're a liberal internationalist who wants Trump checked, you'd prefer someone better suited to the task. If you're a Trumpist who wants Trump empowered to trans-

form American foreign policy, you want someone who is in sympathy with that goal.

Tillerson has been on the other side of Trump on big issues like the Paris climate accord and the Iran nuclear deal. There's no doubt that Trump's instincts need to be restrained and channeled. That's different from trying to frustrate them, which is bound to run afoul of Dean Acheson's maxim: "The most important aspect of the relationship between the president and the secretary of state is that they both understand who is president."

Tillerson's diplomatic skills haven't yet been tested on anything important. At this point, he probably fails a threshold test: Can he reliably be thought to speak for the United States government?

The former ExxonMobil chief might imagine himself indispensable as a "minder" of the president. Yet Trump is now surrounded by generals who no one doubts are responsible and influential. If Tillerson left, the government would operate as before — except with a chance there'd be a secretary of state better suited to the role. ■

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

Gardens Mall to host Spooky Soirée

Children of all ages are invited to the Gardens Mall's Spooky Soirée, sponsored by Jupiter Medical Center, from 5:30-8 p.m. Friday, Oct. 27. The event will be held in the mall's Grand Court, and will include trick-or-treating at participating stores, a costume contest, haunted photo opportunities and other Halloween happenings.

Guests are encouraged to post costume photos on social

media using the hashtag #SpookySoiree. Each adult guest will receive a complimentary Halloween-themed cocktail from BRIO Tuscan Grille, and beer and wine will be available for purchase.

The Gardens Mall is one mile east of I-95, at 3101 PGA Blvd., Palm Beach Gardens. For more information, call 561-775-7750 or visit thegardens-mall.com. ■



Shopping event features philanthropic twist

The Junior League of the Palm Beaches will hold The Deck the Palms Holiday Market from 9 a.m. to 4 p.m. Saturday, Nov. 4, at the Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Admission is free and benefits children and young adults in Palm Beach County's foster care system.

The shopping event features access to more than 135 specialty vendors selling jewelry, children's wear, pet accessories, handbags, holiday décor and other gift items. This year's event features an interactive holiday-

themed kids' zone, with arts and crafts and a chance to meet Santa. A silent auction will be open to all in attendance.

New this year is the VIP preview event to be held 6-9 p.m. Friday, Nov. 3. There, guests can survey the market in advance and enjoy unlimited food and beverage tastings, a mystery jewelry grab and silent auction specials. VIP preview tickets are \$50, and \$65 after Nov. 1.

Visit www.jlpb.org/deck-the-palms to learn more and to purchase VIP tickets. For additional information, call 561-689-7590. ■



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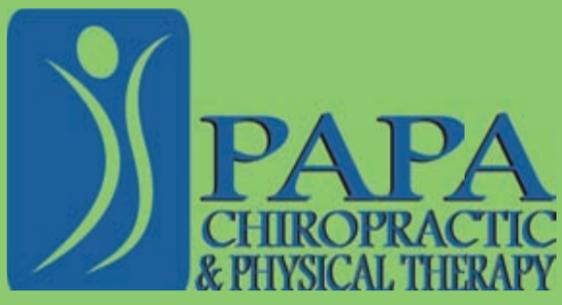


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PET TALES

Stress less

BY DR. MARTY BECKER
AND KIM CAMPBELL THORNTON
Universal Uclick

Taking a pet to the emergency hospital is something none of us wants to do. It's scary and stressful for you and your dog or cat. We've been there more times than we like to think about, and we have some tips to help you cope. We hope you won't ever need to use them, but tuck them away in the back of your mind just in case.

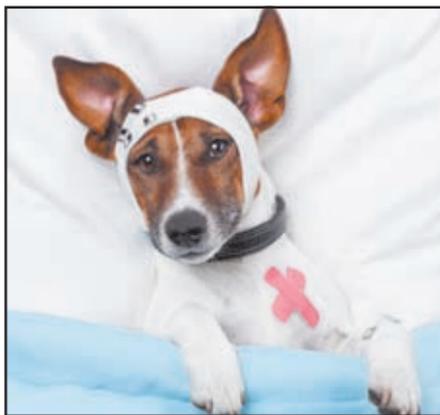
Protect yourself when handling a sick or injured animal. Even the most docile dog or cat can bite when in pain. Keep a muzzle on hand or ask your veterinarian to show you how to safely tie one using a scarf or tie.

Be patient. Your pet won't be seen in the order of arrival. Animals who are most unstable will be seen first.

"We do them in order of medical need," says our friend and colleague Dr. Tony Johnson, an emergency and critical care specialist at the Purdue University College of Veterinary Medicine. "If I have a hit-by-car and a dog with diarrhea, even if the dog with diarrhea has been waiting two hours, the hit-by-car is going to get seen first."

The only time someone jumps that line, he says, is if they're bringing in a pet to be euthanized.

Be prepared to wait as little as five minutes or as long as six hours. It all depends on what other cases are there or come in while you're waiting. If you think about it before you leave the house, grab a book or your iPod in case



Know when to take your pet to the emergency hospital.

you'll be there for a while.

If possible, have someone go with you or meet you there. You may need help getting your pet in and out of the car and into the hospital. And it's always good to have someone's hand to hold while you're waiting.

Designate a single person to communicate with the veterinarian, so he or she doesn't have to repeat information to multiple family members. Take notes or record the conversation on your smartphone so you can refer back to it.

Don't forget your wallet in your mad rush out of the house. Most veterinary hospitals won't treat your pet without proof that you can pay for care. Your regular veterinary hospital might do that if you've been a client for years — they know where you live and that you're probably not going to skip town — but an

emergency hospital isn't in that position.

"It sounds avaricious, but there are not too many emergency hospitals that are going to do something on a handshake," Dr. Johnson says. "ERs usually see people once. They can't separate out the people who are a risk of not paying from those who aren't. They're not trying to be greedy."

Know when to go. Some things are obvious. Take your pet to the emergency hospital in the following situations:

- Allergic reactions
- Any animal bite
- Bloating belly
- Bloody diarrhea
- Difficulty breathing
- Distress from excessively hot or cold temperatures
- Eye injuries
- Frequent or projectile vomiting
- Heavy bleeding
- Ingestion of a toxic substance, such as antifreeze, human medications or snail bait
- Seizures
- Serious trauma, such as being hit by a car
- Straining to urinate or defecate
- Sudden lameness
- Unconsciousness or collapse
- Venomous snake or spider bites

If you're not sure, well, we recommend erring on the side of caution. Like their counterparts in human medicine, veterinary emergency clinics are expensive, but sometimes the cost of a visit is a price worth paying for peace of mind. And when a visit saves your pet's life? Priceless. ■

Pets of the Week



>> Goldie is a 4-year-old, 58-pound mixed breed dog that is active and loves her humans.



>> Oreo is a large 6-year-old male cat that loves hanging out with people.

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.

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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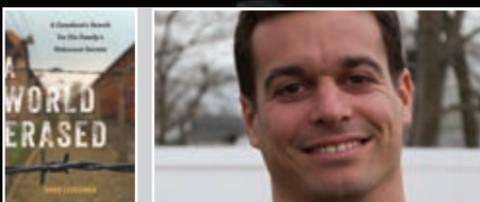
Holocaust Memorial Week | November 6 - 9, 2017



The Butterfly Project uses the lesson of the Holocaust to educate about the dangers of hatred and bigotry through the painting of 1.5 million butterflies representing the 1.5 million children who perished in the Holocaust. The Mandel JCC has committed to painting 2000 butterflies and will feature these painted butterflies throughout our two locations.

Monday, November 6 | 4:30 pm
Mandel JCC, Boynton Beach
\$18 General Admission

Includes one ceramic butterfly to paint, wine and nibbles



Explore WWII Poland with Noah Lederman as he shares his poignant memoir about his search for his family's Holocaust secrets. *A World Erased: A Grandson's Search for His Family's Holocaust Secrets* was selected for the *Philadelphia Inquirer's* list of best books and *Booklist* called it "a vital contribution to Holocaust collections."

Tuesday, November 7 | 10:00 am
Mandel JCC, Boynton Beach

Tuesday, November 7 | 7:00 pm
Mandel JCC, Palm Beach Gardens

\$14 General Admission



Join renowned entertainer and Jewish cultural activist Avi Hoffman and his mother, retired Columbia University professor, author, journalist, and playwright Miriam Hoffman for a presentation entitled *Yiddishkayt, God and the Holocaust* highlighting the depiction of God in Holocaust literature and the arts and life in the European Jewish world both pre and post war.

Wednesday, November 8 | 7:00 pm
Mandel JCC, Boynton Beach

Thursday, November 9 | 7:00 pm
Mandel JCC, Palm Beach Gardens

\$14 General Admission

To order tickets call 561-509-0117 or go to PBJFF.org

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TRIANGLE

From page 1

others there in hopes of helping them on their recovery journeys.

Ms. Moore and her husband, Dave, live in Lake Park with the twins and two teenagers, a girl and a boy who recently lost their mother, a friend of Ms. Moore's from Gratitude House.

"We're a family of six now," she said. It's not easy, but they are doing well.

She is working on a degree in video production at Palm Beach State College and is a graphic designer, videographer and video editor at Money Concepts International Inc. in Palm Beach Gardens.

"I have always enjoyed creating art and communicating with people," she said. "This is a field where I can do both with my videos, graphic design and editing. And I enjoy traveling with the company to attend conferences and have video shoots with the financial advisors."

Learning to do new things and spending long days between her family, school and work isn't easy, but she's up to the tasks.

"I'm not scared to work hard," she said.

In her spare time, she enjoys going to the gym, rollerblading, reading, painting, doing yoga, spending time with her family, her dogs and friends. And she still attends meetings and events at the Triangle Club. Her involvement with the club and participation in its upcoming annual

fundraiser speaks to her commitment to raising awareness about the institution, which has provided so much to her and others in the recovery community.

Since it was founded in 1961, the Triangle Club has played a vital role in helping support recovering alcoholics, and is currently recognized as one of the leading recovery clubhouses in the U.S.

Last year, the club launched a "Back to Work" initiative to help those new in recovery start to rebuild their lives through employment and on-the-job skills training. In its first year, the program helped 36 people find work that allowed them to build a solid sober foundation and become contributing members of society when they may otherwise have had difficulties getting back on their feet. ■

in the know

- >> **Event:** Third Annual Lions of Recovery Reception & Dinner. The evening will include an al fresco reception with animal ambassador appearances, followed by a buffet dinner in the Zoo's Tropics Café.
- >> **Co-chairmen:** Lavinia Baker, Elizabeth Matthews and Joe Considine.
- >> **When:** 7-10 p.m., Saturday, Nov. 4
- >> **Where:** The Palm Beach Zoo and Conservation Society, 1301 Summit Blvd., West Palm Beach
- >> **Tickets:** \$135 per person
- >> **Contact:** Kirk Jamgotchian 561-832-1110; email: thetriangleclub@comcast.net
- >> **Website:** www.triangleclubpb.org

BREAST CANCER AWARENESS MONTH

Breast cancer walks — The Making Strides of South Palm Beach Breast Cancer Walk takes place at 8:30 a.m. Oct. 21 at Mizner Park Amphitheater, Boca Raton. 561-650-0119; www.main.acsevents.org.

Shop and share — The Gardens Mall hosts Shop and Share on Oct. 21 to commemorate Breast Cancer Awareness Month. Bring your mall receipts to the information desk and the mall will donate 5 percent of the total logged sales to Susan G. Komen South Florida. The Gardens Mall is at 3101 PGA Blvd., Palm Beach Gardens. For more information, visit www.komensouthflorida.org.

Documentary on hereditary cancers — A screening of the award-winning documentary "Pink & Blue: Colors of Hereditary Cancer," followed by a Q&A panel with cancer experts will be offered at 7 p.m. Oct. 25 at Muvico Parisian 20 & IMAX at CityPlace, 545 Hibiscus St., West Palm Beach.

The film, executive produced by Amy Byer Shainman, a BRCA1 positive previvor, looks at the women and the doctors faced with tough decisions because of their genetics, choices that come with their own emotional and physical ramifications.

The panel, which will be moderated by WPTV news anchor and reporter Jon Shainman, includes John Rimmer M.D., P.A., board certified in general surgery, member of the American Society of Breast Surgeons, David Lickstein M.D., FACS, board certified by the American Board of Plastic Surgery, member of the American Society of Plastic Surgeons, and Constance Murphy, ARNP, genetic counselor. Tickets are \$12 and are available online at www.tugg.com.

Leila Gives Back to Susan G. Komen South Florida — On Oct. 26, as part of the Susan G. Komen South Florida

Downtowns Go Pink initiative in honor of Breast Cancer Awareness Month, Leila owners Akram and Mireille Awad will donate 10 percent of the dinner sales to Komen. Leila will give back to two other local charities in November: Peggy Adams Animal Rescue League on Nov. 1 and the West Palm Beach Police Athletic League on Nov. 8. Leila is at 120 S. Dixie Highway, West Palm Beach. Call 561-659-7373 or visit www.leilawpb.com

Downtowns Go Pink — On Oct. 26, Clematis Street in West Palm Beach will join Atlantic Avenue in Delray Beach and downtown Stuart for the "Downtowns Go Pink" in support of Susan G. Komen South Florida and National Breast Cancer Awareness Month.

Your favorite eateries and shops will offer special discounts to help raise money for local programs and research. Look for the pink lights to track down deals. The event is free.

Early registration for the Komen Race for the Cure in downtown West Palm Beach on Jan. 27 will be available. For more information, visit www.komensouthflorida.org/events/gopink.

Every Boob Counts 5K Run/Walk — This annual event takes place from 7 to 11 a.m. Oct. 28 at John Prince Park, 4759 S. Congress Ave, Lake Worth. The event is hosted by The EBC Foundation with portion of proceeds benefiting Susan G. Komen South Florida. Info: www.komensouthflorida.org.

Breast Cancer Awareness Month Track Walk — At noon Oct. 28, the Palm Beach Kennel Club, 1111 N. Congress Ave., West Palm Beach, hosts special races, a track walk and drink specials to raise awareness about breast cancer. A \$25 donation includes a T-shirt. All proceeds benefit local charities. 561-683-2222, Ext. 125; www.pbkennelclub.com ■



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FANTASY

From page 1

dragged from under beds. Outfits (or lack-of-outfits) for every theme party are being meticulously plotted out to the tiniest accessory (or strategically placed scrap of clothing — one must avoid violating public decency laws, after all).

Yes, friends, the clouds of glitter in the air can only mean one thing. It's almost time for Fantasy Fest here in Key West, and the bodies — large, small, taut, squidgy, old, young and many nearly naked — have already started arriving in droves.

Maybe you've been stuck under a very large rock for the past few decades. If so, you're forgiven for not knowing what Fantasy Fest is. Allow me to explain.

Begun in 1979 as a way of boosting an otherwise dull and deserted time of year in Key West, this 10-day adults-only festival has since morphed into the largest event in the Keys, and one of the most unique and popular of its kind in the country. Imagine Halloween and Mardi Gras got very, very drunk one night in late January and nine months later that beautiful union begat Fantasy Fest.

To hear locals tell it, the event started out small — quaint, even — with early themes like “Old Key West” and “Plays of Tennessee Williams.” Over time, it developed a decidedly more adult attitude (most participants of last year's “Political Voodoo & Ballot Box Barbarians” seemed to have been bused in from a campaign caucus where clothes are irrelevant, but silver body paint is ubiquitous).

It's doubtful that founding member Joe Liszka could have foreseen today's current iteration of Fantasy Fest. Joe, who in '79 was busy serving as the president of the Tourist Development Association of Monroe County, spent his days wracking his brain for strategies to attract more tourists to the Keys in the off-season. Always popular during the winter months amongst tourists fleeing the cold, business dropped significantly after the weather became more pleasant north of Miami. The snowbirds flew back to their nests, so to speak, leaving empty hotels and bars — and plummeting profits — behind them.

According to the official history of Fantasy Fest, Joe led fellow TDA board member Frank Romano down to Duval Street on Halloween and asked him to report what he saw when the twosome arrived at the quiet, uninhabited roadside. It turned out to be a trick question; Romano saw nothing, which was, Joe explained, precisely the point. The island's residents and shopkeepers had developed a distinctly European habit of boarding up their homes and businesses and leaving for vacation en masse during the scorching fall months of September and October. To Joe, there was no reason that Key West should conform to the typical tourist-driven template of high season/low season occupancy. Key West was sunny and strange all year round — why should its visitors not take advantage of that fact all 365 days of the year? He felt the island needed an injection of fun, something exciting that would draw crowds and reinvigorate the community during what had become a decidedly dreary time to be in the Keys.

Almost 40 years later, Fantasy Fest — still celebrated during the 10 days leading up to Halloween — has become the largest and most profitable of all of Key West's events. Hotels, B&Bs and private rental homes sell out months in advance, with nightly rates skyrocketing in response. (During 2016's election-themed Fantasy Fest, a single hotel room was reportedly rented for almost



The 2016 Fantasy Fest Parade on Duval Street.

\$700, twice its yearly average rate of \$350.) In the weeks leading up to Oct. 31, costume stores spring up seemingly overnight, their aisles overflowing with feather boas, fishnet stockings, masks, makeup and wigs. But for some annual attendees, prep begins far more than a few weeks before the festival's start. With many of the festival's events offering thousands of dollars in cash prizes, seasoned attendees begin work on their costumes six to eight months in advance, or more, with results ranging from Broadway-worthy ensembles to skimpy outfits bordering on obscene.

Historically, Key West has been an oasis for some of our nation's most dedicated drinkers. Indeed, during Prohibition, Florida remained the wettest state in the Union, maintaining its tourist-driven economy thanks to regular ocean shipments of “fish” curiously shaped like bottles of bootleg liquor. Throughout the 1960s and 1970s, drugs were sold on Duval Street with the kind of vocal salesmanship now relegated to Spring Break T-shirt hawkers. Though eventually the island was forced to clean up its act (thanks to a wonderfully devilous scheme perpetrated by FBI agents dressed as karate enthusiasts), there exists today a common misconception that, during Fantasy Fest, the usual laws are suspended in favor of an agreed upon 10-day no holds barred celebration that would make Hugh Hefner blush. The truth, however, is a bit less exciting: on Friday, Oct. 27, and Saturday, Oct. 28, a barrier is established around a few blocks of Duval and its adjoining streets, creating an official “Fantasy Zone,” inside the perimeter of which revelers may carry open (plastic) containers of alcohol. Backpacks, coolers, water guns and replica weapons are banned for obvious reasons, while mounted officers astride a herd of formidable, glossy-hocked police horses perform crowd control duties.

Technically, public nudity is illegal in Key West, but during Fantasy Fest that law in particular seems to stretch to about a millimeter before its breaking point, much to the delight of participants (and, sometimes, to the horror of a few wide-eyed families fresh off a Disney cruise ship whose travel agent neglected to mention their wholesome vacation would coincide with the raunchiest time of the year in the Keys). Body painting studios pop up along the length of Duval Street with women ranging from nubile to decrepit lining up to have their torsos painted — which, the Key West Police urge people to



ROB O'NEAL / FLORIDA KEYS NEWS BUREAU
Revelers portraying U.S. Olympic athletes make their way down Duval Street during the 2016 Fantasy Fest Parade in Key West.

remember, still does not actually constitute wearing a top. Therefore, the city requests that all bare breasts (painted to appear as twin Basset hounds or otherwise) remain inside the designated Fantasy Zone.

This year's official Fantasy Fest — themed Time Travel Unravels — will begin with one of the event's only PG-rated parties, the Goombay Festival. Spanning the weekend of Oct. 20, Goombay sees the historic neighborhood of Bahama Village turned into a kind of folksy, exuberant block party, complete with food and craft stalls, though the heart of the festival is undoubtedly the nonstop musical performances. Featuring a wide range of acts including reggae, funk and gospel, the stage



ANDY NEWMAN / FLORIDA KEYS NEWS BUREAU

the intersection of Petronia and Fort streets becomes an inclusive dance party for the island's residents and tourists just beginning their Fantasy Fest vacation. It's a joyful two days, accented by the delicious smell of street meat and the promise of all the frozen drinks in hollowed-out fruit your little lush heart could ever desire.

Of course, no Fantasy Fest is complete without its special brand of monarchy. For those unfamiliar with the symbolic coronation of the King and Queen of Fantasy Fest, you're in luck: everyone is welcome to attend the official Royal Coronation at the Casa Marina on Oct. 20. In true Key West fashion, the election of this year's monarchy is less pomp and circumstance, more flamboyant fabulousness, with a two-hour stage show and appearances by local celebrities. Once crowned, the King and Queen (awarded for having raised the most money for AIDS Help during their campaign) will preside over the rest of the week's parties, parades, galas and fetes.

If altruism is your thing, swing by the USCGC Ingham, a Coast Guard cutter-turned-Maritime Memorial Museum, designated a national memorial to guardians killed in action in World War II and Vietnam. The crew is hosting an “Escape Room” party. On Friday night, guests can navigate the bowels of the historic ship while solving puzzles in an attempt to break Neptune's curse, thereby saving the entire world. We've certainly accomplished less on a Friday night.

Let the kids bask in the glory of their heroism, then leave them at home for a decidedly R-rated version of one of their favorite fairy tales. “Taking it Off to See the Wizard: A Burlesque Parody” will see Key West's best burlesque performers team up with special guests bearing saucy names like Moana Amour and Cheeky Derriere, all hell-bent on subverting the classic children's story by way of artful striptease. The show runs for six nights only at the Waterfront Playhouse, and after the success of last year's “Peter Pan's Adventures in Naughty Land,” it's sure to sell out fast.

Though not an official Fantasy Fest event, Sunday's ever-popular Zombie Bike ride is certainly not to be missed. What started as a rag-tag bunch of weirdos careening down South Roosevelt in zombie makeup has evolved into a traffic-stopping, nation news-covered theme ride from East Martello to downtown Duval Street. Though the event has become less of a “ride” than a start-and-stop, slow-moving parade of fantastically zombified riders trying not to

crash into one another, bike traffic along the four-mile route usually decongests enough towards the end of the highway to allow for a friendly breeze or two. There are no limits or expectations for costumes; some riders look ready for their next scene on "The Walking Dead," while others might smear some fake blood on their shirt and call it a day, but the more effort you put into your costume, the better, since families camp out in chairs along the way, cheering and filming. It's a unique spectacle to be sure, so tell friends out of town to keep an eye out — you might just make the evening news.

Oct. 23 starts out with a bang — of a starter's gun, that is — when the annual Heroes and Villains Run/Walk 5K takes off from the Southernmost Beach Café. Dress up as your favorite hero or villain, make your way to the finish line as fast as you can, and you'll be in the running (pun intended) for prizes like "funniest costume," "most creative" and more. The run ends, as all runs should, with a sunset beach party, after which the beach transforms into a pig roast. Forty-five bucks gets you access to a buffet chock full of Cuban classics like sofrito, yucca, tostones, picadillo and roast pork. Tickets for the luau can be purchased at www.keystix.com.

On the other side of the spectrum, the unofficial but always titillating Kinky Karnival, now at the brand-new First Flight Island Restaurant & Brewery (301 Whitehead St.) kicks off at 8 p.m. on Monday night, with costumes required for entry — and make no mistake, these are some serious fetishists. The long-standing tradition has resulted in Monday night's becoming an informal Fetish Night island-wide. Keep an eye out for pop-up BDSM parties (how many times have you heard that one at home?) and enjoy wandering around the Fantasy Zone for your first glimpse at just how far some people try to push the boundaries of "I swear, officer, I'm not naked."

Oct. 24 offers up a whole range of festivities, including an animal-themed all-you-can-drink SPCA party, the official Fantasy Fest Poster Signing party, a Beach Bash featuring Patrick and the Swazees, and of course, the always epic Captain Tony's Party in Plaid, aka the perfect excuse for having held onto those horrifying madras pants for all these years.

For a more obvious thrill, there's also the Men of Labare Tightly Whitey Party, featuring the all-male Adonis-like revue made famous by the Magic Mike movies. Dress code encourages sexy white underwear (not an oxymoron, contrary to what *Cosmopolitan* and *GQ* have to say) and tickets are limited. If it was good enough for national treasure Channing Tatum, it's more than good enough for Key West. One of this author's favorite non-officially sponsored events is Tutu Tuesday at the Waterfront Brewery (201 William St.). This year's theme is Tutu Prom, so bust out that awful three-piece suit or puffy dress, throw a tutu on it, and make sure



you and your date get that prom pose down.

Wednesday through Saturday are when Fantasy Fest really gets going, with multiple themed parties — some official, some unsanctioned — happening throughout downtown. Some of the legendary ones: Wednesday's Pet Masquerade, where a procession of costumed pets and their incredibly crafty owners make their way across a stage at the Casa Marina to compete for prizes; Wharfstock, where prototypical pirate hangout Schooner Warf transforms itself into a psychedelic love-child groove fest, complete with body painting contest; the 35th annual Headdress Ball on Thursday, where the phrase "the higher the headdress, the closer to God" gets tested for serious cash prizes; Señor Frog's ABC party, where anything but clothes gets you in the door (the other side of which "bunnies" from Nevada's most famous brothel are waiting, along with exotic dancers and cash prizes for the most creative costumes); an all-day, all-night street fair with crafts, food, and last-minute souvenirs; the 16th annual Living Art Expo, where the best "human canvases" are awarded thousands of dollars; a White Party, Red Party, Blue Party, Pink Party, Toga Party, Slumber Party, Kinky Couple's Party, Glow Party, Pirate Party, Foam Party, Nerd Party, and Pajama Party; and, of course, the Dungeon of Dark Secrets party, which is exactly what it sounds like.

There are also two massive parades: the first, the locals-favorite Masquerade March, happening Oct. 27, for which thousands of costumed pedestrians gather to parade themselves through downtown. And then, there's Saturday's pièce de résistance: The Official Fantasy Fest Parade, a confetti-throwing, band-booming, float-filled colorful masterpiece to end the festival on a very, very loud note.

If you're still alive by Sunday, congratulations! May we suggest scraping yourself off the floor and attending the annual "Fat Lady Sings" Tea Dance at La Te Da. We have it on very good authority that yes, there will be a fat lady present, yes, she will sing, and that afterward, all of it, finally, will be over.

At least, until we learn the theme for next year.

The full list of events, including tickets, start times, and contact info for all official Fantasy Fest events can be found at www.fantasyfest.com (those interested in attending any of the week's unofficial events should use Facebook or www.fantasyfestparties.com). ■



FLORIDA KEYS NEWS BUREAU
Last year's Fantasy Fest Parade on Duval Street got pretty wild.



in the know

Fantasy Fest 2017

- >> For detailed event information head to www.fantasyfest.com. Below are the top picks you must not miss if you go:
- >> **Bahama Village Goombay Festival**- Duval and Petronia St. Friday, Oct 20 and Saturday, Oct 21, noon to midnight
- >> **Zombie Bike Ride**-East Martello Museum, 3501 S. Roosevelt Blvd. Sunday, Oct. 22, 6 p.m.
- >> **Tutu Tuesday**-Waterfront Brewery, 201 William St., Tuesday, Oct. 24, 7 p.m. to 3 a.m.
- >> **The Local Parade-Masquerade March**, Frances St. at the cemetery, Friday, Oct. 27, 5:30 p.m.
- >> **The Official Fantasy Fest Parade**- Duval St., Saturday, Oct. 28, 7 p.m.

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WEEK OF OCTOBER 19-25, 2017



COURTESY PHOTOS

LEFT: The Colony marks its 70th birthday this year. Over those seven decades, it has hosted the likes of the Duke and Duchess of Windsor.

ABOVE: Andrew and Sarah Wetenhall aim to make The Colony appeal to a younger generation of visitors.

NEXT GENERATION

As a young family takes the reins of the Colony hotel, family-friendly amenities are among the priorities

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

Palm Beach's iconic Colony Hotel turns 70 this year and has new owners who want to make sure guests of all ages will have fun and feel pampered while vacationing together.

As parents of three young children, owners Andrew and Sarah Wetenhall, who are in their early 40s, say it is essential for The Colony to cater to the whole family.

The Wetenhalls, from New York, bought the historic Colony, which includes three properties on Hammon Avenue, last December. If the name sounds familiar, it's because

Andrew Wetenhall's father, Robert, was the principal owner of the hotel from 1970 to 1990 and still lives on the property in a penthouse apartment.

"He is Andrew's and my biggest cheerleader," Mrs. Wetenhall said of her father-in-law.

"The Palm Beach experience is often a multigenerational one," said Mrs. Wetenhall, president and CEO. "It is grandparents, parents and children all vacationing together."

With children in mind, the 89-room hotel has already become more family-friendly, Mrs. Wetenhall said. "We are welcoming

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COLONY

From page 1

and acknowledging our smaller guests and treating them just like that — as guests — just like parents. They're here for an amazing experience.

"At check-in, children will get a little backpack with a Palm Beach coloring book and crayons, stickers and post-cards from local businesses that cater to children," she said. "When they arrive in their room, there'll be a stuffed animal version of the monkey JB, Johnnie Brown, a take on Addison Mizner's pet monkey. He'll be sitting in the room waiting for them with a little note."

The hotel also is introducing children's menus, something it hadn't done previously. Children's bikes and pool toys around the pool will also enhance the experience for the hotel's smallest guests.

"We will be popping up special programming for children throughout the year," Mrs. Wetenhall said. "The first thing we'll be doing is having a breakfast with Santa the weekend before Christmas."

New amenities aren't limited to children, of course.

"We're going to have branded bikes available and children's bikes so that guests can tool about the island," she said. "We're going to have paddleboards and we have a beach butler program that we're launching. We'll be able to give guests a lift down to the beach in our beach buggy and we'll have chaise lounges, towels and beach umbrellas that our valet will run down and set up."

Guests will be able to have a picnic hamper full of all their favorite foods and beverages and, when they're ready to come back to hotel, they can send a text and someone will come by to pick them up. "We're bringing the beach to The Colony," Mrs. Wetenhall said, "making it really streamlined."

The buggy will be helpful to families, she said. "I know we are so close to the beach, but when I'm here with my three little ones and towels and totes and everything else, crossing A1A can be tricky. I can only hold so many hands at once."

Also new is a guest services department.

"They're here and booking in-room massages and we have yoga by the pool on Wednesday and Saturday mornings free for any guests at the hotel," she said.

"We're rounding out our suite of services, sort of taking the tack of offering resort services but offered within the environment of a hotel," she said. "We have a limousine provider that will pick you up and take you back to the airport."

Mrs. Wetenhall says she fondly remembers her first visit to The Colony 20 years ago when she was a college student.

"We were here for Valentine's Day weekend, which also happens to be my father-in-law's birthday," she said. "It was a special occasion, but not as romantic as you might think. We were here to visit my father-in-law and that's actually the first time I met him."



COURTESY PHOTO

Designer Carleton Varney led the four-year, \$14 million renovation of The Colony, including its lobby.



COURTESY PHOTOS

The Colony marks its 70th birthday this year. Over those seven decades, it has hosted the likes of the Duke and Duchess of Windsor.

She thought her father in law was larger than life. "And 20 years later, he is still an amazingly gentle and lovely man and he remains larger-than-life."

And the hotel itself?

"My first thought was this is perhaps the most magical place on Earth," she said. "And my second thought was this is the best kept secret on Palm Beach. The island, the ocean, the hotel, it is the trifecta. How could everyone not know about this?"

To reflect the hotel's modern-classic status, the Wetenhalls are reintroducing The Colony's original 1947 logo and branding, a graceful, swirling treatment full of Palm Beach refinement and élan.

Over the years, the boutique hotel has played host to musical legends, movie stars, presidents, and was once called the winter home of The Duke and Duchess of Windsor.

The Colony, though, "treats everyone like a VIP," said Lloyd Van Horn, general manager, who joined the hotel team in April. At a total of 89 guest rooms, including 14 suites, seven villas and three penthouses, Mr. Van Horn said, "we are able to deliver bespoke service at the ultra-boutique level, while at the same time providing access to a huge range of resort and local experiences."

The hotel's Royal Room, a premier cabaret, will continue to showcase popular performances with the seasonal lineup soon to be announced.

The hotel recently completed a four-year, \$14 million renovation project overseen by interior designer Carleton Varney, president of Dorothy Draper & Co.

"We're definitely blessed with a physical plant that is in excellent, excellent shape," Mrs. Wetenhall said.

"I am not a hotelier by trade and neither is my spouse (he is an investment banker in Manhattan)," Mrs. Wetenhall said. "I have spent a decade-plus working public relations marketing and advertising in the fashion industry. A residual piece of this hotel running comes naturally to me, but the operational part of hospitality is certainly new, although I was raised a bit of a nomad. I've lived in New York now for 20 years, but prior to New York, I've never lived in the same place for more than four years. Travel is in my blood, living about is in my blood, so I'm pretty well suited for the hospitality industry."

Rates at The Colony vary depending on the season and room type. For details or reservations, call 561-655-5430 or visit www.thecolonypalmbeach.com.



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BEHIND THE WHEEL

The Bentley of SUVs



We'll suspend any notion of this being a consumer-grade SUV right at the beginning. After all, with a \$235K base price, the Bentley Bentayga costs as much as seven Ford Explorers with enough left over to buy a Mitsubishi Mirage.

But when a vehicle is the fastest SUV on the market, and also the most luxurious, it's not about being practical. It's about being the best.

The design is unconventional. It's not ugly, and it's absolutely memorable.

In many ways it feels like abstract art. After all, many crossovers and SUVs employ classically attractive designs that are pleasing to the eye — like a nice landscape painting that will complement any room. But the Bentayga is a collection of many shapes and sizes with a less cohesive theme. In fact, the only unifying element seems to be premium packaging. It permeates in everything from the headlight detail to the fit of the lower body chrome.

It creates a vehicle that always stands out in a crowd. And that's what someone will want when spending as much on a vehicle as a comfortable house.

In fact, stepping inside the Bentayga feels just like entering a palatial home. This is a world of wood, leather, wool and polished metals. Plastic feels like an endangered species. It's only found on



heavy trafficked items like control buttons that would feel odd or wear quickly if they were anything else.

This level of detail is part of why the Bentayga can start to justify its price tag. Two-tone leathers feature the contrasting color's stitching (optional) to make sure it's a fully coordinated package. The speaker covers and map lights feel like jewelry. There are even special edition clocks by Breitling. This option will easily push the price tag over the quarter-million mark, but that seems like an extra badge of honor for owners.

It's hard to choose a preferred seat because all of them feature the highest quality cow hide with Bentley's signature diamond pattern stitched into every armchair. The driver is in command of

the full electronic package that handles everything from the touchscreen infotainment to adjusting the ride height.

But the Bentayga was clearly built with the idea that the owner might never sit up front. If the rear bucket seat package is chosen, it can be electronically adjusted more ways than many other car's driver's chair. There's about as much leg room as a Range Rover. Plus, the atmosphere back there is independently adjustable through its own wireless touchscreen interface.

All this opulence carries a lot of weight, and there needs to be an engine that can handle it all. So, while most vehicles would easily be sufficient with 12 cylinders displacing six liters, Bentley also adds two turbochargers. It creates

600 horsepower and 664 lb-ft of torque. Those two figures combine to make the Bentayga feel Ferrari-like fast while also confident in carrying its own weight.

Another big part of the luxury equation is the eight-speed transmission. Its operation feels seamless so that some shifts aren't even felt — exactly what's expected from a vehicle of this caliber.

While the Bentayga is a tall crossover/SUV, the suspension employs all the adjustable heights and damper setting to make sure it feels like a sedan on the road. This will undoubtedly appeal to some people who are tired of wrinkling their silk pants as they kneel in and out of lower-riding limousines.

But the other side of all these suspension adjustments can create a high-riding vehicle with locking differentials on the standard all-wheel drive system. It suggests that with meaty tires and a fearless owner, this can be a true off-road SUV.

Practicality is not the aim of the Bentley Bentayga. If speed and luxury were the only elements on a wish list, then the Audi Q7 or the Porsche Cayenne could suffice. Both vehicles share some DNA with the Bentley, and both could be in the same garage for less than the price of one Bentayga.

But there's a mystique about having a flying "B" lead the way. A proper Bentley doesn't announce its opulence from the tailpipes. But the right one leaves a lasting impression on everyone from those who see it on the streets, to those lucky few who sit behind the wheel. And the Bentayga nails it. ■

EARL ON CARS

Eight ways to minimize the pain of having your car serviced



The pain of buying a used or new car may be greater than the pain of having it serviced, but you need to have it serviced far more often than you have to buy a car. Here are my eight suggestions to make your visit to your car dealer's service department as pleasant as possible.

1. Choose the dealer with the best service department. Remember that you don't have to have the same dealership service your car that sold you your car. You probably bought your car from the dealer who gave you the best price. You should have your car serviced at the dealer who can best maintain and repair your car. The price of service is important, but secondary to the quality of the service and repairs. Do a little research. Go online and check Google reviews. Make sure to read the bad reviews as well as the good ones; you may be able to discover patterns of bad behavior. Ask friends and neighbors who drive your make of car. Check with the BBB and the County Office of Consumer Affairs.

2. Establish a personal relationship with your service advisor. The person in the service drive who writes up your repair order is very important. Be sure you get a good one. He should be knowledgeable, attentive to your needs, promptly return phone calls and recommend only necessary services. You might not find this person on your



first visit, but if you aren't comfortable with the person you are dealing with, ask for one with whom you are. When you make an appointment to have your car serviced, always ask for that service advisor.

3. Don't pay the "gotcha," miscellaneous supplies fee. Almost all car dealers tack on a phony fee when you pay your bill which is simply more profit to the dealer, but is disguised by various labels. It is also sometimes called "environmental impact fee," "sundry shop supplies" and many others. The cashier just adds a percentage ranging from 5 percent to 10 percent to your bill. This is no different than the "dealer fee" that the sales department tacked onto the price they quoted you on the price of the car. Most dealers will waive this fee if you complain about it, especially if you threaten to call the BBB, their manufacturer or the Florida Attorney General's office.

4. Always road test your car, preferably with the technician. If you

brought your car in for a drivability problem such as a noise, vibration or pulling to the right or left, don't accept the car back until you ride in the car with the technician or service advisor and confirm that the problem has been remedied. I also recommend that you drive the car with the service advisor to demonstrate the problem when you bring it in. Experiencing what you experience always communicates your problem more accurately than listening to your description of the problem.

5. Ask for a written estimate of the total cost of repairs and maintenance. Florida law requires that the dealer give you a written estimate. By law, they may not exceed this by more than 10 percent.

6. Make an appointment ahead of time. You should insist on making an appointment and you should try to make that appointment at a time when the dealer's service department will be least busy...typically the middle of the afternoon on weekdays or Saturday and

Sunday. Avoid the 7:30-8 morning rush. Most service departments will let you schedule your appointment online on their website. Take advantage of this. Be careful if they are reluctant or unwilling to make an appointment for you. Often when you call a service department, they will tell you to "bring the car in anytime" or "come right over." Service advisors will tell you this because they are either too busy or too lazy to take the time to make a proper appointment. When they tell you this, tell them that your time is very valuable and that you insist on an appointment at a time when they can get you in and out quickly. Always write down the name of the person who gave you the appointment.

7. Shop and compare high cost repair prices. Most service departments are competitive on maintenance items like oil changes, wheel alignments and tire rotations. However, the costs of major repairs can vary considerably. If you are looking at an air-conditioner, transmission, or engine repair that can cost several thousands of dollars, get bids from more than one service department. Often just suggesting that you will do this will keep the cost down from the dealership you prefer.

8. Introduce yourself to the service manager. This falls along the same philosophy as developing a good personal relationship with your service advisor. It can't hurt to know the "boss." If you are on first-name basis with the service manager, it just might earn you a slightly higher level of treatment from those who work for him.

— *The opinions of this columnist do not reflect the opinions of Florida Weekly.*

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Key West inspiration in Juno

SPECIAL TO FLORIDA WEEKLY

Enjoy a fresh cup of morning coffee and watch the sunrise over the Atlantic Ocean from your private balcony! This beautiful custom Key West-inspired three-bedroom, three-bath home is just steps from one of the most desired beaches in Palm Beach County.

Juno Beach is not only a pristine laid-back beach town, it's also close to some of the best dining and shopping this county has to offer.

This three-story home with ocean views boasts incredible natural light throughout, and with its open floor plan on the main level, it allows for great entertaining.

The home showcases wood floors throughout, as well as marble tile and Brazilian wood on the exterior patio decks. Complete with hurricane doors and windows, surround sound and an oversized garage large enough for two cars and storage for all your surfboards



and beach gear.

The wrap-around patio completes this masterpiece, offering picturesque views from the second and third floor and yet a very private yard. The lifestyle this home has to offer is unparalleled.

Lang Realty has this beautiful and unique home at Sea Dunes in Juno Beach offered at \$1,850,000. The agents are Carrie Mosher-Finz, 561-271-9641, carrie@pgaluxe.com, and Zachary Schmidt, 561-459-0550, sellinggardens@gmail.com. ■



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HEALTHY LIVING

Being proactive with kids in times of tragedy

lindaLIPSHUTZ

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Stacey woke with a start and looked at her alarm: 3 a.m.

Muffled noises were coming from the room of her 14-year-old son, Jared.

“Was Jared having nightmares again? Was he poring the internet for more details about the recent mass shooting in Las Vegas?”

Stacey knocked on Jared’s door and immediately saw the look on her son’s face. “Mom, why do these things happen? Have you seen the stories about the victims?”

What worried Stacey was that her previously out-going, good-natured son had become more irritable and reclusive. He buried himself in his technology and had become consumed with the televised details of the horrific recent tragedies.

Stacey didn’t know how to respond anymore. Jared had been horrified to watch the reports of the devastation caused by the recent hurricanes and the lightning speed of wild fires that decimated so much of Northern California. He asked Stacey daily whether she believed the United States and Korea would go to war, and whether a nuclear bomb could reach the United States.

Truth be told, Stacey hadn’t been feeling very solid herself. Lately, she’d begun to dread turning on her computer or the television, bracing herself for more devastating news.

Stacey was not sure how to best intervene with Jared. Should she limit his viewing? How much should she discuss? Was there any way she could reassure him, when she herself was feeling overwhelmed? Stacey was further ashamed that she had trouble keeping her own anxieties in check and that she might be adding to Jared’s apprehensions.

For many of us, life today can seem shaky and not very secure. Most of us are at a loss to comprehend the senseless tragedies and natural disasters that sadly seem to have become an almost daily occurrence — each more horrific than the one before. The cumulative effect of recent events has taken a jarring toll on our emotions and is chipping away at our sense of well-being.

Grief is hard enough for adults to process.

Parents and grandparents have an especially daunting undertaking — we are faced with, not only processing our own overwhelming feelings, but must at the same time be able to harness our resources to support our children at a time they may be frightened and confused.

If only there were a way that we could protect our children from the horror of a tragedy, or the heartbreak of a loss.

When an event happens that will get wide press attention, our first inclination might be to pray our children haven’t heard the news. While this might be tempting, it’s safer to assume that they ultimately WILL hear about the tragedy from classmates or online. Even though it may seem that some children are too young to comprehend what’s going on, we should assume they sense that something frightening has happened.

We can take our cues from our children to learn what they already know and to gauge how much information they are able to absorb at that time. We must be developmentally appropriate, mindful of what young people are able to understand at each age level. It’s OK to tell them that we don’t know all the facts or don’t have answers, but we must show patience if our children return to the discussion with more questions and/or fears.

Importantly, our children will be observing us to see how we process the news. Anxiety and fear can be contagious. It will be valuable if we can model calm and reasonableness, as this can be an important source of comfort and reassurance.

We certainly can talk to our children about how sad we are, and let them know that it’s challenging for us, as well, to work through the upset. However, it would be tremendously reassuring for them to see that we are still emotionally available to support them.

It’s important that we maintain routines and resume as many regular activities (i.e.: mealtimes, bedtimes) as we can. The structure and continuity can be very reassuring at a vulnerable time.

Adolescence is a time where young people may be experiencing highs and lows because of hormonal levels in their bodies. Severe upsets can make these shifts appear more volatile. We need to understand that our teenagers may react in confusing ways. It helps if we restrain from an overly emotional reaction in response. Better to let them know we’re aware of the pressures they may be under, but count on them to be appropriate and responsible.

To open the door, it often helps with

teens to make statements generalizing how people react in situations, without implying we assume it applies to them. This lets them know we are open to tough conversations and gives them the opportunity to save face. When a teenager like Jared, in the fictionalized vignette above, shows excessive signs of anxiety, personality changes or difficulty in maintaining his ability to function, it might be time to approach a mental health professional for further evaluation or support.

Sometimes, when tragic events have occurred, taking proactive steps can have a therapeutic effect — perhaps memorializing victims with vigils, candles, or sharing stories that honor those we have lost. Actions like these can help young people not only feel a sense of mastery and pride, but in the process may help build their resilience and sensitivity to the plight of those less fortunate.

Returning to normalcy after witnessing a tragedy can be an arduous process — even for those not directly in harm’s way. If we are overly burdened by our own grief, it will be important that we address our feelings and reach out for our own support so our children do not face an inappropriate impact. It may be helpful to call upon a trusted family member or friend to assist us, or take advantage of the many professional services and support groups offered in our communities. ■

— Linda Lipshutz, M.S., LCSW, is a psychotherapist serving individuals, couples and families. She can be reached in her Gardens office at 561-630-2827, online at www.palmbeachfamilytherapy.com, or on Twitter @LindaLipshutz.

Epilepsy and seizures

dianne GOLDENBERG

CEO, Palm Beach Gardens Medical Center



When you’re running fast to win a race you probably want a burst of energy to carry you across the finish line first. But a burst of energy is not always a good thing. Intermittent bursts of energy in the brain can lead to seizures and affect your consciousness, bodily movements or sensations for a short period of time. Repeated seizures could be a sign of epilepsy.

Epilepsy is a disorder of the brain that can cause temporary confusion, staring spells, uncontrollable jerking motions of the arms and legs, and unconsciousness. About half of epilepsy cases occur for no known reason. However, it can be caused by genetic factors, head trauma, certain medical disorders like a stroke, dementia, prenatal injury and developmental disorders such as autism or Down syndrome. People at increased risk for epilepsy are men, young children, adults over the age of 65, those with a family history of the disorder, anyone who has had a stroke or brain infection, and those who experienced high fevers in childhood.

There are two main types of seizures with subcategories. Focal or partial seizures originate in one part of the brain. Simple focal seizures do not cause loss of consciousness, but may affect sensory perceptions and result in involuntary jerking of part of the body. Complex focal seizures change consciousness or awareness, and may result in non-purposeful

movements, such as walking in circles or staring.

Generalized seizures appear to involve the whole brain. They include:

- Absence seizures, also called petit mal, which cause subtle body movements and brief loss of awareness;

- Tonic seizures that result in muscles stiffening;

- Clonic seizures associated with recurring, twitching muscle contractions;

- Myoclonic seizures that appear as sudden, jerking movements in the arms and legs

- Atonic seizures that cause loss of normal muscle tone;

- Tonic-clonic seizures, also called grand mal, which are intense episodes of body stiffening, shaking, loss of consciousness and occasional loss of bladder control or tongue biting.

Epilepsy can be diagnosed following blood tests as well as neurological and behavior examinations. Additional medical tests may be necessary, such as an electroencephalogram to check the electrical activity in the brain, or computerized tomography or magnetic resonance imaging to look for structural abnormalities like tumors, bleeding or cysts.

Treatment usually begins with medication to reduce the frequency and intensity of seizures. Surgery may be recommended if medicines are not effective. When tests show that seizures originate in a well-defined area that doesn’t interfere with vital functions, then that part of the brain may be surgically removed. If the affected part of the brain cannot be removed, doctors can make a series of small cuts to prevent seizures from spreading. Some people may be candi-

dates for vagus nerve stimulation, which involves implanting a device to deliver electrical pulses to the brain.

If you or a loved one is suffering from epilepsy or seizures, our new epilepsy program is designed to help you regain control of your life.

In addition to offering diagnostics and electroencephalograms (EEGs), we are the first in Palm Beach County to have a dedicated Epilepsy Monitoring Unit (EMU) for patients in need of further assessment. The unit employs skilled technologists and a core nursing staff committed to providing the best possible inpatient monitoring experience.

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Video Monitoring, a specialized form of an EEG in which the patient is continuously monitored on video while brain-wave activity is recorded. It is designed to allow physicians to:

- Identify the onset triggers for seizures

- Differentiate epileptic events from psychogenic seizures

- Establish the specific type of epilepsy

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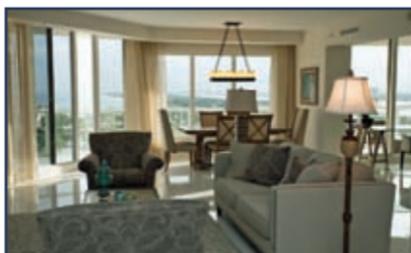
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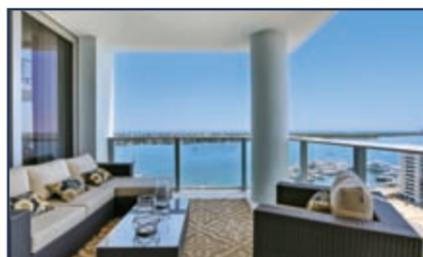


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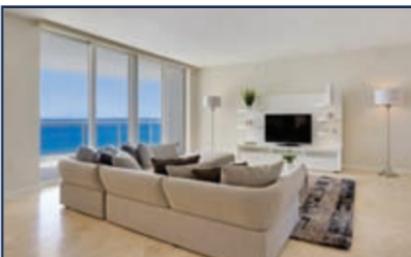


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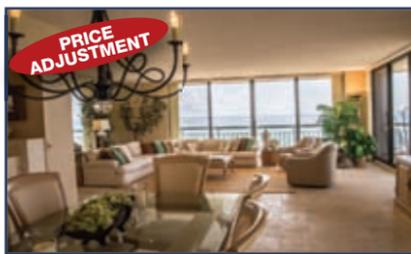
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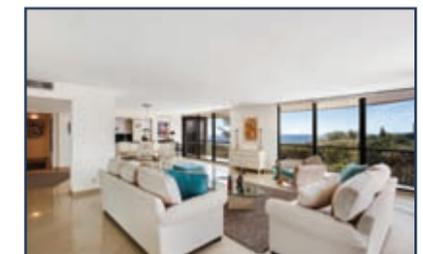
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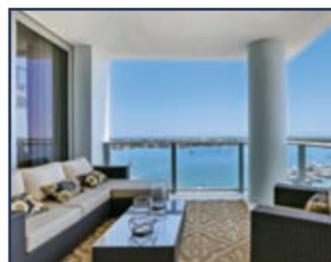
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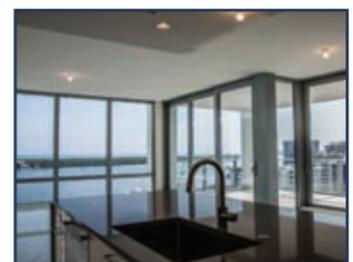
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ARTS & ENTERTAINMENT

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SECTION B



Scarred planet

New
Norton
exhibition
explores
the Earth's
wounds

BY GRETEL SARMIENTO
Florida Weekly Correspondent

WHEN "AN INCONVENIENT Truth" and environmental documentaries that followed sounded the alarm on climate change, some turned activists, others bought land in Mars, most hit the snooze button. More than a decade later, one artist delivers a resounding slap.

It's hard to deny one's role in the deterioration of the planet when looking at a 12- by 16-foot picture of a 110,000-year-old dilapidated glacier now disappearing. One can try ignoring it, but one will fail because there are 21 more pictures where that one came from and because our footprint already has a name: Anthropocene.

"Earth Works: Mapping the Anthropocene" features new and recent works by New York-based Justin Brice Guariglia, a transdisciplinary artist who flew over Greenland with NASA seven

SEE PLANET, B10 ►

▲ Justin Brice Guariglia in front of "QAA-NAAQ I," 2015 / 2016 (based on flights over Greenland) in the exhibition gallery.

JACEK PHOTO

Hellman's 'Foxes' a classic that remains relevant

BY BILL HIRSCHMAN
Floridatheateronstage.com

Naked greed. Stultifying sexism. Intercine warfare. Conscienceless businessmen. Slackers. Threatened blackmail. Rebellious youth. Subjugated women fighting to break the glass ceiling. Ambitious women using raw sex to manipulate weak men. Bank embezzlement. Even murder.

No, not the latest installment of "The Real Housewives of Palm Beach County" or a last week's White House Cabinet meeting.

It's Palm Beach Dramaworks' revival of "The Little Foxes," Lillian Hellman's 78-year-old classic drama of power politics in a dysfunctional family that's a cross between the Borgias and the Macbeths.

It's set in small-town Alabama at the turn of the century — the turn of the 20th century, that is, though much of it could resonate with today's reality shows.

"It is a very powerful piece of narrative storytelling and I think it sustains its power even for today's audience," said resident director J. Barry Lewis. "I don't think it's stodgy or musty or moldy. You blow off

the cobwebs and you have something that is still highly relevant but entertaining. Evil personified on stage is always fascinating."

"The Little Foxes" is one of those plays that has become an American classic, yet many people have not seen it or fail to recall it clearly despite frequent Broadway revivals and the iconic 1941 Bette Davis film version.

Mr. Lewis improvised a conversation. "When you say 'The Little Foxes,' people go:"

SEE FOXES, B11 ►

HAPPENINGS



JANINE-HARRIS / COURTESY PHOTO
Ballet Palm Beach will perform "The List" during a special benefit performance set for Oct. 26-27 at the Kravis Center.

Ballet plans special show at Kravis Center

BY JANIS FONTAINE
pbnews@floridaweekly.com

Colleen Smith, the artistic director at Ballet Palm Beach, will debut a new interpretation of "The Nutcracker" this year. Her new vision for the timeless story includes new choreography, plot, characters, sets, and costumes.

To prepare for this event, Ballet Palm Beach will perform "The List and Other Works" Oct. 26-27 at the Kravis Center. This special fundraising performance benefits Ballet Palm Beach's new production of "The Nutcracker" and its outreach programs.

This special fundraiser is an intimate affair, with a free drink included with every ticket. A few special ticket holders can get an upgraded performance with special cabaret seating, two drinks and light bites. (Additional beverages will be available for purchase.) All guests are invited to stay after the show for a meet-and-greet with the choreographer, Ballet Palm Beach artistic staff, and dancers.

"The List," by acclaimed choreographer Christopher Huggins, is a heart-wrenching short ballet about the horror facing a Jewish family in 1940 in Germany, and is Mr. Huggins' tribute to the victims of the Holocaust.

Switching gears, the ballet company also performs George Balanchine's charming ballet "Who Cares?," a tribute to Manhattan's glamour, glitz and grandeur of the late 1920's. This energetic work is drawn from songs by George Gershwin including "Strike Up the Band," "Sweet and Low Down," and "My One and Only."

The guest principal dancer is Joseph Gatti, former principal dancer at Corella Ballet in Spain and the Cincinnati Ballet, and currently the guest principal dancer with Orlando Ballet.

If you go: "The List and Other Works" — 7:30 p.m. Oct. 26-27, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets start at \$60. Call 561-832-7469 or visit www.balletpalmbeach.org.

An outlet for shutterbugs

You probably know that the Palm Beach Photographic Centre is right across the plaza from the West Palm Beach Library. You probably know it

SEE HAPPENINGS, B14 ►

COLLECTOR'S CORNER

A find that lights up my world – and takes me back to 1973



As I remember it, the summer of 1973 was hot.

But that didn't stop my mother and grandmother from loading my sister and me into the back of the blue and white 1968 Oldsmobile and heading north to Indiana, from where they'd moved to Florida 15 years before.

My mother had to deal with the pain of leaving my 2-year-old brother behind with a dear family friend — he'd cried the night before when she left him, but he settled into a routine the next day and didn't want to come back home, as I recall.

The Arab oil embargo was in full force and gas prices were creeping upward — my mother fretted that it was 32 cents a gallon some places, which seems like nothing now, but was a lot when filling the tank of that Delta 88, which probably topped out at 15 miles per gallon as it cruised up and down the highway in yachtlike splendor.

We sailed through Florida and Georgia and visited Cherokee, N.C., in those pre-interstate days.

We rolled into the bluegrass hills of

Kentucky — I remember showing my sister the Abraham Lincoln birthplace cabin — before pulling up at our great-grandmother's little house east of downtown Indianapolis.

As I recall, my sister stayed with Grandma and her mother, whom we called Grandma Gladys and who was recovering from foot surgery. I was 10 and old enough to venture out to some of the markets and flea markets with my mother.

It was while shopping that she bought a Miller slag-glass lamp and two vintage Fenton cranberry hobnail glass lamps.

That Miller lamp was Tiffany-like in its splendor to my 10-year-old eyes. The metal frame had a landscape motif from which the pinks and blues and greens shone in all their stained-glass glory. I was enthralled with the notion that we'd have something like that in OUR house — never mind that it probably had sold new in 1910 at Sears, Roebuck & Co. or a similar retailer that was as far from Tiffany and New York's Fifth Avenue as you could get.

That was early in my mother's passion for collecting, and she moved on to better things.

More than 30 years ago, she gave the lamp to me.

That seems like an eternity ago, but I can promise you this: With one pull of



SCOTT SIMMONS/
FLORIDA WEEKLY
This American-made slag-glass lamp dates from the first quarter of the 20th century. It stands just shy of 2 feet high.

the chain, it lights up and I'm transported to a shop in Indianapolis. I am 10 years old and all is right with my world, at least for that moment. How I wish that were true of everything. ■

THE FIND: A slag-glass lamp

Bought: Smiley Wiley Breast Cancer Foundation Thrift Store, 505 State Road 1A1A, Jupiter; 561-632-8631 or www.smileywiley.org

Paid: Priced at \$90; everything was 50 percent off in honor of Breast Cancer Awareness Month, so I paid \$45.

The Skinny: This thrift store, which supports a charity that helps breast cancer patients pay their deductibles for treatment, had received a pair of these lamps. But one of the lamps had faulty wiring, so the base was discarded.

That's too bad, because a pair of lamps this age is hard to find.

My friend Jim Antone, who's a Jacksonville antiques dealer and appraiser, says the lamps look like those made by Salem Bros. in the first quarter of the 20th century — the sockets bear a patent date of July 6, 1909.

Regardless of who made the lamp and its mate, the glass is beautiful, with pearly whites and vivid pinks and oranges.

It's nice that the lamp is complete, including its finial.

I bought the second shade. Now I need to find another base.

By now, you know me: I always love a challenge. ■

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COURTESY PHOTO

The Symphonic Band of the Palm Beaches plays concerts Oct. 21 at the Eissey Campus Theatre and Oct. 28 at the Duncan Theatre.

Symphonic Band to offer panoply of melodies

BY STEVEN J. SMITH
ssmith@floridaweekly.com

Once again, it's time to face the music as the Symphonic Band of the Palm Beaches opens its 57th season on Oct. 21 at the Eissey Campus Theatre in Palm Beach Gardens.

The program, titled "Specially For You," will then enjoy a repeat performance at the Duncan Theatre in Lake Worth on Oct. 28. Both shows get underway at 7:30 p.m. The concerts will highlight the band's most daring line up yet, according to Music Director Mark Humphreys.

"They are either very exciting and challenging new works or interesting hallmark pieces in the concert band and orchestral realm," Mr. Humphreys said. "We have a live and learned audience that comprises a unique cross-section of the community. So we make musical selections that are entertaining, educational and exciting for them."

Mr. Humphreys said the program will feature "A Gershwin Fantasy," containing many of the composer's most famous popular compositions, including "Strike up the Band," "Summertime," "Lady Be Good," "Fascinating Rhythm," "It Ain't Necessarily So," "Rhapsody in Blue" and "I Got Rhythm," performed by saxophone soloist and associate conductor Kyle Mechmet.

"Kyle is a master-level saxophonist, recently out of Iowa State University," he said. "He's really one of the finer players in the country. He plays with a clear, thrilling sound and perfect intonation that you don't normally hear. Seven leading Gershwin themes squeezed together."

A rollicking new cowboy piece called "The Twelve Gallon Hat," by Emmy and Academy Award-winning composer Julie Giroux, also is on the bill.

"Julie writes a very visual score," Mr. Humphreys said. "She employs these very large and western open chords that you hear in that type of music. It's very entertaining and very obvious writing, but at the same time quite difficult to play, evoking Hollywood and Aaron Copland — dynamic, fast, aggressive, fun. This piece was actually a dedication to a band director who has an outgoing, flamboyant personality as large as a twelve gallon hat."

Also featured will be "The Second Suite in F for Military Band (Op. 28, No. 2)," Gustav Holst's second and last suite for a concert band, which Mr. Humphreys said is composed of four movements based on English folk songs: "March," "Song Without Words," "Song of the Blacksmith" and "Fantasia" from "The Dargason."

"That's a suite of 'British-esque' themes," he said.

"Overture to Orpheus in the Underworld," by Jacques Offenbach and arranged by Lawrence Odom, is an adaptation of the French comic operetta. Loosely based on Greek mythology, it contains the risqué can-can melody that is famous outside

classical circles and is said to have shocked audience members at its premiere. Additional concert selections include "Barnum and Bailey's Favorite," by Karl L. King, and "Pageant," by Vincent Persichetti.

"And what's a band concert without a march?" Mr. Humphreys said. "Our program includes two — a Sousa favorite, 'Under the Double Eagle,' which was composed by 'March King' J.F. Wagner and 'British Folk Song March,' by Hiroki Takahashi."

David Hinds, vice president of the Symphonic Band, added the group is a nonprofit community band comprised of volunteer musicians from all over the community. Founded by a group of Palm Beach High School band alumni in 1961, its mission is to give audiences memorable musical experiences at affordable prices, to challenge its members to grow and develop musically and to award scholarships and grants to area youth for their continued educational and cultural growth.

"We're one of the oldest continuously operating organizations in the state of Florida," he said. "And for \$20 a ticket, the audience is getting a tremendous bargain. We're proud of that and for the fact that our profits go to scholarships for kids that can't afford summer music camps, colleges and musical instruments that we collect, purchase and give away to Title I schools, which are the poorest schools in Palm Beach County. We give away hundreds of these a year. So the money we bring in is going to a very worthy cause."

"It's a superb organization and in fact it still has some of its original charter members from the '60s," Mr. Humphreys added. "A wonderful, music-playing group with a dedicated leadership. Although some are older, they are still very youthful in their thinking and planning. As a consequence, we have a very devoted audience at our two professional theaters at the Eissey and the Duncan. So we wanted to do something really special for them. We want them to walk away with a sense of extreme satisfaction for the generous donation they've made to help the students of Palm Beach County." ■

in the know

'Specially For You,' by The Symphonic Band of the Palm Beaches

>> **When and where:** 7:30 p.m. Oct. 21 and Oct. 28

>> **Where:** The Eissey Campus Theatre, 11051 Campus Drive, Palm Beach Gardens (Oct. 21) and the Duncan Theater, 4200 S. Congress Ave., Lake Worth (Oct. 28).

>> **Tickets:** \$20 each show, \$85 for the five-concert season.

>> **Info:** 561-832-3115 or tickets@symphon-icband.org.

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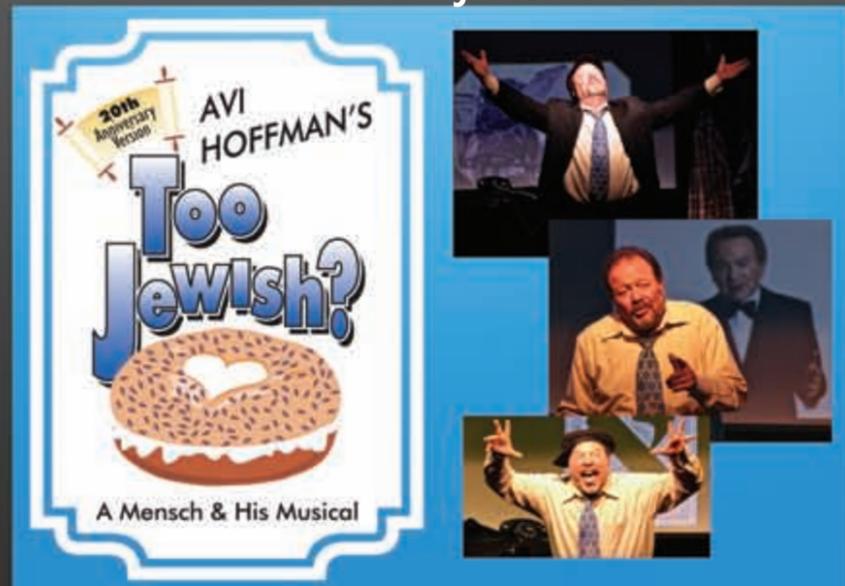
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CALENDAR

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

THURSDAY 10/19

Art After Dark: — 5-9 p.m. Thursday. Tours, music, spotlight talks. Free. 561-832-5196; www.norton.org.

Clematis by Night — 6-9 p.m. Thursdays. www.wpb.org/events or call 561-822-1515.

■ **Oct. 19:** Big Al & The Heavyweights (Gumbo, Blues, Zydeco).

Israel Public Diplomacy Forum — 5 p.m. Oct. 19, PBSC, 4200 Congress Ave., Lake Worth. An informative discussion led by academic and public policy experts on physical and cyber-security efforts overseas. Admission is free for students, \$5 members, \$10 nonmembers. Info: www.jewishpalmbeach.org or 561-242-6670.

The 16th annual Fright Nights — Opens 6-11 p.m. Thursday, 6 p.m. to midnight Friday and Saturday, through Oct. 28, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Admission is \$30, which includes 30 tickets valued at \$1 each to be used for rides and haunts. Each haunt requires seven tickets and rides vary from one to three tickets. Tickets may not be used for food. Parental discretion is advised for those younger than 12 years old. 561-793-0333; www.southfloridafair.com or www.myfrightnights.com.

The North County Art Association and Lighthouse Camera Club Exhibition — Through Nov. 10, Jupiter Community Center, 200 Military Trail, Jupiter. Features work by Linda Mathison, Pat Benedetto, Gerri Aurre, Lynda Koehler and Bill Clifton. Through Nov. 10. 561-741-2400; www.jupiter.fl.us/art.

"I Will Survive: Soundtracks of the 70s" — Through Nov. 19, PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. Conceived and written by Kevin Black & Mimi J. featuring music by an array of artists from ABBA to Carly Simon, to Gladys Knight, John Lennon and ZZ Top. Tickets: \$45 weekdays, \$48 weekends. Premium seats are \$65. 855-448-7469; www.pgaartscenter.com.

Florida Intergenerational Orchestra Open Rehearsal — 7-9 p.m. Oct. 19 and 26. The orchestra is seeking musicians of all ages. New musicians of all skill levels and scholarship auditions will be held. The founder and conductor is Lorraine Marks-Field. Call for location, registration: 561-482-8206; www.flioa.org.

Richard O'Brien's "The Rocky Horror Show" — Oct. 19-31, PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. Tickets: \$35 or \$40 for reserved seats. An Entr'Acte Theatrix production. www.entractetheatrix.org; 561-445-9244.

Free Greyhound Adoption Month — Through Oct. 31, Palm Beach Kennel Club, 1111 N. Congress Ave., West Palm Beach. Awesome Greyhound Adoptions, Hounds for Heroes, Forever Greyhounds, Greyed A Greyhounds and Greyhound Pet Adoption will offer free adoptions for all approved applications, a savings of more than \$250. Info: pbkennelclub.com/greypets.

FRIDAY 10/20

Oktoberfest — 5 p.m. to 11 p.m. Oct. 20, noon to 11 p.m. Oct. 21, and noon to 8 p.m. Oct. 22, The American German Club of the Palm Beaches, Lake Worth. Authentic German beer, food and entertainment by Heldensteiner Band and the Bavarian Tops Band direct from Germany. www.americangermanclub.org.

The eighth annual Wild Pants Party — Oct. 20, The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. The Arc of Palm Beach County hosts a men's fashion show and the models helped raise money for The Arc. The man who raises the most money is crowned King. Last year's event brought in nearly \$100,000 for the nonprofit. www.thegardensmall.com.

Spookyville — Oct. 20-22, Oct. 27-29 and Oct. 31, Yesteryear Village at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. An old-fashioned kid-friendly Halloween celebration with trick-or-treating, games, arts and crafts, a spooky house, food and drinks, carnival rides, bounce houses and a barrel train. Hours: 5-8 p.m. Friday and 11 a.m.-6 p.m. Saturdays and Sundays. For age 12 and younger. Admission: \$10, which includes rides and games, and kids age 2 and younger are free. Get tickets online at www.southfloridafair.com or at the gate. Parking is free.

SATURDAY 10/21

It's the 3rd Annual Cars, Trucks and Superhero Breakfast — 9-11 a.m. Oct. 21, BRIO Tuscan Grille at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. Superheroes arrive on a Palm Beach Gardens Fire Rescue fire truck, escorted by a Palm Beach Gardens Police squad car, and will pose for photos, answer crime-fighting questions and give autographs. A 5-by-7 photo is included for autographs. \$11.95 adults; \$5.95 children. A portion of proceeds benefits Jeffro's Heroes. Reservations are required. www.BrioItalian.com or www.OpenTable.com, 561-622-0491.

Blessing of the Animals — 10 a.m. Oct. 21, Peggy Adams Animal Rescue League, 3200 N. Military Trail, West Palm Beach. Officiated by Father Frank (Frances Fagan) and Rabbi Frank (Loring Jethro Frank). Suggested \$10 donation, includes refreshments, a professional photo download and a certificate of blessing. www.PeggyAdams.org.

By the Banyan Tree Historical Walking Tours — 10 a.m. Saturdays, during the GreenMarket. Offered the first and third Saturdays. Rick Gonzalez leads. Leaves from the banyan tree at the corner of Lantana Avenue and N. Clematis Street, and finishes at the Johnson History Museum. \$10, benefits the Historical Society of Palm Beach County. Next tour: Oct. 21. 561-832-4164, Ext. 2; www.hspbc.org.

The Annual Christmas Open House — 10 a.m. to 3 p.m. Oct. 21, Anna Flowers of Jupiter, 450 S. Old Dixie Highway, Jupiter. Learn to create a table arrangement; a display of both table top and standard decorated trees, refreshment and gift drawings. Get a 30 percent discount for any purchase of Christmas items on display. They will also be collecting donations (AA or AAA batteries, iTunes gift cards, ground coffee in bags, beef jerky, snack packs, protein bars and cookies and personal care items) for the Jupiter Tequesta group, Operation Care for Heroes. Info: 561-746-1288.

The 11th annual 'Boo Bash' Halloween Celebration — 3-6 p.m. Oct. 21, Centre Court, Downtown at The Gardens, at 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. Activities, games, costume contests in four age-groups: 3 and younger, 4-7 years, 8-11 years, and age 12 and older, plus best family and group. Info: www.downtownatthegardens.com.

Storm of '28 Memorial Event — 3 p.m. Oct. 21, 924 25th St., West Palm Beach, at the corner of Tamarind Avenue and 25th Street. Free. www.wpb.org.

Dreyfoos in White 201 — 6-10 p.m. Oct. 21. An all-white themed pop-up dinner party at a secret location that benefits the Dreyfoos School of the Arts Foundation. Guests host their own al fresco dinner party by bringing simple fare, an extravagant feast, or by purchasing their meals from the prix fixe menu provided by Sandy James Fine Foods. Tickets: \$50; available at www.soafi.org.

SUNDAY 10/22

Music at St. Paul's: The Trillium Piano Trio — 3 p.m. Oct. 22, St. Paul's Episcopal Church, 188 S. Swinton Ave., Delray Beach. Arrive at 2:30 p.m. for a pre-concert conversation with pianist Yoko Sata Kothari and Dr. Paul Cien-niwa. \$20; free for age 18 and younger. Info: www.music.stpaulsdelray.org.

Keys Relief Benefit Concert — Noon to 8 p.m. Oct. 22, Harbourside Place, 210 S. U.S. 1, Jupiter. Bands include the Beach Bum Pirate, the Brad Brock Band, 56 Ace, the Caribbean Chillers (Jimmy Buffet tribute show), and more to be announced. Tickets: \$10 entry and a event T-shirt; \$20 entry, a T-shirt and a Code Rum Punch or Tito's Vodka Punch. VIP tickets: \$100 or two for \$175, includes entry into the upstairs VIP area (opens at 5 p.m.), appetizers, dinner, a T-shirt, raffle ticket and three cocktails. A full 100 percent of the proceeds from ticket donations, raffles, vendors, T-shirts and other donations will benefit the Keys people. Get tickets at www.eventbrite.com.

MONDAY 10/23

Laura Ingraham Luncheon — 12:30 p.m. Oct. 23 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Ms. Ingraham, from political talk radio, will discuss topics found in her new book, "Billionaire at the Barricades." A book signing follows. Hosted by the Forum Club. Tickets: \$40 for members; \$50 member's guests, \$75 others. Info: www.forumclubpalmbeach.org or email kjoyce@forumclubpb.com.

WEDNESDAY 10/25

Pride Business Alliance Mixer — Oct. 25, Jaguar Palm Beach, 915 S. Dixie Highway, West Palm Beach. Hosted by Compass Inc. Free for members. \$20 guests. Register online at www.compassglcc.com.

Singers Needed — 8 p.m. St. Peter's United Methodist Church, 12200 W. Forest Hill Blvd., Wellington. Rehearsals for the Christmas Cantata are held on Wednesdays and singers are needed. The performances will take place Dec. 16-17. Call Ann at 561-718-5471 or email fsultym82@yahoo.com.

LOOKING AHEAD

St. Mark's Episcopal School Open House — 9-11 a.m. Oct. 26, 3395 Burns Road, Palm Beach Gardens. Registration and refreshments begin at 9 a.m. in Coleman Hall, followed by the program and tours of the school. Applications are being accepted for all grades PK2 through eight. Register online at www.stmarkspb.org/openhouse or call 561-623-2624 or email csexton@stmarkspb.org.

Genealogy Fair — 5-7 p.m. Oct. 26, at the Palm Beach County Main Library, 3650 Summit Blvd., West Palm Beach. Features exhibits to help with family history research, plus demos of scanning and recording equipment. Light refreshments provided. 561-616-3455; www.gensocofpb.org.

Ladies Night Out — 5:30-8:30 p.m. Oct. 26, iBar, PGA National Resort & Spa, 400 Avenue of the Champions, Palm Beach Gardens. Wine tasting, shopping, pampering by the Spa at PGA National and music by DJ Violinist Timothee Lovelock. Prize for the best and most creative mask, raffles and prizes. \$15 wine tasting ticket also includes one raffle ticket. Free valet parking. www.pgaladiesnightout.eventbrite.com.

Clematis by Fright — 6-9 p.m. Oct. 26 at the West Palm Beach Waterfront, Flagler Drive at Clematis St., West Palm Beach. Live music, food and drink, vendors. Info: www.clematisbynight.net.

All That Jazz Luncheon — 1-3 p.m. Oct. 29, 190 Atlantis Blvd., Atlantis Country Club, Lake Worth. Pianist Copeland Davis will perform at this fund-raising luncheon hosted by the League of Women Voters of Palm Beach County. Tickets: \$45. RSVP online at www.lwvpbc.org or call 561-968-4123.

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.

Kings of Leon — Oct. 27

AT DRAMAWORKS

Ann & Don Brown Theatre, 201 Clematis St., West Palm Beach. 514-4042, Ext. 1; pbdramaworks.org

"The Little Foxes" — Oct. 20- Nov. 12. At the turn of the century in the Deep South, the ruthless, moneyed Hubbard clan poison everything they touch, by Lillian Hellman

"Billy and Me" — Dec. 8 - 31. Tennessee Williams and William Inge: two great American playwrights, one turbulent friendship, by Terry Teachout

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.

The Roxx — Oct. 20

Bryce Allyn Band — Oct. 21

Teach the Beach Kick-Off Concert — Oct. 27

Classic Car Show & Eric Clapton Tribute — Oct. 28

Wyndham Grand Halloween Party — Oct. 28

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.

Sister Hazel — Oct. 19. All ages show. \$25 in advance, \$35 day of show.

Whiskey For Water — 7 p.m. Oct. 21. An evening of drinks, eats, and music by B-Side for a cause. Proceeds go to benefit bringing clean water to a one room school in rural Coco Zacappa, Guatemala. All ages. \$60 or two for \$110.

CALENDAR

Dope and (Hed) P. E. — 7 p.m. Oct. 27.

AT THE KRAVIS

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

“La Cage aux Folles” — Through Oct. 22.

Up Close With Ballet Palm Beach — Oct. 26-27.

John Cleese, Live On Stage — Nov. 1. Plus a screening of “Monty Python and the Holy Grail”

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 — 6 p.m. Oct. 25 and 4:45 p.m. Nov. 8 and 29. 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 — Oct. 23, and 30; 6-7 p.m. Nov. 6, 13, 20, and 27.

AT MACARTHUR PARK

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

Butterfly Walk — 11 a.m. Oct. 28.

Cruisin’ Food Fest — 2-4 p.m. the second Saturday of each month. Car show, live music, food trucks.

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’s 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.

Oct. 19: Duplicate bridge, Men’s adult 18+ basketball league begins

Oct. 20: Duplicate bridge

Oct. 23: Timely Topics discussion group, duplicate bridge

Oct. 24: Duplicate bridge

Oct. 25: Duplicate bridge

Oct. 26: Duplicate bridge

Oct. 27: Duplicate bridge

Oct. 30: Timely Topics discussion group, duplicate bridge

Oct. 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. Thursdays through Oct. 29 in the Hutcheson Portico Area. \$10 members; \$15 nonmembers.

Yoga in the Garden: Sunday Serenity — 8 a.m. Oct. 22, 29. \$10 members; \$15 nonmembers.

Designing & Creating the Home Landscape, Part 4 — 6-8 p.m. Oct. 25. \$80 for members; \$90 for nonmembers for four parts.

AT PBSC’S DUNCAN THEATRE

Palm Beach State College, 4200 Congress Ave., Lake Worth. Info: 868-3309; www.palmbeachstate.edu/theatre/duncan-theatre.

Dragons Love Tacos — Oct. 28.

Symphonic Band of the Palm Beaches presents ‘Specially for You’ — Oct. 28.

AT PBSC’S EISSEY CAMPUS THEATRE

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

Symphonic Band of the Palm Beaches presents ‘Specially for You’ — Oct. 21. Subscriptions: \$85. Single tickets: \$20.

Jazz, Pop and “Great American Songbook” — Oct. 23. Tickets: \$40 and up.

PBSC Jazz Ensembles — Oct. 24. \$10. Free for students in K-12, PBSC students, faculty and staff.

Palm Beach Gardens Concert Band — Oct. 25. Program: “Trumpet Fantasy” with guest artist Brian Neal. Tickets: \$18, free for age 18 and younger.

The Gospel Stage Play “He Is Still More Than Enough” — Oct. 28. \$30 in advance and \$35 at the door. 561-985-2773; www.ChiChiMaProductions.com

AT THE PLAYHOUSE

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

“Bye Bye Birdie” — Through Oct. 29.

In the Stonzek Theatre:

Faces Places — Oct. 20 -26

Marjorie Prime — Oct. 20-26

Lucky — Oct. 27-Nov. 2

The Untold Tales of Armistead Maupin — Oct. 27-Nov. 2

AT PGA ARTS CENTER

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

“I Will Survive — Soundtracks of the 70’s” — Through Nov. 19.



■ **“I Will Survive: Soundtracks of the 70s”** — Through Nov. 19, PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. 855-448-7469; www.pgaartscenter.com



■ **Cars, Trucks and Superhero Breakfast** — 9-11 a.m. Oct. 21, BRIO Tuscan Grille at The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. Reservations are required. www.BrioItalian.com or www.OpenTable.com, 561-622-0491



■ **Oktoberfest** — 5 p.m. to 11 p.m. Oct. 20, noon to 11 p.m. Oct. 21, and noon to 8 p.m. Oct. 22, The American German Club of the Palm Beaches, Lake Worth. www.americangermanclub.org



■ **“La Cage aux Folles”** — Through Oct. 22. Kravis Center. Info: 561-832-7469; www.kravis.org

“Irving Berlin Salutes America” — Nov. 30-Dec. 24.

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.

Brent Morin — Oct. 19-21

Maria Bamford — Oct. 20

Steve Byrne — Oct. 26-28

Dominique — Oct. 29

AT THE FAIRGROUNDS

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

Yesteryear Village, A Living History Park — Through Dec. 30. Learn what life was like in South Florida before

1940. Hours are 10 a.m. and 4 p.m. Thursday through Saturday. Tickets: \$10 adults, \$7 seniors age 60 and older, \$7 children age 5-11, and free for younger than age 5. Info: 561-795-3110 or 561-793-0333.

Ghost Tours — Fridays through Dec. 30. Tickets: \$18. Reservations required at 561-790-5232 or email yyv@southfloridafair.com.

Fright Nights — Through Oct. 28. Thursday-Saturday. New scary fright, a midway, food.

AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 4801 Dreher Park Road, West Palm Beach. Hours: 9 a.m.-5 p.m. Monday-Friday, 10 a.m.-6 p.m. Saturday and Sunday. Info: 561-832-1988; www.sfsccenter.org.

Silver Science Days — 2-5 p.m. the second Wednesday. Guests 60 and older can enjoy an afternoon of science

CALENDAR

designed just for them. \$10. Next meeting: Nov.

GEMS Club — 5-7 p.m. Oct. 24 and 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.sfsccenter.org/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.

LIVE MUSIC

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

Angry Moon Cigars — 2401 PGA Blvd., 188 & 194, Palm Beach Gardens. 561-296-5995.

■ **Joe Birch** — 9:30-12:30 a.m. Thursdays. Live and acoustic rock.

■ **Robert McCarthy** — 9:30 p.m.-12:30 a.m. Friday and Saturday.

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

■ **Motown Fridays with Memory Lane** — 9:30 p.m.-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.

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

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.

Voltaire — 526 Clematis St., West Palm Beach, above Lost Weekend. 561-408-5603.

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.

■ **"Ann Weaver Norton: Gateways to Modernism"** — Through Nov. 26. Made up of an array of Norton's drawings and pastels, maquettes and finished sculptures in various media.

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

■ **Irene Jalowayski Taking Flight**: A one woman show in glass — Opening reception 6-9 p.m. Oct. 21. Free. Refreshments.

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

■ **Portraits 2017 Exhibit** — Through Nov. 3.

■ **Art Salon** — 6 p.m. Oct. 23.

■ **Free Collage Class** — 2 p.m. Oct. 28.

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

Lunch and Learn — Meets in the library. Free. Bring your own lunch.

■ **Jewelry & Demo by Adriana Ficarelli** — Oct. 25.

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

Bird Walks:

■ **Green Cay Wetlands and Nature Center** — 8 a.m. Oct. 22, 12800 Hagen Ranch Rd, Boynton Beach. An easy walk on the boardwalk or paved surfaces, just over a mile. Family-friendly. Handicap Accessible. Leader: Valleri Brauer.

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

The Gallery at 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.

■ **Exhibition: "Made in Palm Beach Gardens"** — Through Nov. 18. From cattle ranches and scrub pine and swampy wetlands further west, Palm Beach Gardens became the big beautiful city by the sea and 14 artists used the city as inspiration for their work.

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.

■ **"Knights of the Air: Aviator Heroes of World War I"** — Through Dec. 31.

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

The Lighthouse ArtCenter — Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday. Admission is \$5 Monday-Friday, free the first Saturday of the month and for members and exhibiting artists. Info: 561-746-3101; www.LighthouseArts.org.

■ **Lighthouse ArtCenter's Faculty, Ceramics & 3D Exhibition** — Through Oct. 28.

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

■ **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.

■ **Turtle Talk**: Sundays at 10:30 a.m. A 30-minute lecture and tour for age 8 and older. Free.

■ **Eco Adventure Series: Sea Creature Discovery: Twilight Tour** — 6-8 p.m. Oct. 28. LMC biologists lead local eco-excursions. All ages. Tickets: \$25.

■ **Turtleween** — 10 a.m. to 4 p.m. Oct. 21. Learn what slimy, spikey and spooky creatures live beneath the sea, plus a costume parade, a visit to the haunted hospital and mad science lab, and spooky crafts. Free. www.marinelife.org/turtleween.

■ **Ninth Annual Go Blue Awards Luncheon** — 11 a.m.-1:30 p.m. Oct. 27, PGA National Resort & Spa, 400 Ave of the Champions, Palm Beach Gardens. Brian Skerry is the special guest and keynote speaker. Awards will be given to those have made significant contributions to improve and protect our oceans, beaches and wildlife. Tickets start at \$85. www.marinelife.org.

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.

■ **Essentrics Exercise Class**: 6-7 p.m. Wednesday, Clematis Room. Free. Bring your mat and join instructor Jan Bostic for Essentrics, a dynamic, full-body workout suitable for all fitness levels.

■ **Bachata Dance Class**: 7-8 p.m. Wednesdays, PreFunction Lobby. Free. Bring your dance shoes and bachata with instructor Eliseo.

■ **World Dance**: 6:30-7:30 p.m. Thursdays, PreFunction Lobby. Free. Join instructor Dawn and learn dance moves including Bollywood, Belly Dance and Hula.

■ **Blogging with WordPress**: 6-8 p.m. Oct. 23, Clematis Room. Free. Award-winning blogger Rick Zullo shows participants how to write and manage a blog, what to include, how to find an audience, and how you can make money from blogging.

■ **Leakers and Whistleblowers**: 2-4 p.m. Oct. 24, Clematis Room. Free. FAU lecturer Ronelle Delmont speaks about what motivates someone to leak sensitive information and whether they should they be considered enemies or heroes?

■ **Florida Diving**: 6-8 p.m. Oct. 24, Clematis Room. Free. Join Pura Vida Divers from Riviera Beach to learn more about SCUBA diving, underwater photography, night diving, drift dives, beach diving, reef diving, deep reef diving, wrecks.

■ **Clue Yourself In**: Intercultural Communications: 6-8 p.m. Oct. 25, Clematis Room. Free. Learn to communicate peacefully and successfully across cultures from PBSC speech communication professor Shauna Ramos.

■ **Medicare Open Enrollment**: 3-4:30 p.m. Oct. 26, Clematis Room. Free. Learn to understand your Medicare options and benefits.

■ **Art of Interviewing**: 4-6 and 6-8

p.m. Oct. 26, Life Support Lab. Free. Master the art of interviewing by preparing with a pro.

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.

■ **Bake Sale and Raffle** — 10 a.m.-5 p.m. Dec. 5.

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

■ **"Earth Works: Mapping the Anthropocene"** — Through Jan. 7.

■ **Architecture Collaborative** — Through Oct. 29.

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

■ **The 21st annual Members' Juried Exhibition** — Through Oct. 28.

■ **FOTOCamp 2017 Exhibiton** — Through 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.

The River Center — 805 N. U.S. 1, Jupiter. Hours: 9 a.m.-4 p.m. Tuesday-Saturday. This teaching facility and recreation area offers programs to enrich the community and the river. Call 561-743-7123; www.loxahatcheeriver.org.

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

Riviera Market at Marina Village, 190 E. 13th St. (at Riviera Beach Marina Village), Riviera Beach. — Sundays, 9 a.m.-2 p.m.

The Gardens GreenMarket — 8 a.m.-1 p.m. Sundays through May 6 at the Palm Beach Gardens Municipal Complex, 10500 N. Military Trail. Info: 561-630-1100 or www.pbgfl.com/278/GreenMarket.

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. ■

Anna Flowers hosts open house to benefit Operation Care for Heroes

Creating memorable holiday table arrangements will be the focus of Anna Flowers of Jupiter's open house, set for 10 a.m.-3 p.m. Saturday, Oct. 21.

Guests will experience a display of tree and tabletop decorations, including Mark Roberts Fairies and Lenox and Waterford ornaments. A 30 percent discount will be offered for purchases of Christmas items on display. Refreshments and gift drawings highlight the happening.

The event benefits the Jupiter/Tequesta group of Operation Care for Heroes and the Support Our Troops drive, providing care packages for troops

in Afghanistan and other war zones. With community support, the Jupiter/Tequesta group has shipped more than 1,920 boxes to U.S. troops overseas.

Anna Flowers will receive contributions in support of this effort, including AA and AAA batteries, iTunes gift cards and bagged and individually wrapped contributions of ground coffee, beef jerky, protein bars, snacks, cookies and personal care items.

Donors will receive a raffle ticket for the drawing to be held at the conclusion of open house. Anna Flowers is at 450 S. Old Dixie Highway in Jupiter. Phone: 561-746-1288. ■

PUZZLE ANSWERS



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



HARBOURSIDE HAPPENINGS

PUMPKIN FEST



October 21 | 11am-2pm

Join Harbourside Place & Chasin A Dream, for a day filled with pumpkins, candy & all things Halloween! Children 12 and under can enter a costume contest with prizes!

FLORIDA KEYS RELIEF BENEFIT CONCERT



October 22 | 12pm-8pm

Join Code Rum & Harbourside Place for fundraising to help Hurricane Irma victims in the Florida Keys. Live music & activities.

TEACH THE BEACH KICK-OFF CONCERT



October 27 | 6pm-9pm

Teach The Beach will host an awareness & education event on conserving local oceans and environments. For information, visit: <http://www.teachthebeach.org>

CLASSIC CAR SHOW & ERIC CLAPTON TRIBUTE



October 28 | 6pm

Live music from Forever Eric, performing classics by "Eric Clapton"—starts at 7pm! Classic Car Show hosted by South East Rods & Customs starts at 6pm. Limited number of cars. Preregistration required.

WYNDHAM GRAND HALLOWEEN PARTY



October 28 | 8:30pm-1am

Join the Wyndham Grand Jupiter for the best costume party in town! Prizes include hotel stays for 1st-3rd place! Visit: www.WyndhamGrandHalloween.com for tickets. Cost: \$67. Open bar & food stations, must be 21+.

HOWL-O-WEEN PET COSTUME CONTEST



October 29 | 5pm

Join Pucci & Catana Luxury Pet Boutique for the 3rd annual pet costume contest! First, second and third place prizes! Visit Pucciandcatana.com for more information. Cost \$10

All our Seafood comes Fresh from New Bedford Mass!!

Pasta • Salad • Ipswich Steamers • Oysters
Lobster Rolls • Belly Clams

Oyster Basket
\$13.50
reg. \$15.50 Exp. 10/28

Fried Shrimp Basket
\$10.00
reg. \$12.00 Exp. 10/28

Beer & Wine Available

Chef Bernard

Locations:

4595 Northlake Blvd,
Palm Beach Gardens
561-622-2259

181 N US Highway 1,
Tequesta | 561-406-5000

860 SW Federal Hwy,
Stuart | 772-219-3340

962 SW Saint Lucie West Blvd,
Port Saint Lucie | 772-871-5533

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SOCIETY

Breast Cancer Walk at Meyer Ar



Florida Weekly welcomes submissions for the Society pages from charity galas and fundraising events, club meetings and other to-dos around town. We need

FREE CAROUSEL RIDES
Every Wednesday 11am-1pm

Sponsored By:
Palm Beach Children's Hospital
at St. Mary's Medical Center

DowntownAtTheGardens.com

DOWNTOWN
at the gardens



SOCIETY

Amphitheatre in West Palm Beach



9



10



12



Shannon Burrows, Brylee Burrows and Todd Burrows

1. Darlene Capparelli, Peter Capparelli, Bailee Bonick and Vikki Bonick
2. Amber Tulucci, Bridget Tulucci, Yvonne Schneider, Renee Flynn, Melissa Axel, Marie Flynn and Bailey Baker
3. Iona Cusak, Toni Black, Kiara Hernandez, S'Riyah Watts and Shakita Jackson
4. Shakira Sinclair, Shannon Baney, Karen Glintz, Chante Mitchell-Drummond and Shannon Algino
5. Fedorah Marcellus, Marie Marcellus, Sherlie Florus and Patricia Florus
6. Jo Cress, Kim Johnson and Shannon Murley

7. Katie Mixon, Bob Goldfarb, Celette Beland and Jay Zeager
8. Kiernan Gillespie, Sky Gillespie, Kathryn Gillespie and Katherine Kress
9. Melissa Fiallo, Abigal Fiallo and David Fiallo
10. Cindy Drake, Olga Prieto, Megan Weber, Terri Monahan, Patsy Lynn, Carol Stone and Mikayla Ferguson
11. Jessica Tyson, Isaiah Tyson and Tracie McClendon
12. Candace Tennant, Cathy Johnson, Alicia Myles and Charlotte Oliver



11

300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@floridaweekly.com.

ANDY SPILOS / FLORIDA WEEKLY



ENDLESS HALLOWEEN FUN AT BOO BASH

SATURDAY, OCTOBER 21ST
3-6 PM — CENTRE COURT

Fun, games, live entertainment, spooooooky surprises and more!

3pm: Costume Contest registration
4pm: Costume Contest begins

Hosted by Virginia from the WRMF KVJ Show
Goodie bags while supplies last!

For more details visit DowntownAtTheGardens.com

SPONSORED BY



DOWNTOWN
at the gardens

PLANET

From page 1

times to document the effect of melting glaciers on global sea level rise.

On view at the Norton Museum of Art through Jan. 7, the works illustrate what Mr. Guariglia — the first artist to join a NASA climate science mission — saw during a 2015 survey mission. Horrific beauty or beautiful horror? It's complicated.

His photographs resemble abstract expressionist paintings while others appear to belong in a minimalist's home. It's hard to find them unattractive even when knowing what they represent. A land battered by global warming, machinery, agriculture and mining exhibits its monumental scars. Holes, dents and cracks are captured in the aerial photographs grouped into three sections: Agriculture and Mining, Glaciers and Sea Ice. They hang neatly in a sanitized white space that seems to keep emotions in check while secretly hoping for outrage.

From a distance, the "Landscape Studies" series inspired by the artist's travels to Asia appear as cosmic pictures.

They are snapshots of a distant galaxy putting up a display of flares, death stars and disfigured beasts or perhaps they are shattered memories, pieces from a broken mirror desperately trying to become one again.

Up close, one begins to appreciate the process the New Jersey-native is known for. It involves multiple coats of gesso, 22-karat gold leaf and other precious-metal leaf as well as an industrial-sized printer (his secret weapon) customized to apply acrylics instead of ink. The twist here is that Mr. Guariglia incorporates virtually



Justin Brice Guariglia at work in Greenland.

COURTESY PHOTO

indestructible materials, such as polystyrene, knowing they will far outlive his subjects and, in some cases, contribute to the very ecological crisis he is documenting.

One could say this is an artist who leads by example, confronts his own dilemma and irony before inviting us to follow.

That cleansing feeling brought by the massive white panels in the Glaciers section does not let us walk out pure and clean of our sins without confronting us first.

This is the most painful part. "KULUSUK I" features fragments of ice bubbling up as if ready to peel off the surface while the gigantic piece titled "AKUNAAQ I" features a distinctively

mechanic pattern unlikely to have been caused by animals or a natural process. "QAANAAQ I," a striking four-panel piece recently acquired by the Norton, stands out for its lines and shadows. Its subject emerges solid, stronger than adjacent pieces showing retreating glaciers with the consistency of powdered milk. The swollen surfaces of "QAANAAQ I" appear pregnant with hope, but it's just keeping up appearances. It's just a matter of time before it, too, dies a slow death.

With rising temperatures, glaciers like this one are dropping tons of ice into the ocean faster than ever.

The next five years will see the adventurous, experimental artist be part of the

Oceans Melting Greenland Initiative, which will continue to study how glaciers react to warm, salty Atlantic Water.

Can the mistreatment, contamination and abuse of the environment ever be beautiful? Certainly not. But can it be portrayed beautifully? Yes.

The smaller works in the Sea Ice portion of "Earth Works" features dark landscapes illuminated by distant, tiny white lights resembling a stream of magic dust as if in a fairy tale. In reality, these glowing constellations stand for sea ice, the thin remains of dying glaciers, as seen from the troposphere and stratosphere.

It feels wrong to find them appealing. Imagine smiling for a photo taken next to a beautiful monument born from a tragedy. But it can't be helped. That is the artist's mission after all. To convert research, studies and scientific findings into compelling renditions that will stay with us longer than charts and move us in ways statistics cannot.

At a time that sees the country stock in limbo — when not walking away from the conversation entirely — over whether or not humans really are changing Planet Earth, "Earth Works" gives us a push in the right decision. Sometimes it's not just history that needs a push. ■

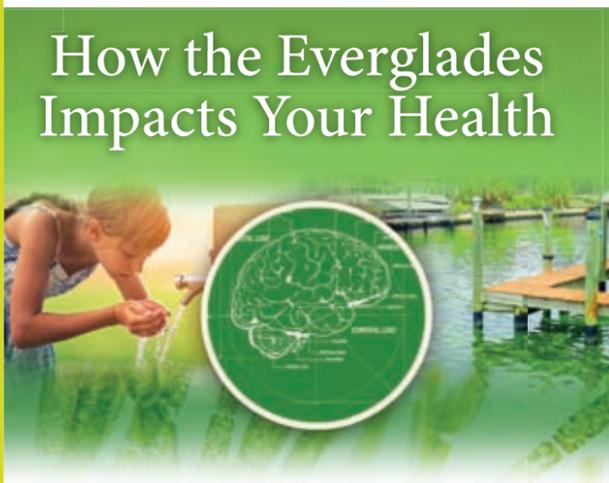
in the know

"Earth Works: Mapping the Anthropocene"

- >> **When:** Through Jan. 7
- >> **Where:** Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach.
- >> **Cost:** Admission is free.
- >> **Info:** 561-832-5196 or www.norton.org



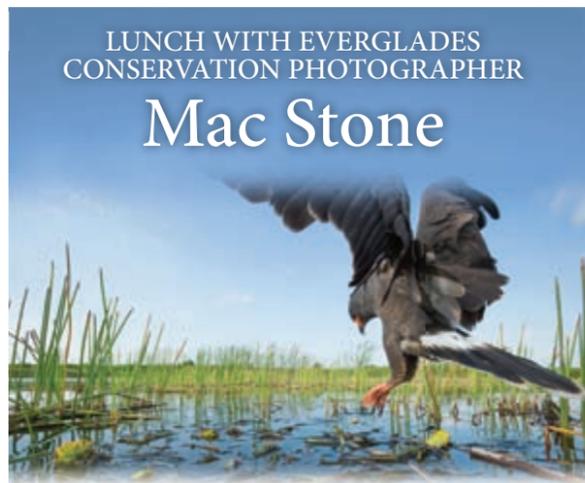
SCIENCE & POLITICS: How Everglades Restoration Impacts Our Lives



How the Everglades Impacts Your Health

Meet prominent scientists as they discuss the health risks that accompany green algae.

Talks and panel discussion moderated by WLRN's Kate Stein



LUNCH WITH EVERGLADES CONSERVATION PHOTOGRAPHER Mac Stone

See the majesty of the Everglades through the eyes of an award-winning Everglades conservation champion.

Lunch Provided



Politics of the Everglades

Spend an hour with U.S. Rep. Lois Frankel and U.S. Rep. Brian Mast as they discuss the political issues surrounding Everglades restoration.

Moderated by Michael Williams of WPTV Channel 5

OCTOBER 21 | 9:30 A.M.-3:00 P.M.
PALM BEACH ATLANTIC UNIVERSITY - WEYENBERG HALL

RSVP at EvergladesFoundation.org

FOXES

From page 1

“— Oh, yes. ‘The Little Foxes.’
 “— Well, Can you tell me what it was about?
 “— Well, no, but it was really good. Wasn't it about a family?
 “— Well, yes
 “And in the South?
 “— Well, yes.”

Indeed, several of the cast members were tangentially aware of the title, but had not read it, including its star, Kathy McCafferty, who portrays the central character, Regina Hubbard Giddens.

But, Ms. McCafferty said, “I knew of the play and I read it before the audition. As soon as I read it, I could see this woman is being held back by the restrictions of her time, by her family dynamic, and by not having the means of having a say in her own life. If you don't have money, you don't have choices and a woman at that time is dependent for every single thing for a man to say yes or no to, to get a new dress, to take a trip, in her case, to make an investment.”

Hellman created a supremely intelligent and rapaciously ambitious woman in Regina, trapped in a society in which her sex blocks her from any direct influence in the burgeoning family business run by her two wealthy brothers. But when they want a loan from her strained finances (actually from her weak-willed husband, who controls her inherited cash) for a crucial expansion, she finally has a chip to play in a high-stakes, no-rules battle for power.

While Dramaworks has no plans to alter the emphasis, the play's Regina is less the independent force of nature than Bette Davis' cinematic interpretation was — just as venal, but less powerful.

Mr. Lewis, who has directed other classics for Dramaworks, likened this family dysfunction to the timeless discord in “King Lear” and “Who's Afraid of Virginia Woolf.” But he saw even more modern resonances in the greed-trumping-principles ethos.

“When I reread the play, you're always looking for that one or two (lines that represent) the whole play. Hellman gives them to Addie the servant. (‘Well, there are people who eat the Earth and eat all the people on it. . . . Then there are people who stand around and watch them eat it.‘) It's very important that we ... do not become those who eat or simply passively watch. What is my responsibility, wherein lies my action to humankind, to nature, to the family? And that really caught me because we seem to be becoming more isolated and more divided. And how do we begin to the conversation to bridge the gap?”

But Ms. McCafferty, who played the flinty heroine in Dramaworks' “Outside Mullingar,” has to come at it another way: While Regina does despicable things, the actress cannot play her as a villain.

“She has no independent means. She says (to her husband) ‘All my life I've had to make force you to make something of yourself. When I met you, you were a small town bank clerk,’ This man has the privilege and opportunity to better himself and he doesn't take it and that's maddening to her. Because if she was in that position, she'd be running the town. She knows she would. She knows she could. But she is not allowed to. If she was born 100 years later, she would be a CEO or in politics. She is chastised by her brothers; she is told to shut up and smile by her brothers.”

One way Regina controls her husband is by acquiescing to sex she doesn't want. Ms. McCafferty's voice grows in passion. “She's a great actress. She has to assess what the man wants. And that costs her. She has to suck it up — to have to go

against your nature, to soften yourself and placate and bend and not say what you want to say. Day after day. Women might not relate to what this woman does, but they will understand why.”

The original Broadway production's Regina was Tallulah Bankhead, who was lauded for her performance, followed in other revivals by Anne Bancroft, Stockard Channing and last season by Laura Linney and Cynthia Nixon alternating as Regina and the weak sister-in-law Birdie. Local veteran theatergoers may recall the 1981 edition marking Elizabeth Taylor's Broadway debut, which actually premiered at the Parker Playhouse in Fort Lauderdale because the production was bankrolled by South Florida producer Zev Buffman.

The show is a gift for setting and lighting designers, but especially for Dramaworks' resident Carbonell-winning costume designer Brian O'Keefe who gets to garb 10 actors in multiple outfits that reflects their status, moods and character evolution.

“It's a character-driven play and that's always a lot more fun, to create personal wardrobes for individuals and to try to inform the audience who they are, where they are, where they're going, where they've been,” Mr. O'Keefe said.

For instance, Regina's final outfit is a shade of green that projects greed, money, envy, but also given the climax of the play “it's also the color of life and beginnings and growth. I want this costume to convey all of that. In addition, the style of it is based on a sort of fusion of male and female fashion because she is really acting like a man in a man's world being a woman of this time.”

Mr. O'Keefe designed the show about 20 years ago for the Seaside Music Theatre starring Barbara Bradshaw and Gordon McConnell. But that time, he had a staff of six to eight people; this round it's him, a full-time assistant and two part-time people.

Other cast members include Dramaworks regulars Dennis Creaghan (who appeared in the Elizabeth Taylor London tour) as one of the scheming older brothers, Rob Donohoe as Regina's gentle husband, Caitlin Cohn (the precocious girl in last season's Arcadia), as their pivotal daughter Alexandra and Avery Sommers as Addie. Plus James Andreassi, Denise Cormier, Taylor Anthony Miller and Frank Converse.

The cast has been trying to create in a couple of weeks the kind of familial familiarity that Hellman's cadre built over decades.

If it works, Ms. McCafferty's goal is to “take the audience on a journey in which these characters do some highly questionable things, but they can love us or hate us or be horrified by us, but that they come to a place of understanding of how we come to these points of our lives, to these choices because of certain limitations or why we have come to the breaking point.”

She paused, then “Hopefully there will be a moment or two of recognition in themselves. That, to me is the most compelling theater when we see people doing things we have said I will never ever do, but you have a moment of recognition that surprises you. A door cracks open on something that you don't want to relate to, but somehow find you are.” ■

in the know

'The Little Foxes'

>> **When:** Through Nov. 12
 >> **Where:** Palm Beach Dramaworks, 201 Clematis St., West Palm Beach. Cost: \$55-\$90; student tickets are available for \$15.
 >> **Info:** 561-514-4042 or www.palmbeach-dramaworks.org.



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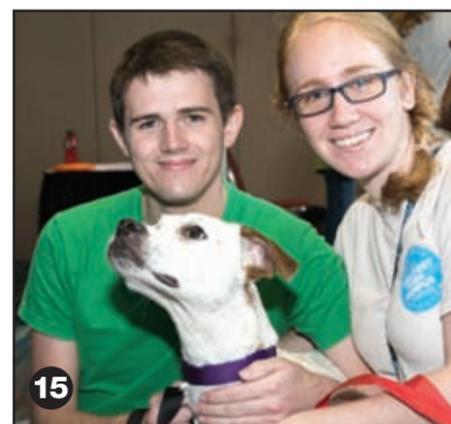
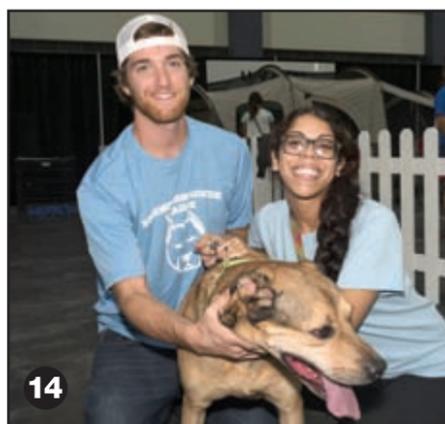
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SOCIETY

Countdown 2 Zero, Palm Beach County Convention Center



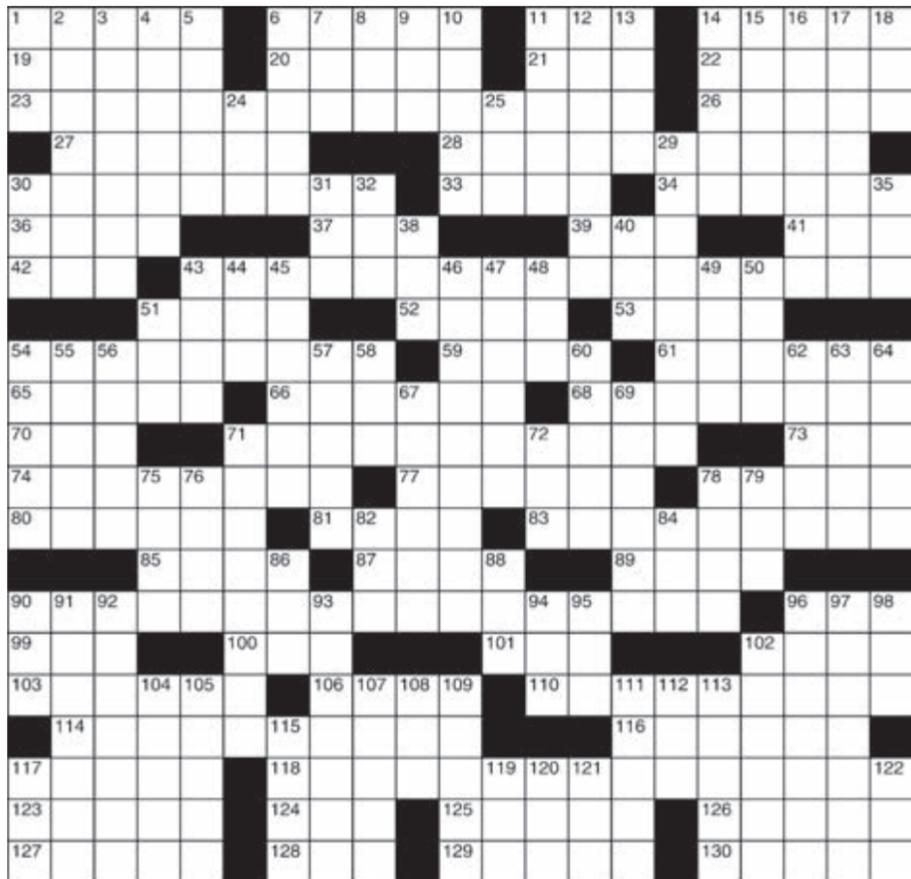
1. Edison Einsidler, Eric Einsidler, Jessica Einsidler and Junie
2. Holly Lea, MaryAnn Lea and Quartz
3. Achtny Warner, Beth Keser, Lauren Ellis and Jaime Devereaux
4. Emma Patterson and Luna
5. Caroline Santise, Squiggy, Dominique Craig and Candy
6. Alana Urba, Houston and Veronica Urba
7. Haley VanSchaick, Julie Gerena and Aliana Guzman
8. Jane Tavani, Sonia Sax, adopted pup and Karissah Bari
9. Jennifer Falcon and Tara Miale
10. Ricky Stacy, J.R., Liz Rockafellow and Mike Grandee
11. Jess Smith, Sue Perry, Andrew Smith and Houston
12. Katie Lee, Hammer Lee and Lucy
13. Anna Estrada and Simon
14. John Reardon, Beatriz Rivera and Howie
15. Matthew McAlice, adopted pup and Libby O'Brien
16. MaryEllen Kielmann and Michelle Durkee



PUZZLES

ROYAL NAMESAKES

- ACROSS**
- 1 Stole, e.g.
 - 6 Stoles, e.g.
 - 11 Many a yellow ride
 - 14 Kickoff
 - 19 Pertaining to pitch
 - 20 Hits upon the answer
 - 21 Uplifting verse
 - 22 Pointer
 - 23 "Cleopatra" star
 - 26 "E pluribus unum," e.g.
 - 27 Horse-race bet taker
 - 28 Defeater of Al Gore in 2000
 - 30 Orator called "The Great Pacificator"
 - 33 Knitting supply
 - 34 Crooner Johnny
 - 36 Camera part
 - 37 Stew holder
 - 39 H lookalike
 - 41 Genoa gold
 - 42 Abbr. that saves space
 - 43 "Dallas" actress
 - 51 Triscuit alternative
 - 52 Liking a lot
 - 53 Bert who had a lion's lines
 - 54 "East of Eden" actor
 - 59 Walked over
 - 61 Mexican dish
 - 65 Vocalist
 - 66 Close-fitting, bell-shaped hat
 - 68 Keeps repeating
 - 70 Wee, briefly
 - 71 "Concord Sonata" composer
 - 73 Bit of ink art
 - 74 Put on the air
 - 77 "3 Women" director
 - 78 Ginger, e.g.
 - 80 One wooing
 - 81 J.D. Salinger title heroine
 - 83 "Wag the Dog" actress
 - 85 Mater lead-in
 - 87 Advance
 - 89 Go out
 - 90 "Lucy Gray" poet
 - 96 Booster for a rock band
 - 99 Punk rock variant
 - 100 China's Chiang — -shek
 - 101 Patriots' Day mo.
 - 102 Ending for buck
 - 103 Dirty mark
 - 106 Keep going
 - 110 "The Great Lie" Oscar winner
 - 114 "A Book of Nonsense" author
 - 116 Of a big artery
 - 117 Arbor array
 - 118 Namesakes of the 10 people featured in this puzzle
 - 123 Some equines
 - 124 Me, to Luc
 - 125 Vowel run
 - 126 Hay-bundling machine
 - 127 Just manage
 - 128 FWIW part
 - 129 Stickpin site
 - 130 Yukon vehicles
- DOWN**
- 1 Revered Fr. woman
 - 2 Stephen who replaced Letterman
 - 3 Like negatively charged atoms
 - 4 Shaving tools
 - 5 Like many piecrusts
 - 6 See 11-Down
 - 7 Act the fink
 - 8 Guitar wood
 - 9 Mine shaft
 - 10 Like a ham
 - 11 With 6-Down, circular diagram of the spectrum
 - 12 Decorator
 - 13 Arctic mass
 - 14 Latin dance
 - 15 Game fish
 - 16 Place to buy paintbrushes
 - 17 Tax shelter named for a U.S. senator
 - 18 Binary base
 - 24 Brand of 4-Down
 - 25 "For" vote
 - 29 Gives out
 - 30 Hurry, old-style
 - 31 Well-chosen
 - 32 "— hool!"
 - 35 Note below la
 - 38 Prefix with angle
 - 40 Up to, in brief
 - 43 MasterCard rival
 - 44 "— help a lot if ..."
 - 45 Prague natives
 - 46 Winning
 - 47 Stationary
 - 48 Cutesy- —
 - 49 Burn a bit
 - 50 Food writer
 - 51 Pal of Stimpny
 - 54 Drops callously
 - 55 "Later, Luc!"
 - 56 Prefix with second
 - 57 Off to — start
 - 58 Here-there connection
 - 60 Armless sofa
 - 62 Cobwebby storage site
 - 63 Extract by percolation
 - 64 Perfumer
 - 69 Bill equal to two fins
 - 71 Toyota or Kia
 - 72 "— bad boy!"
 - 75 Abbr. ending many a list
 - 76 E. — (bacteria)
 - 78 — Tzu
 - 79 Pig, to some
 - 82 — -mo
 - 84 Interoffice phone no.
 - 86 Doc's org.
 - 88 Secret org.
 - 90 Director
 - 91 Dunk
 - 92 Most noisy
 - 93 Refuses to
 - 94 Typing meas.
 - 95 "... man — mouse?"
 - 96 "A" or "an"
 - 97 Sponged
 - 98 "— favor"
 - 102 Star-related
 - 104 Uncool type
 - 105 Long-winded
 - 107 Auspices
 - 108 "My Gal —"
 - 109 Juror's event
 - 111 Artist Dufy
 - 112 Over there, in poetry
 - 113 Most Iraqis
 - 115 Pop's Lovato
 - 117 Dog's ID site
 - 119 Briny body
 - 120 With it
 - 121 Singer
 - 122 Most coll. applicants



SEE ANSWERS, B7 ▶

HOROSCOPES

LIBRA (September 23 to October 22) Good news: Your outspoken views about a controversial on-the-job situation could find unexpectedly strong support from a most unlikely workplace faction.

SCORPIO (October 23 to November 21) You might have to draw on your reservoir of spiritual strength to help someone special through a difficult time. Your loving attitude makes all the difference.

SAGITTARIUS (November 22 to December 21) Your proven leadership qualities make you the perfect person to take on an important workplace task.

CAPRICORN (December 22 to January 19) Although some compromise might need to be reached regarding your stand on an important issue, you'll still be able to get the most crucial points across.

AQUARIUS (January 20 to February 18) A chance to make

a career change carries both positive and uncertain possibilities. Best advice: Check it out thoroughly and don't be rushed into a decision.

PISCES (February 19 to March 20) You're still a staunch supporter of one side of an important issue. But be prepared to deal with new information that could cause you to question your current stand.

ARIES (March 21 to April 19) This is a good time to speak out on a difficult situation. You're known for your honesty, so people will listen and, perhaps, begin to make long-needed changes.

TAURUS (April 20 to May 20) The Bovine's sharp business sense alerts you to question the positions of those trying to push the Bull into a deal. Demand to see proof of what they profess.

GEMINI (May 21 to June 20) Your quick thinking helps you get out of a troubling situation that sud-

denly was thrust upon you. Later on, you can expect to learn more about why it happened.

CANCER (June 21 to July 22) You might feel you've dotted all your i's and crossed all your t's regarding that upcoming deal. But there might be some facts you've ignored. Check again.

LEO (July 23 to August 22) Time for the Lion to be more physically active. It will help shake off any lingering Leonine lethargy and restore your energy levels, so you'll be prepared for what lies ahead.

VIRGO (August 23 to September 22) Helping those in need at this time is laudable. But don't ignore your own needs, especially where it concerns your health. A medical checkup is a wise move.

BORN THIS WEEK: You're perceptive and quick to act when you sense that someone needs help. You are an always-dependable friend. ■

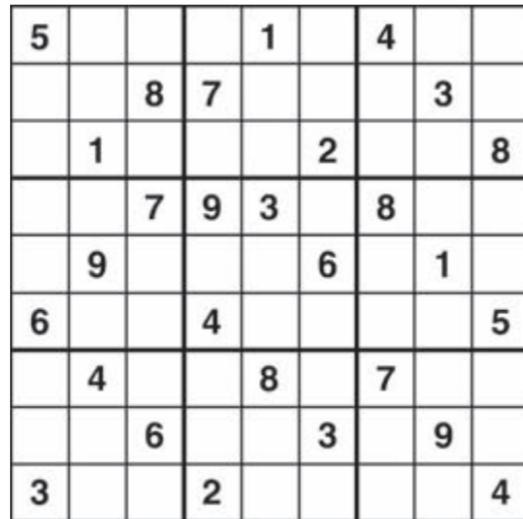
SUDOKU

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, B7 ▶




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OCT 29 - NOV 12, 2017 **NOV 28 - DEC 17, 2017**

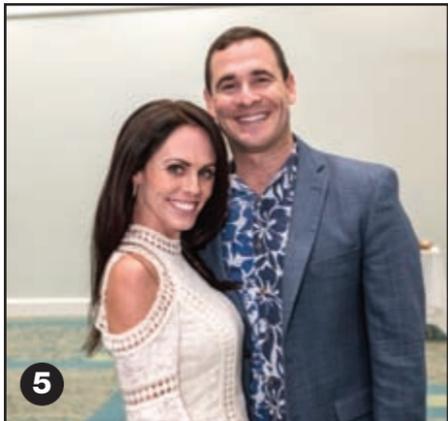
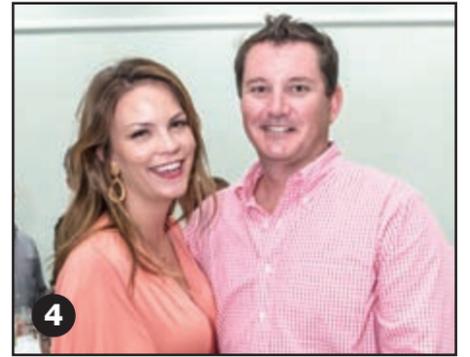
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REAL NEWS STARTS HERE

SOCIETY

Chefs for the Keys raises \$50,000 for Hurricane Irma relief, Riviera Beach CRA Marina Village Event Center



1. David Klein and Jennifer Wallin
1. Denise Mariani and Rick Mariani
3. Kim Bibby and R.J. Bibby
4. Lacey Ivancevic and Mike Ivancevic
5. Melissa Barton and Craig Robbins
6. Nikki Brower, Aaron Menitoff and Julie Menitoff
7. Teca Sullivan, T.A. Walker, Tamra FitzGerald and Michelle Noga
8. Sally Severeid and Mo Foster
9. Adam Brown and Troy Sheller
10. Sonia Wilson, Dawn Hagen, Ken Kettner and Casey Pickett



Florida Weekly welcomes submissions for the Society pages from charity galas and fundraising events, club meetings and other to-dos around town. We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@floridaweekly.com.

HAPPENINGS

From page 1

holds exhibits by world-renowned photographers and hold FOTOfusion, a week of workshops and exhibitions, each January. But they also offer classes for the beginning photographer or the person who just wants to take better photos in the series, FotoBasics.

Shane Srogi will teach two workshops this week. Mr. Srogi is a gifted photographer whose landscapes cross the barrier into fine art. He has spent more than 20 years as a professional photographer with A-list clients. He says it's "very rewarding to help students further their photographic endeavors." You can see his work at www.shanesrogi.com

On Oct. 21, from 10 a.m. to 2 p.m., Mr. Srogi will teach "Take Better Pictures: Morning Markets," which will begin in the

classroom, where he will teach the tools that will help you capture the energy, movement, colors and textures of your subject and then head to the West Palm Beach GreenMarket to use what you learned.

The course is suitable for all skill levels, but you will need to bring your digital SLR camera, lens, a memory card, and your camera manual if you have it. Don't forget to charge your battery.

On Oct. 23, Mr. Srogi will teach "Take Better Pictures: Lighting 101," from 10 a.m. until 2 p.m. Learn to make lighting work for you by mastering the rules and techniques necessary to work with different styles and methods of lighting, which can make or break your image. Learn to manipulate and use natural, portable and studio lighting. Each class is \$120.

These are just two of the many classes offered by the center. For more information or to register for a class, call 561-253-2600, visit www.workshop.org or stop by the Photographic Centre at 415 Clematis St.,

West Palm Beach.

Scarecrow Festival postponed

One of the Historical Society of the Palm Beaches' signature events, the annual Scarecrow Festival, originally scheduled for Oct. 21, has been postponed until Oct. 28, so you have an extra week to perfect your scarecrows. This event is held each October on the grounds at the Richard and Pat Johnson Palm Beach County History Museum, 300 N. Dixie Highway, West Palm Beach, and features activities including a scavenger hunt inside the museum, pumpkin decorating, a corn-shucking contest, live music, an agricultural display by local farmers, and of course the scarecrow making contest with prizes. Get complete rules for the contest and details at www.historicalsocietypbc.org. Admission is free. Call 561-832-4164 for more information.

Teen playwrights wanted

Palm Beach Dramaworks is searching

for students in grades 9-12 for their new Young Playwrights Ten-Minute Play Contest. The goal is to introduce the joy of writing for live theater to young people, and to give teens an outlet for their creative voice. Students are encouraged to write about subjects that are meaningful to them.

Plays must be submitted by an educator or school administrator, and Dramaworks offers an optional detailed 5-day lesson plan for teachers to use to help students create their ten-minute plays. Winning plays will be chosen by a panel of professional playwrights and theatre practitioners.

The winner receives a \$250 cash prize and a published anthology that includes their play, and the winning play will be performed live in a staged reading at Palm Beach Dramaworks' spring playwriting festival.

The deadline to submit plays is Dec. 15. For more information, call 561-514-4042; www.palmbeachdramaworks.org. ■

LIBBYVISION / COURTESY PHOTOS

FLORIDA WEEKLY CUISINE

In the kitchen with...

BRUCE LIEBERMAN, The Butcher Shop Beer Garden & Grill in West Palm Beach

BY MARY THURWACHTER
mthurwachter@floridaweekly.com

Bruce Lieberman has worked in restaurants all over the country over the past 34 years, but his best job — his favorite job — is the one he has now as executive chef of The Butcher Shop Beer Garden & Grill in West Palm Beach.

The Butcher Shop was founded by father and son duo Igor and Fred Niznik after they bought an old-fashioned butcher shop called Charlie's. The restaurant opened in April.

"We have a full-service butcher," said Chef Lieberman, who worked previously at Dorrian's Red Hand in West Palm Beach.

He said it was his grandmother, a very good cook, who inspired him to become a chef.

"I started working as a busboy when I was 14 and a week later I was manning the salad station," he said. He enjoyed the restaurant environment.

"I determined early on that this was the career path that I needed to be on," he said. "I love the tension and controlled chaos that shaped my cooking and management styles."

Those who come into The Butcher Shop for the first time will want to try the bacon gorgonzola burger or the BBQ Butcher sandwich.

"Both are delicious," he insists.

One of his favorite dishes to cook is cassoulet, slow-cooked French casserole with meat, pork skin and white beans. Cassoulet is named after its traditional cooking vessel, the cassole, a deep, round, earthenware pot with slanting sides. Although known for beef, the Butcher Shop also offers several vegetarian dishes.

A family man, Chef Lieberman says his wife, Megan, does most of the cooking at home, although he frequently grills.

"I have four children — Andie, 23, Bernard, 4, Scarlett, 2, and Isla, 6 months," he said. "We enjoy going to the beach and doing arts and crafts projects."

How does he stay fit?

"Running after three little kids and a 75-pound German shepherd keeps me in shape," Chef Lieberman said.

While he loves being a chef, he dreams



CAPEHART PHOTO

Bruce Lieberman has worked in the restaurant industry for 34 years.

of having his own business one day.

"I have always wanted to own a vintage kitchen and furnishing store," he says.

Bruce Lieberman

Age: 49

Original hometown: Lawrence, N.Y.

Where I now live: Palm Beach Gardens

Where I cook: The Butcher Shop Beer Garden & Grill, 209 6th St., West Palm Beach, 561-812-2336, www.butcher-shopwpb.com. Open 11 a.m.-11 p.m. Sunday through Thursday, or 11 a.m.-2 a.m. Friday and Saturday.

Mission: To make honest, simple food that satisfies every guest every time.

Cuisine: American with French and Asian influences.

Training: I have over 34 years' experience and was trained by the chef from the original Quilted Giraffe in New York City.

What's your footwear of choice in the kitchen? Birkenstocks

Best advice to someone who wants to be a chef: My advice is to absorb as much as you can from everyone you work with. There is always a new or old technique to learn and implement in your daily work routine.

About mentors: I had two mentors: Mr. Bob, from my first restaurant job, and Barb Cahill, from my time in Key West. ■



FLORIDA WEEKLY FILE PHOTO

Christopher Slawson of Christopher's Kitchen in Palm Beach Gardens.

SCOTT'S THREE FOR 3 Places to go vegetarian A trio worth noting

1 CHRISTOPHER'S KITCHEN

Midtown, 4783 PGA Blvd., Palm Beach Gardens; 561-318-6191 or www.christopherskitchenfl.com.

You can go to Christopher's to cleanse.

Or you can go to Christopher's to savor fine dining that's actually good for you. Chef/owner Christopher Slawson creates a variety of raw and "living" vegetarian and vegan fare. We love his chopped salads and find his noodles made from zucchini and other vegetables to be inspired.

2 BOLAY

3333 Northlake Blvd. No. 8, Palm Beach Gardens; 561-612-2859 or www.eatbolay.com.

Bolay founders Chris and Tim Gannon (yes, he founded Outback) hope to take their local chain national in the coming months.

It's a counterpoint to Outback.

Bolay, a fast-casual restaurant, offers a range of bases and proteins — quinoa, Moroccan black rice, as well as tofu, or ahi tuna, chicken or shrimp, among others. And because it's healthy fare, there's nary a Blooming Onion in sight.



COURTESY PHOTO

You can dine outdoors at Darbster in West Palm Beach.

3 THE CHICKPEA

400 Clematis St., West Palm Beach; 561-755-5151 or www.the-chickpea.com.

The Chickpea takes a more casual approach to dining that our other two options, but it's equally tasty. Yes, there are meats on the menu here, but the bulk of the menu has falafel and plenty of hummus, brown rice and beans. We always love the tomato-cucumber salad here. Good and good for you.

— Scott Simmons

THE DISH: Highlights from local menus

The Dish: Tacos

The Place: Darbster, 8020 S. Dixie Highway, West Palm Beach; 561-586-2622 or www.darbster.com.

The Price: \$13.50

The Details: It's nice when something that tastes good also is good for you.

And that's how the menu works at Darbster.

The vegan restaurant, situated on the spillway that divides West Palm Beach

and Lake Worth, offers a range of "living," or raw, foods and meat substitutes.

I opted for tacos this visit, and enjoyed the filling of toasted cumin tempeh, tomato jalapeño, romaine, red onion, avocado and dairy-free cheddar. It was accompanied by guacamole and a tangy pico de gallo, plus earthy black beans with cilantro rice that did not overdo it with the cilantro. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY



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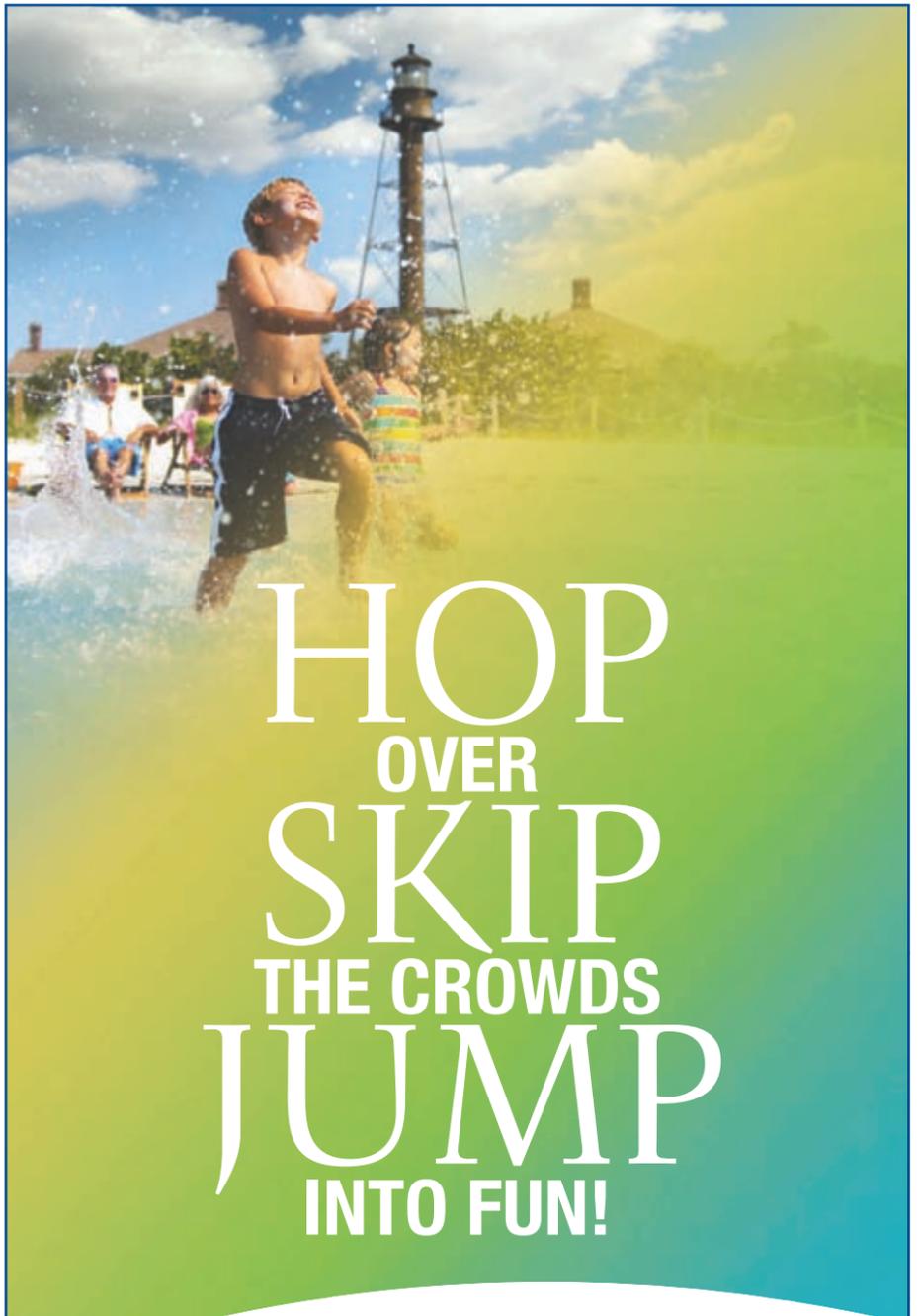
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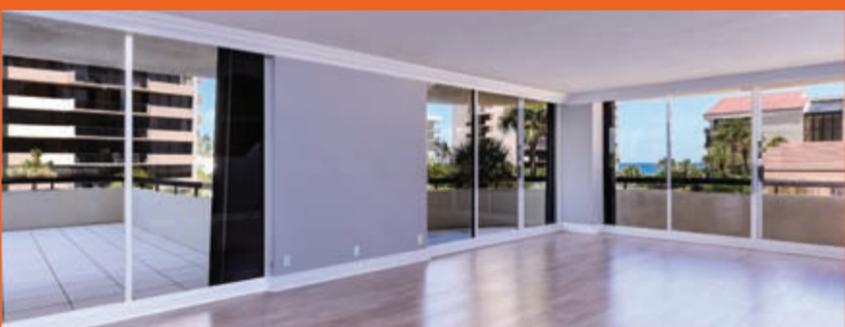
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Florida Weekly's monthly guide to Looking, Feeling and Living Better

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Knowledge is power

Screening program at
Jupiter Medical Center
can give patients an edge
in the fight against
breast cancer

JUPITER MEDICAL CENTER

KNOWLEDGE IS POWER, ESPECIALLY when it comes to knowing your risk for developing breast cancer. While many women may know that breast cancer is the second-leading cause of cancer death in women, they may not know their own personal risk of developing the disease.

The High Risk Breast Screening Program at Jupiter Medical Center helps women understand, reduce and manage their risk of breast cancer. Staffed by highly trained physicians, a genetic counselor and a nurse navigator, the program provides a wide array of services to help patients learn about their risk factors and develop a plan for breast care surveillance.

“The first step is to know your personal risk factors and understand that certain uncontrollable risk factors increase your chances

SEE KNOWLEDGE, 9 ►

Advanced smile design techniques in Palm Beach Gardens

You may have cavities, older dental work, or even in need of major dental treatment, but with advanced dentistry, there's always a solution that can meet your needs.

There are many wonders that a highly trained cosmetic and restorative dentist can offer patients that may surprise you. Major issues with dental health can be effectively treated, and even the most serious dental problems can be dealt with.

In order to achieve such great results, however, it's often necessary for a dentist to have extensive experience and training in both dental reconstruction and cosmetics. This is the world of advanced smile design, and we'd like to take a few minutes to look into it right now.

What does smile design refer to?

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

Advanced digital technology

Smile design today involves the use

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

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

Customized smile makeover treatment

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

Customized full mouth reconstruction treatment

Full mouth reconstructions involve



BEFORE



AFTER

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

What to expect from a dental restorative makeover

Whether you undergo a smile makeover or a full mouth reconstruction, you can expect great results and improved dental wellness. And thanks to advanced dentistry, you can usually have all necessary treatments performed in the same office with the mutual understanding that your mouth will be healthy and your

smile will look great. With Advanced Dentistry, patients can experience optimum dental care to support overall health and well-being.

Learn more about advanced dental care

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

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

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Help available for treating hemorrhoids

Millions of people worldwide suffer from hemorrhoids – enlarged, bulging blood vessels in and about the anus and lower rectum.

There are two types of hemorrhoids – internal and external.

External (outside) hemorrhoids develop near the anus and are covered by sensitive skin. If a blood clot develops in one of them, a painful swelling may occur. It bleeds only if it ruptures.

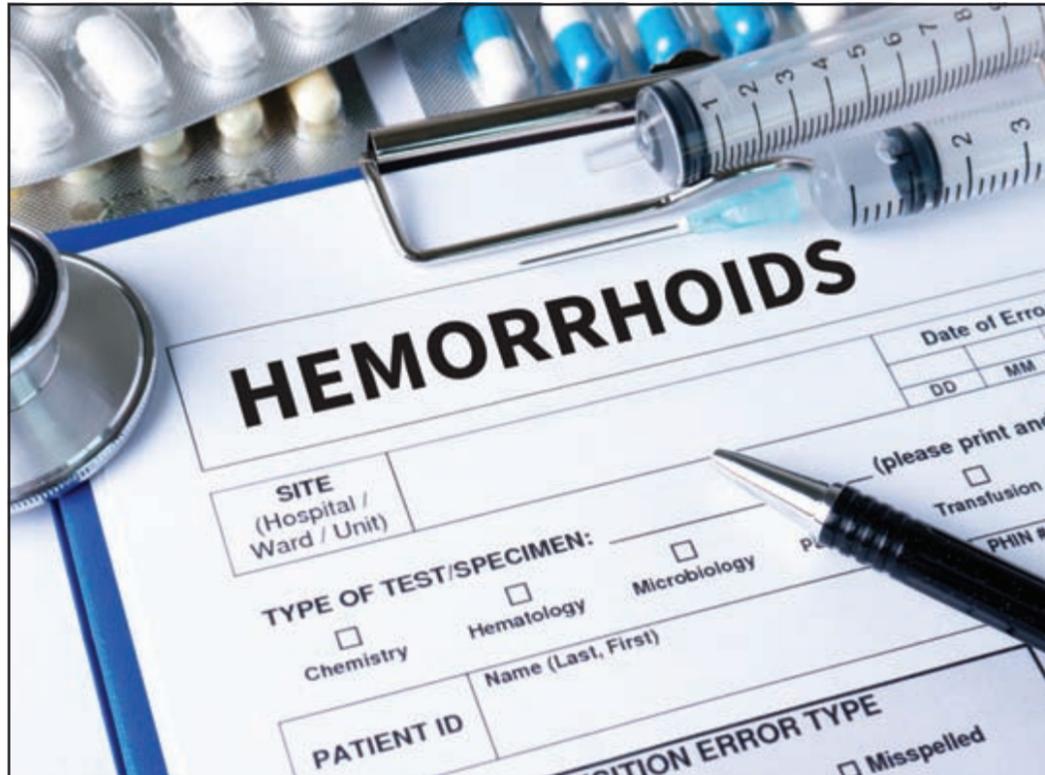
Internal (inside) hemorrhoids develop within the anus beneath the lining. Painless bleeding and protrusion during bowel movements are the most common symptoms. However, an internal hemorrhoid may cause severe pain if it protrudes from the anal canal and cannot be pushed back in.



Ronald S. Zelnick
MD, FACS
FASCRS
561-575-7875

The exact cause of hemorrhoids is unknown. Our upright posture forces a great deal of pressure on the rectal veins, causing them to bulge. Contributing factors include aging, constipation, diarrhea, pregnancy, heredity, straining due to poor bowel function, overuse of laxatives, and spending long periods of time on the toilet.

The tissues supporting the veins stretch and dilate; their walls become thin and bleed. As the stretching and pressure continue, the weakened veins



protrude. Symptoms include bleeding, protrusion, anal itching, pain and sensitive lumps.

There is no relationship between hemorrhoids and cancer. However, the symptoms of hemorrhoids, particularly bleeding, are similar to those of colorectal cancer. Therefore, it is imperative that all symptoms be investigated by a physician.

Mild symptoms can be relieved by increasing fiber in the diet, avoiding

excessive straining, taking warm baths and using anesthetic creams.

More severe symptoms of internal hemorrhoids may be treated by rubber band ligation, which involves placing a small rubber band over the hemorrhoid, cutting off its blood supply. Several days later, the hemorrhoid and band fall off. The wound heals within two weeks.

The newest treatment, HET bipolar systems (Hetsystems.com), involves applying high-energy compression

to internal hemorrhoids under sedation. It can be done in combination with colonoscopy, and multiple hemorrhoids can be treated in one procedure.

External hemorrhoids sometimes become thrombosed – develop a clot. They present as a painful perianal lump. Evacuation of the clot, performed under local anesthesia with a small incision, may bring immediate relief.

Hemorrhoidectomy, surgical excision, is the best method of permanently removing hemorrhoids. It is necessary: 1) if clots repeatedly form in external hemorrhoids; 2) protruding hemorrhoids can't be reduced; or 3) there is persistent bleeding, especially when ligation fails. Surgery is done under anesthesia and is usually an outpatient procedure.

If you are a hemorrhoid sufferer, today's treatment options offer an excellent chance of relief. ■

— Ronald S. Zelnick, MD, FACS, FASCRS, is a board-certified colon and rectal surgeon. He is a fellow of the American College of Surgeons and the American Society of Colon and Rectal Surgeons. His office is in Jupiter, Florida, and he may be reached at 561-575-7875.

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Halloween safety tips

PALM BEACH GARDENS MEDICAL CENTER

Have your children decided what costume they'll be wearing this Halloween? Maybe they'll dress up as the latest superhero, a scary ghost or a fairytale princess? Many children look forward to this time of year for the chance to dress as their favorite character and to get plenty of free goodies. If you plan on taking your family trick or treating, here are some tips to help keep you safe:

Choosing a Costume

- Make sure your child's outfit allows for an adequate line of vision. Masks and hoods can make it hard to see, so non-toxic face paints may be a better choice.

- Choose something that reflects light. Parents can add reflective tape to costumes and treat bags so that children are visible to drivers. Consider carrying a flashlight to light the way. You may even find one to match your kid's costume!

Fun with Friends

- Younger children should always have a responsible adult or older teenager with them while they trick or treat.

- Take some friends along. A group of three or more can be much safer than one single person.

Plan Ahead

- Plan your route and decide what time your family should be home.

- Only visit the houses of people you know and where an outside light is on. If the light is off, they are probably away from home or not giving out candy.



- Don't go inside a house to accept candy.

Safety First

- Make sure you keep a safe distance from lit candles - especially in a jack o'lantern.

- Always watch out for traffic, stay on the sidewalks and cross only at intersections. Don't cross or hide between parked cars and remember to look both ways before crossing the street.

- Don't cut across alleys or yards.

- You should check all candy collected before your child starts eating it. Throw away any open packages or homemade treats. Avoid giving young children small or hard candies that pose a choking hazard.

Tips for Parents

- Children often want to help carve pumpkins, but little fingers and sharp objects don't mix. Instead, let your child draw the face on the pumpkin while you handle the carving. They may also enjoy

cleaning out the pumpkin and saving the seeds to bake for a snack.

- Make sure your children understand the rules of Halloween safety. Develop a game plan and agree on the rules ahead of time. If older children are going out without an adult, make sure they understand the difference between vandalism and tricks.

- If your child is carrying props, like a sword or wand, check to see that the tips are smooth and flexible enough to not cause injury.

- If you'd rather not take your family door-to-door trick or treating, look into alternatives such as going to a mall or community event. You may also want to host a special Halloween party for your children and their friends.

- Research ways to help make your home safe for trick or treaters. There are special lights that mimic a candle for jack o'lanterns, but if you do use a traditional candle, keep the pumpkin on a sturdy surface away from where children are likely to stand. Don't leave a burning candle unattended.

We Heal the Princesses, the Superheroes, the Pirates and More!

The team of pediatric specialists at the Palm Beach Children's Hospital at St. Mary's Medical Center would like to wish every a safe and happy Halloween! Should your trick or treating adventures lead you to the door of our pediatric emergency department, our team of healthcare professionals are prepared 24/7 to care for scrapes, bruises or more serious traumatic injuries at our Level I Adult and Pediatric Trauma Center. To help reduce your emergency room wait time, select your preferred time through InQuicker by visiting www.PalmBeachChildrensHospital.com. ■



COURTESY PHOTO

David Levy, former councilmember; Eric Jablin, former councilmember; Joseph R. Russo, former councilmember; Maria G. Marino, mayor; Kerry Johnson, PBGMC chief nursing officer; Rachelle Litt, councilmember; Mark Marciano, councilmember.

Palm Beach Gardens Medical Center signs on as signature sponsor for Palm Beach Gardens Green Market

Palm Beach Gardens Medical Center is the signature sponsor of the Palm Beach Gardens Green Market for the third year in a row. The hospital will have a tent, and perform free blood pressure screenings twice a month at the outdoor market located behind City Hall. The vision at PBGMC

is to build up the community by helping people make healthy choices and take preventative measures to live long, flourishing lives. Chief Nursing Officer Kerry Johnson presented a check to the mayor of Palm Beach Gardens and fellow council members on behalf of the hospital. ■

Area hospitals name DAISY Award winners

The Palm Beach Children's Hospital at St. Mary's Medical Center named NICU nurse Eileen Penque as its newest DAISY Award winner. She was honored for her work ethic and for always being a team player in her department. Ms. Penque is described as humble and is admired for continuously going beyond the call of duty, all while maintaining a smile on her face. Her colleagues also commended her for tireless behind the scenes efforts in achieving the best care possible for the hospital's tiniest patients.



SANCHEZ-PEREZ

St. Mary's Medical Center recently presented the DAISY Award to ICU nurse Antonio Sanchez-Perez. In addition to being considered a mentor to new nurses and a role

model for his entire unit, his co-workers say he provides support and a sense of tranquility in the most stressful situations.

The DAISY Award was created in memory of J. Patrick Barnes, who died of ITP (idiopathic thrombocytopenic



COURTESY PHOTO

Eileen Penque works in the Palm Beach Children's Hospital at St. Mary's Medical Center's NICU.

purpura) in 1999. His family was so touched by the care he received from the nursing staff in his final days that they decided to create a program that honors nursing's unique contribution to patients. ■

Jupiter Medical Center opens West Palm Beach urgent care center

People in Palm Beach and in the downtown West Palm Beach area have a new option when it comes to urgent care.

Jupiter Medical Center has opened a new urgent care center on the first floor of the new Jupiter Medical Center Mount Sinai New York Plaza — formerly known as the Bank of America Centre — at 625 N. Flagler Drive in West Palm Beach.

According to the hospital, the new urgent care center, which opened Oct. 5, offers fast and affordable walk-in service for minor emergencies, injuries and illnesses.

“We are committed to ensuring our community has access to the highest qual-

ity of affordable and accessible care,” Steve Seeley, interim president and chief executive officer of Jupiter Medical Center, said in a statement.

“Unlike other urgent care centers,” he said, “Jupiter Medical Center Urgent Care locations are backed by the hospital that has the highest patient satisfaction in the region, and quality and safety scores that rank nationally.”

Patients will receive care for everyday ailments, plus the center provides on-site laboratory testing, digital X-rays and additional services to enable the rapid diagnosis and treatment of urgent medical conditions and minor trauma.

Services to support healthier living are also available, such as immunizations like flu shots, travel vaccines or preoperative clearance.

In addition, the center offers employers in the downtown West Palm business district convenient access to pre-employment screenings and medical examinations.

The urgent care center strengthens the partnership between Jupiter Medical Center and Mount Sinai New York, which joined forces in 2014 and recently took up residence in the Jupiter Medical Center Mount Sinai New York Plaza.

Internal medicine, cardiology, gastroenterology, dermatology, endocrinology and

ophthalmology services will be provided by board certified physicians who will continue the Mount Sinai New York tradition of providing personalized care to both local patients and those who travel between New York and Palm Beach County.

This is Jupiter Medical Center’s fourth urgent care location.

All four centers are open Monday through Saturday, 8 a.m.-8 p.m. and on Sundays, 9 a.m.-5 p.m.

Appointments can be scheduled at www.jupitermedurgentcare.com.

For information on Jupiter Medical Center’s urgent care services, call 561-263-7010 or visit www.jupitermedurgentcare.com. ■

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Nonsurgical facelift and skin tightening/lifting procedure with PDO threads

Ageing becomes more rapid and visible when we reach our mid-30s. When we age, the first signs that appear include thinner, loose skin that hang from the face. The skin becomes loose and sagging because of the loss of collagen and elastin fibers as we grow older.



Jennifer Nicholson

Nurse Practitioner
Youthful Balance

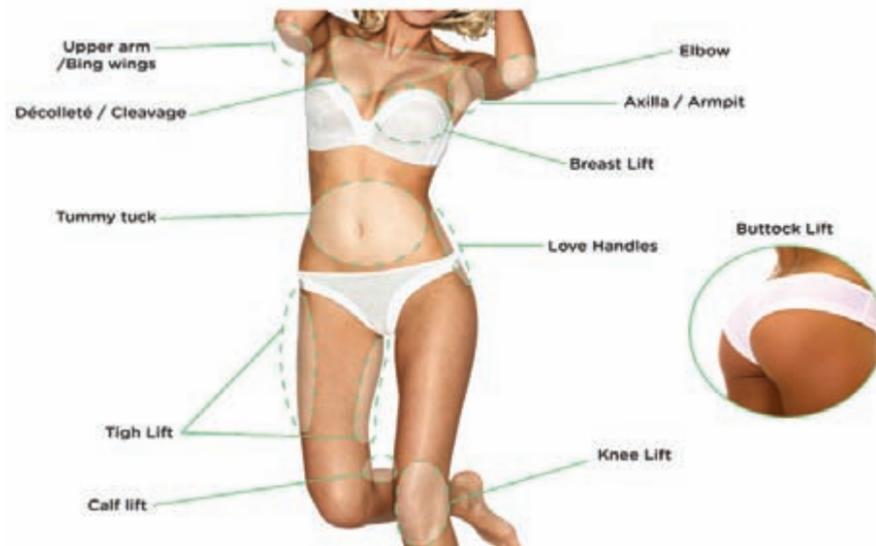
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The PDO Thread Lift procedure safely and instantly lifts up loose skin on the face, neck, jawline, nasolabial folds, marionette lines, arms, thighs, abdomen, breasts, buttocks, hips, knees, elbows, chin, and lips with no downtime.

Thread Lift is one the most effective ways to lift the loose skin without surgery. As we age, the effects of gravity become more noticeable on our faces, especially as our facial support structure weakens and we lose facial fat. The areas that are generally affected are the eyebrows, areas around the eyes, the cheeks, the jowls and the neck. The result is a longer, more square-shaped and older-looking face.

Traditionally, most people would look into plastic surgery to get a facelift



as there weren't very effective noninvasive treatments to lift the loose skin. However, now there is an effective nonsurgical option that can lift and contour and suspend the sagging tissues on the face, neck and the body, especially for those that need only minimal to moderate rejuvenation or for those that do not wish to undergo surgical intervention.

PDO (polydioxanone) sutures are surgical sutures that are used to perform cardiac surgery. All sutures are FDA-approved and PDO sutures are one of the safest materials that can be



used in the body. Your skin will fully absorb the thread within four to six months without leaving any scar tissue.

While the sutures are underneath the skin, however, your skin gently reacts

to the skin creating a selective inflammatory response to produce collagen to create a longer-lasting result.

A lifted appearance can be seen immediately following the treatment, but the results will actually improve in the following days and weeks as collagen stimulation begins.

The best part of this entire treatment is that the body naturally absorbs the threads, lasting in 12 to 24 months of results.

The thread lift procedure takes 30 minutes to an hour (depending on treatment area/size). Anesthetic cream is applied to treatment area followed by an insertion of safe and dissolvable threads under the skin. After the procedure, mild swelling for a few days is common. Because there are no cuts or incision required, there is no scarring.

We look to manage treatment discomfort as much as possible and use special creams that dramatically reduce the pain of injections. In addition we use anesthetics injected locally. Most patients don't consider it to be a painful treatment however we do advise patients that it may be uncomfortable.

PDO Thread Therapy can be used alone or can be combined with other treatments to deliver optimal results eg: Botox, fillers, anti-wrinkle injections, PRP and micro-needling.

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

Scripps Florida scientists unveil 'roadmap' to aid osteoporosis treatment

SCRIPPS RESEARCH INSTITUTE

Using advanced mass spectrometry technology, scientists from the Florida campus of The Scripps Research Institute (TSRI) have developed a molecular model that may provide a new framework for improving the design of osteoporosis treatments.

"Because of our aging population, these kinds of therapeutics are in great demand," said study leader Patrick R. Griffin, co-chair of the TSRI Department of Molecular Medicine. The research was published in the journal *Nature Communications*.

Using a technology known as HDX, which the Griffin lab has propelled into mainstream protein analysis, the scientists delivered the first dynamic snapshots of a prime target for osteoporosis treatments: a receptor that regulates calcium levels to maintain healthy bones.

The use of current drugs that target this receptor — called vitamin D receptor agonists—is limited because use can result in hypercalcemia, a condition that can weaken bones and even cause kidney stones, due to too much calcium in the bloodstream.

To address this problem, scientists need a clearer picture of the structure of the vitamin D receptor. The vitamin D receptor complex regulates bone mineralization by controlling a gene known as BGLAP that is the target of 1, 25-dihydroxyvitamin D3 (1,25D3), the active hormonal version of vitamin D. Unfortunately, increased levels of 1,25D3 also activate a calcium-regulating gene called TRPV6, which leads to hypercalcemia.

Griffin and his colleagues hope to



COURTESY PHOTO

Research Assistant Ruben Garcia-Ordenez, Research Associate Jie Zheng, Professor Pat Griffin, Research Assistant Scott Novick and Staff Scientist Mi Ra Chang of Scripps Research Institute have developed a molecular model that may provide a new framework for improving the design of osteoporosis treatments.

eliminate this threat by developing 1,25D3 analogs (known as dissociated vitamin D receptor ligands or VDRMs) that differentially target BGLAP genes, while avoiding TRPV6.

"The idea is that if we could fingerprint how these various ligands interact with the vitamin D receptor, we could provide a kind of roadmap to help develop those that only trigger the non-hypercalcemia gene," Griffin said.

Until now, developing more selective compounds has been hampered by the

fact that no one understood the structural mechanism that makes them work.

"This study shows it's possible to develop a drug that can alter certain aspects of the complex to avoid problematic activation of TRPV6 — and the study points to novel ways to design potential therapeutics to treat osteoporosis safely and more effectively," Griffin noted.

Griffin and his colleagues performed a detailed comparative biophysical study on hundreds of compounds, all

with distinct chemical structures.

"Our results provide snapshots of distinct conformational ensembles of the receptor, which allows it to adopt different orientations depending on compound structure, DNA and co-activator binding," said TSRI Research Associate Jie Zheng, the first author of the study. "This study shows the molecular mechanism of a selective vitamin D receptor modulator versus agonists and how they drive different interactions with co-regulators when associated with sequence-specific DNAs."

The scientists used hydrogen-deuterium exchange (HDX) mass spectrometry, a high-precision, high-sensitivity mapping technique that has proven to be a robust method to probe protein conformational or shape changing dynamics within the context of ligand and protein/protein interactions.

HDX can show the specific regions of the protein complex that are altered on interaction with specific ligands, in this case the vitamin D receptor complex, information which can be used to infer structural changes that are the result of a specific interaction.

In addition to Griffin and Zheng, other authors of the study, "HDX Reveals the Conformational Dynamics of DNA Sequence Specific VDR Co-Activator Interactions," are Mi Ra Chang, Bruce D. Pascal, Scott J. Novick, and Ruben D Garcia-Ordenez of TSRI; and Jeffrey Dodge, Ryan E. Stites, Yong Wang, Keith R Stayrook and Michael J. Chalmers of Lilly Research Laboratories, Eli Lilly and Company, Indianapolis, IN; and John B. Bruning of The University of Adelaide, Adelaide, South Australia. ■



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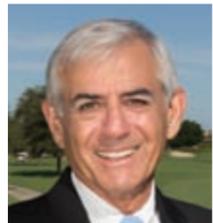
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Respect the reality of dementia

We are all guilty from time to time – it is easy to become frustrated or annoyed with an elderly parent or senior spouse who is forgetful, repetitive, or confused. Even though we love them, and it is not their fault, we often slip and say something without thinking. Or we act in a way that only makes the situation worse.



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There's a way to communicate better, react appropriately, and protect those we love and care for, it is called Validation Therapy.

Validation Therapy invites us to “step into their world.” Seniors often realize their brains and bodies are declining, they are often sad as well as scared. Nobody wants to hear, “...how can you not remember that... I just told you a minute ago,” or, “...you

could do that if you really tried.”

Validation Therapy is a powerful method for communicating with people who have dementia, whether it is caused by Parkinson's disease, Alzheimer's disease or another medical condition. The idea behind Validation Therapy is to understand and respect the way reality seems to the person who has dementia. This means “stepping into their world”, and trying to help within that framework. Validation Therapy can reduce anxiety, enhance self-esteem and avoid confrontation. Don't say, “...you already told me that ten times,” or, “...how could you not remember you retired years ago,” and attempt to correct the person, instead accept their reality in order to move forward. Here's two excellent examples:

■ Margaret is 97 years old. She is calling out for her mother and seems upset and sad. She wants to talk to her mother on the phone, but she passed away 30 years ago. Correcting Margaret by telling her that her mother is dead is not a good approach. In Margaret's mind, Margaret is a young girl and her mother is still alive, and Margaret is missing her mother. Telling her that her mother died might be shocking to Margaret and she might experience the grief of losing her mother all over again.

Validation Therapy starts with empathy. Understand that Margaret is missing her mother and try to make Margaret feel better instead of challenging her belief that her mother is alive. Instead engage Margaret in a conversation about her mother:



“Where did your mother grow up? Tell me some of your favorite things you did with your mother!” This validates Margaret's feelings about missing her mother and helps her to express them. Once this occurs, it should be much easier to gently redirect Margaret toward taking a walk or sharing a meal. “Oh, I see it's almost time for lunch. I'm starved. Would you like to join me?”

■ George is in his mid-80s. He is pacing nervously around the house he has lived in for the past 20 years, and is repeating, “I want to go home,” with increasing urgency. It might seem natural to respond by saying “But, George. This IS your home” and try to convince George by pointing to his favorite easy chair, photos of him with his family on the coffee table, and other things that should be recognizable. But this approach is unlikely to convince George he is home, and might escalate into an argument. It might even cause him to wander away from the home, get lost and put himself in danger.

Using Validation Therapy, you would start by acknowledging George's anxiety at not feeling like he is at home. In George's reality, “home” could be the place where he lived as a child or as a young adult; the place he is now living is different from

that. By exploring George's feelings, we might be able to find the source of his discomfort. We can ask questions about George's home. “Tell me about your home, what is your favorite room? Were you able to walk to school?” Once George expresses his feelings about his home, and we understand the underlying cause for his behavior, it should be easier to redirect George from his urgent need to leave. Alternatively, it might be that George needs to use the bathroom but can't articulate that — “I want to go home,” could actually mean, “I want to find the bathroom.” We need to find the reason for George's discomfort rather than correct him.

The Validation Therapy approach can make all the difference between a calm, successful resolution and an escalated confrontation. Not every situation is easy to solve, and it is important to be creative, flexible, and keep calm. The key is to accept the reality that the person with dementia is perceiving and find a solution within that framework. Validation Therapy was created in the 1960's by Naomi Field, a social worker who worked extensively with dementia patients. Today, it enjoys wide acceptance by experts in the field. In fact, Alzheimer's Community Care is currently working with the Palm Beach County Sheriff's Department to

help them utilize Validation Therapy when they encounter a person with dementia.

At Visiting Angels of the Palm Beaches, we train our caregivers in the principles of Validation Therapy. We pose various hypothetical situations to them and see if they can find the right approach. We ask them to role play so we can see how they would react, and then train them in the appropriate response. Only then do we allow them to work with clients who have dementia. In the same vein, our caregivers are trained to work with Holocaust survivors by understanding the special challenges they face. We are working with Alpert Jewish Family & Children's Services on this initiative and our caregivers are attending their excellent Honoring Life training program. ■

— *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 dealing with the daily demands of living with Alzheimer's and Parkinson's. Call us at 561-328-7611 or visit www.VisitingAngels.com/PalmBeaches.*

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“The first step is to know your personal risk factors and understand that certain uncontrollable risk factors increase your chances of developing breast cancer ... It’s important to know your family’s history of breast cancer and whether you carry a specific gene mutation that increases your risk.”

— **Nancy Taft, MD, FACS**, a fellowship-trained breast surgeon and medical director of Jupiter Medical Center’s Comprehensive Breast Care Program



KNOWLEDGE

From page 1

of developing breast cancer,” said Nancy Taft, MD, FACS, a fellowship-trained breast surgeon and medical director of Jupiter Medical Center’s Comprehensive Breast Care Program. “It’s important to know your family’s history of breast cancer and whether you carry a specific gene mutation that increases your risk.”



TAFT

Women who are positive for certain factors are considered high risk and should be especially proactive in monitoring their breast care, Dr. Taft explained. These risk factors include:

- Two or more relatives from the same side of the family diagnosed with breast cancer at any age
- One relative diagnosed with breast cancer before age 50, or a relative with an ovarian cancer diagnosis at any age
- A male relative with breast cancer
- Any family history of breast or ovarian cancer and Ashkenazi Jewish descent
- A personal history of breast cancer, atypia or lobular carcinoma in-situ
- A personal history of prior radiation therapy to the chest
- Known or suspected to carry the BRCA1 and/or BRCA2 gene mutations

“The High Risk Breast Screening Program at Jupiter Medical Center helps each patient understand the impact of their family’s cancer history and provides testing for patients who may have genetic risk factors,” Dr. Taft explained.

“For example, high-risk patients may benefit from regular screenings and close monitoring for early detection. This may include a combination of mammography, ultrasound and breast MRI, as well as a breast exam by a physician, on a semi-annual basis, rather than the traditional annual screenings for women of average risk for developing breast cancer.”

Jupiter Medical Center’s Margaret W. Niedland Breast Center is equipped with state-of-the-art screening technologies for early detection. From 3-D mammography with the lowest radiation dose, to ultrasound breast imaging, bone density testing and a specialized MRI with Caring Suite to deliver soothing sights and sounds, Jupiter Medical Center is equipped to monitor and manage each patient’s breast health. A complimentary patient navigation service designed to guide patients through the diagnosis and treatment process is also provided.

In addition, Jupiter Medical Center offers an array of advanced surgical technologies and procedures, including Hidden Scar™ nipple sparing surgery; SAVI SCOUT Surgical Guidance System; multiple breast reconstruction techniques; radiation therapy; e-IORT therapy; the Bionix® Prone Breast System for enhanced patient comfort; and a wide range of tailored outpatient chemotherapy and infusion regimens.

Breast cancer is a formidable opponent, and knowing whether you are at a higher risk of developing the disease is among the first steps to giving you the edge in defeating it. South Florida residents can rest assured in the knowledge that they have access to world-class breast care at Jupiter Medical Center. For more information, please call Gail Cooper-Parks, RN, BSN, OCN, health navigator, at 561-263-4437. ■



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Emergency-room interventions shown to be effective in reducing suicide

NATIONAL INSTITUTES OF HEALTH

Three interventions designed for follow up of patients who are identified with suicide risk in hospital emergency departments save lives and are cost effective relative to usual care. A study led by researchers at the National Institute of Mental Health modeled the use of the approaches in emergency departments and found that all three interventions compare favorably with a standard benchmark of cost-effectiveness used in evaluating healthcare costs. NIMH is part of the National Institutes of Health.

The Centers for Disease Control and Prevention reports that suicide is the 10th leading cause of death in the United States; 44,193 people died by suicide in the United States in 2015, the most recent year for which statistics are available.

One approach to reducing the suicide rate is to direct prevention strategies at high-risk groups or settings, such as emergency departments, where more than 500,000 people receive treatment each year for self-harm injuries.

Research has found several emergency department-based interventions to be effective in preventing post-emergency suicide attempts, but none has been widely disseminated or adopted yet. They are:

■ **Postcards:** Hospital staff mail follow-up postcards each month for four months to all patients identified as at-risk, and then every other month for a total of eight cards.

■ **Telephone outreach:** One to three months after discharge, hospital staff call patients to offer support and encourage engagement in follow-up treatment.

■ **Cognitive behavioral therapy:**



Hospital staff connect patients to a suicide-focused cognitive behavioral therapy program.

Each of these interventions has been tested via randomized controlled trials and found to reduce patients' suicide risk on the order of 30 to 50 percent. The current study extends this prior research by estimating the cost-effectiveness of these interventions, relative to usual care. The investigators carried out Monte Carlo simulations, a method of evaluating the possible consequences of an action when many unpredictable factors could affect the outcome.

The investigators modeled a roughly

yearlong period following the arrival of patients at an emergency department. The chain of events they considered encompassed entry of the patient to an emergency department, screening for suicide risk, emergency department-based treatment or hospitalization and outcomes. It could also include additional visits to the emergency department, if the person considered or attempted suicide again during the follow-up period.

The investigators estimated the cost of each intervention by combining information on health services reported in previous clinical trials and national rates for medical procedures, emergency depart-

ment visits and hospitalizations.

Relative to usual care, the use of postcards both reduced suicide attempts and deaths and slightly reduced health-care costs, making it a "dominant" intervention in terms of cost-effectiveness. Telephone outreach and cognitive behavioral therapy reduced suicide attempts and deaths while increasing health-care costs slightly, the former by \$5,900 and the latter by \$18,800 per additional life-year saved. A commonly used benchmark for cost-effectiveness — the amount a society is willing to pay for the benefit accrued by a health care procedure — is \$50,000 per additional life-year. And recent research suggests that that amount is conservative — that is, our society is willing to pay considerably more per life-year.

A recent study reported that screening all those (18 and older) entering an emergency department for risk of suicide, regardless of the reason for the visit, nearly doubled the rate of identification of those at risk. The model suggests that universal screening of patients could substantially increase the public health benefits of implementing the prevention strategies modeled in this study.

"Suicide risk is relatively common among people who seek care from a hospital emergency department," said lead investigator Michael Schoenbaum, Ph.D., senior advisor for Mental Health Services, Epidemiology and Economics in NIMH's Division of Services and Intervention Research. "It's really important for us to identify better ways to reduce suicide risk in this group and to implement those widely."

The NIMH report was published in the Sept. 15 issue of the journal *Psychiatric Services*. ■

The clot thickens: Preventing deep vein thrombosis

SPECIAL TO FLORIDA WEEKLY NIH News in Health

Lots of things can cause pain and swelling in your leg. But if your symptoms stem from a blood clot deep in your leg, it can be dangerous. Blood clots can happen to anyone, anytime. But some people are at increased risk. Taking steps to reduce your chances of a blood clot forming in your veins can help you avoid potentially serious problems.

Blood clots can arise anywhere in your body. They develop when blood thickens and clumps together. When a clot forms in a vein deep in the body, it's called deep vein thrombosis. Deep vein blood clots typically occur in the lower leg or thigh.

"Deep vein thrombosis has classic symptoms — for example swelling, pain, warmth and redness on the leg," says Dr. Andrei Kindzelski, a National Institutes of Health blood disease expert. "But about 30 to 40 percent of cases go unnoticed, since they don't have typical symptoms."

In fact, some people don't realize they have a deep vein clot until it causes a more serious condition.

Deep vein clots — especially those in the thigh — can break off and travel through the bloodstream. If a clot lodges in an artery in the lungs, it can block blood flow and lead to a sometimes-deadly condition called pulmonary embolism. This disorder can damage the lungs and reduce blood oxygen levels, which can harm other organs as well.

Some people are more at risk for deep vein thrombosis than others.



"Usually people who develop deep vein thrombosis have some level of thrombophilia, which means their blood clots more rapidly or easily," Dr. Kindzelski says.

Getting a blood clot is usually the first sign of this condition because it's hard to notice otherwise. In these cases, lifestyle can contribute to a blood clot forming — if you don't move enough, for example. Your risk is higher if you've recently had surgery or broken a bone, if you're ill and in bed for a long time, or if you're traveling for a long time (such as during long car or airplane rides).

Having other diseases or conditions

can also raise your chances of a blood clot. These include a stroke, paralysis (an inability to move), chronic heart disease, high blood pressure, surgical procedure, or having been recently treated for cancer. Women who take hormone therapy pills or birth control pills, are pregnant, or within the first six weeks after giving birth are also at higher risk. So are those who smoke or who are older than 60. But deep vein thrombosis can happen at any age.

You can take simple steps to lower your chances for a blood clot. Exercise your lower leg muscles if you're sitting for a long time while traveling. Get

out of bed and move around as soon as you're able after having surgery or being ill. The more active you are, the better your chance of avoiding a blood clot. Take any medicines your doctor prescribes to prevent clots after some types of surgery.

A prompt diagnosis and proper treatment can help prevent the complications of blood clots. See your doctor immediately if you have any signs or symptoms of deep vein thrombosis or pulmonary embolism. A physical exam and other tests can help determine whether or not you've got a blood clot.

There are many ways to treat deep vein thrombosis. Therapies aim to stop the blood clot from getting bigger, prevent the clot from breaking off and moving to your lungs, or reduce your chance of having another blood clot. NIH scientists continue to research new medicines and better treatment options.

If you think you may be at risk for deep vein thrombosis, talk with your doctor. ■

in the know

Clues of a clot

Seek treatment if you have these symptoms. They may signal a deep vein clot or pulmonary embolism:

- Swelling of the leg or along a vein in the leg
- Pain or tenderness in the leg, which you may feel only when standing or walking
- Increased warmth in the area of the leg that's swollen or painful
- Red or discolored skin on the leg
- Unexplained shortness of breath
- Pain with deep breathing
- Coughing up blood

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