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WEEK OF DECEMBER 14-20, 2017

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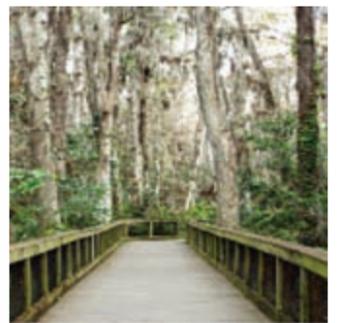
Vol. VIII, No. 8 • FREE

INSIDE



Music master

Matt Cahur is the man behind the sound at Guanabanas. **B1** ▶



Bird count for kids

Wildlife refuge hosts a Christmas bird count for youngsters. **A11** ▶



Haiku for you

Send us a haiku about how your year has gone. **B13** ▶



Collector's Corner

Collectibles help keep memories of Christmases past. **B2** ▶

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"We're finally starting to see the results of those conservation efforts ... Hatchlings born 30 years ago are just now returning to the same beaches to lay their clutches of eggs."

— Sarah Hirsch, data manager at Loggerhead Marinelife Center in Juno Beach

INSIDE:

>> Sea turtle nesting counts for the 2017 season. **A8** ▶

Seeing GREEN

Sea turtle nesting continues to grow, especially for greens, but high temperatures may mean fewer male hatchlings.

Green sea turtle hatchlings head to the sea near Loggerhead Marinelife Center in Juno Beach.

BY AMY WOODS

awoods@floridaweekly.com

THE EIGHT-MONTH SPAN THAT SEES THREATENED and endangered turtles traversing Palm Beach County's sandy shores in search of nesting sites has come to a close.

The season started March 1, ended Oct. 31 and marked a record-breaking year for green turtles not only locally, with 9,862 nests counted

SEE GREEN, **A8** ▶

Jupiter Medical receives \$5 million gift

FLORIDA WEEKLY STAFF

Jupiter Medical Center has an anonymous benefactor, to the tune of \$5 million.

The hospital foundation said the \$5 million gift will help the hospital become a designated Comprehensive Stroke Center.



BU CZYNER

The hospital also has recruited Jennifer Buczyner, MD, a board-certified neurologist, as the medical director to lead the stroke program.

"This gift, along with the arrival of Dr. Jennifer Buczyner as the medical director of the stroke program, not only allows us to see more complex neurological cases, but puts Jupiter Medical Center on a trajectory to becoming a Comprehensive Stroke



Center by the end of 2018," Liv Vesely, president of Jupiter Medical Center Foundation, said in a statement.

Dr. Buczyner completed her neurophysiology fellowship at Emory University in Atlanta, where she also treated patients while on the faculty at Emory University's Department of

SEE GIFT, **A11** ▶

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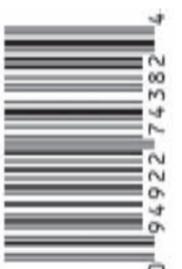


PHOTO BY HANNAH DEADMAN-ARNIST / COURTESY PHOTO

COMMENTARY

The critics who read

roger WILLIAMS

rwilliams@floridaweekly.com



Every so often a baseball player hits a late-innings homer, a football player scores a fourth-quarter touchdown with a breakaway run, or a basketball player hits a three-pointer at the buzzer, winning the game. Those moments result in either great joy or deep sorrow for a multitude — for fans who break into wild cheering and celebration, or for fans who sag and groan in despair.

That's the nature of the game.

Writing columns is like that, too. Every so often a writer presents an opinion strongly and clearly enough to garner both wild cheers and groans of despair and disapproval.

For columnists, such reader reaction is the lifeblood of the business. Why? When people read and then speak their minds all of us are better for it.

Among other things reading is a form of seeing and of leading. Thus the reading community is essential to the survival and progress of American society. Readers inevitably look beyond their own horizons to make decisions about their own lives — but also those of others.

They do that in part by voting. My guess is nearly all readers vote, although not all voters read.

So a reader is a voter is a leader. A voter says, "I need to make this choice

and travel this direction, and you all need to join me because life will be better for it." There will be disagreement, of course.

When I write opinions, I'm always aware of this American strength, so I write from the heart based on what I know and have read. A columnist starts with a body of facts — Donald Trump is president, Roy Moore is from Alabama, the unemployment rate in Florida was 3.6 percent in October, Gov. Rick Scott spent \$78 million of his own money to win the 2010 gubernatorial race by 1.15 percent, Florida's Everglades are dying, 19 women have accused the president of sexual misconduct.

Those are facts. No fair-minded reader disputes them. Every good columnist begins with them.

Then the columnist offers a measured opinion about those facts and signs it — at *Florida Weekly*, as Roger Williams or Stephanie Davis or the paper's late great Bill Cornwell, who won first place in 2016 from the Florida Society of Professional Journalists for his brilliant cheer-or-groan commentaries in our paper.

All of us do it that way, including Rich Lowry, editor of the *National Review*, commentator for Fox News, writer for *Politico* and the syndicated conservative voice whose opinions also appear in our pages each week; he starts with facts and thinks them through before offering opinions.

Mr. Lowry's opinions are ridiculous, of course, but that's just my opinion. I welcome them. I'm glad to see them. And I know he develops them from a body of facts, from reading, and from his own

living experience, just as I do. Donald Trump is president. Roy Moore is from Alabama, and so on.

Although I complain about Mr. Lowry, I'd be horrified if my editors removed his voice from our paper without replacing it with someone of roughly similar foolishness.... sorry, roughly similar outlook.

Such opinions from any columnist — the left wingers, the right wingers or the Buffalo wingers, as the *Politico* writer and author Michael Grunwald characterizes the scene — are not part of the rest of the paper. And they are not necessarily the opinions of the paper's owners when they come tagged with individual bylines such as mine or Mr. Lowry's.

Most of the paper, however, is not opining. The great bulk of a decent daily or weekly is even-handed reporting: the analysis of issues, the reporting of news, of business, the arts, real estate or food and wine, for example. Those represent the other side, the primary obligation of any good paper.

And ours has become very good indeed. *Florida Weekly* can offer readers both fine reporting and writing, and a strong and diverse body of reasoned opinions about the issues of the day.

I mention all this because the notions are simple, but they've become muddled in a particularly rancorous commentary climate dating from the beginning of 2016 or so.

That was particularly apparent last week when the column I wrote, "The 11th Province," garnered both affirmative shouts of glee and howls of outrage from readers.

In it, I said people who abhor Donald Trump could become Canadians if Prime Minister Justin Trudeau would adopt them in place, and everybody else could move to Alabama and secede.

I particularly admired the critics of that notion, some of whom apparently read my inflammatory piece without reading it.

"I do not read your paper. I even caution others not to read it. It is because your opinions (stink)..." one writer responded.

Others insisted people should quit supporting *Florida Weekly* altogether.

While some readers offered praise, which I always welcome with pleasure and gratitude, I admired the angry critics the most.

Here's why: It's much easier to read the thinking and writing of those who confirm your own opinions and biases, than to read the opinions of those who question your own notions of nearly everything.

That takes some courage, some willingness to suffer discomfort by looking beyond your own horizon. Such a particularly American virtue is exactly what we aim to inspire here in our opinion section at *Florida Weekly* — and I think I can speak for the paper and its owners in that regard.

So now let me avoid hypocrisy by thanking my critics. By making myself a cup of tea. And by forcing myself — again — to turn to Rich Lowry's column. And reading it.

If it's too offensive, after all, I can just add bourbon to the tea and belt it all down in a single heady gulp. ■



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Palm Beach Gardens
Medical Center



DECEMBER

COMMUNITY EVENTS & LECTURES



Hands-Only CPR Class*

Tuesday, December 19, @ 6:30-7:30 p.m.

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

Smoking Cessation Classes

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

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

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

- Wednesday, December 6th
- Wednesday, December 13th
- Wednesday, December 20th
- Wednesday, January 3rd
- Wednesday, January 10th
- Wednesday, January 17th

Please call 855.387.5864 to make a reservation



FREE Community Chair Yoga Class

Class taught by Sara Chambers, RN, BSN, CYT

Please choose one class option:
Wednesday, December 6 or
Wednesday, December 20, 6-7 p.m.

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

All screenings held at: Palm Beach Gardens Medical Center

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OPINION

Fracking not worth the risk in Florida

BY JOHN HALL AND JOHN HUSHON

The Florida Legislature is currently considering Senate Bill 462 and House Bill 237 which could determine the future of well stimulation treatments —hydraulic fracking and other similar techniques — in Florida. As veterans of the oil and gas industry and the beneficiaries of the superb environmental conditions of South Florida, we support a ban.



HALL



HUSHON

To remind us all, fracking is an extraction technology that employs large amounts of freshwater and a “cocktail” of toxic chemicals, to extract oil and gas. South Florida has encountered numerous droughts and “water emergencies” in the last few years and our population continues to grow. We can’t risk inadequate water supplies or contamination from the chemicals.

The subsoil conditions in Florida strongly suggest that migration of toxicity to aquifers is a substantial risk even if there are no “accidents” or “spills” —yet national data suggests that more than 10 percent of all fracking procedures result in spills. And, national data also suggests that well water drawn from within one mile of a fracking well contains above acceptable toxicity. We simply cannot risk this.

In addition, tourism and development of home sites to attract new residents are two of our largest businesses. Pollution of the Everglades or even a temporary concern about water contamination could do great harm to our economy for a long time.



Given the environmental and economic risks to Florida, one would think that there must be an urgency to extract this oil and gas, or at least a substantial profit to be made from doing so. This is not the case. The fracking process is still relatively expensive compared to conventional oil drilling. Where fracking is currently in use, it is typically where there are proven reserves, allowing the operator to recover more reserves, with better economies of scale. This is not true in Florida. Current global oil pricing (and projections by leading energy analysts) suggests that this situation will continue for the foreseeable future as energy demand per capita is dropping in the developed world. This means fracking in Florida is likely to be marginally profitable for an extended period.

Fracking can produce oil or gas. Both require transportation to refineries or processors — typically by pipeline, sometimes by rail, and, as a last (and most expensive) resort, by truck. Florida currently has limited usable pipelines or rail. It seems unlikely that such infrastructure will be economically or politically acceptable. Therefore, transportation cost will reduce the economic value of reserves — and burden our roads with potentially harmful truck traffic and additional demands for

development in the Everglades. (When “associated” gas is extracted with oil in a region without gas pipelines, like Florida, the gas is flared and completely wasted, contributing to climate change.)

Fracking is risky. Regulatory authorities typically demand high permit fees (to support monitoring expense) and insurance or bonds with large indemnity amounts and multi-year availability. This is not currently true in Florida—and it is doubtful whether the quality and quantity of reserves in Florida would attract responsible exploration contractors who could afford those risk costs.

There is no national demand for additional oil and natural gas at this time. The US will be a net exporter of natural gas by the end of this year. Should we risk Florida’s tourist and environmental future without any overriding need or demand?

Fracking has not proven itself safe for Florida, a sensitive environment with unique characteristics and an environmentally driven economy. We support a ban on fracking. ■

— John Hall is the former chairman and CEO of Ashland Oil Inc. and John Hushon is the former president and CEO of El Paso Energy International.

Trump presidency really not so bad



The president of the United States wakes up some mornings seemingly determined to convince as many people as possible that he’s unsuited to high office. Fortunately for him, he has a Twitter account allowing him to act on this impulse immediately and without any filter.

Trump recently retweeted three videos from an apparatchik of an extremist party in Britain purporting to show acts of violence by Muslims. One of them is reportedly a fake.

He followed up with a tweet calling for the firing of “Morning Joe” host Joe Scarborough on the basis of a noxious conspiracy theory. (A woman with a heart condition died in Scarborough’s district office when he was a congressman. Ever since, a kooky fringe has accused him of murder.)

It’s difficult to exaggerate how mind-blowing these tweets are.

If a friend on Facebook shared the fake Muslim video, you’d hesitate to

credit any of his opinions going forward, let alone bestow on him the biggest megaphone on planet Earth.

If a candidate for town council called for an investigation of Scarborough for allegedly murdering one of his interns, you’d doubt his fitness to decide whether to approve a zoning permit, let alone to wield the world’s most fearsome nuclear arsenal.

Yet Trump’s presidency operates on a largely separate track than his Twitter feed and his other off-script interjections and pronouncements. His domestic policy is so conventional that it could have been cooked up by Paul Ryan and Mitch McConnell — and, in fact, it was. He’s pursued a largely status quo foreign policy, except more cautious than Barack Obama’s and, especially, George W. Bush’s.

Amid the miasma of manufactured controversies, Trump’s presidency is, as Mark Twain is supposed to have said of Wagner’s music, “better than it sounds.” If you got news only of Trump’s official acts and knew nothing of his ongoing commentary, you’d think a rigorously rules-bound president occupied the White House.

The defining feature of Trump’s judicial nominees is a firm commitment to interpreting the Constitution and the

laws as written. On the legislative front, Trump is getting closer to his first major victory, in pursuit of the stereotypical Republican policy goal of deficit-financed tax cuts.

In the real world, the economy is growing at a nice clip, and the stock market is humming along, showing no signs that it believes that the republic is about to be destroyed by a “Mad King.”

None of this is to suggest that Trump’s governing and his tweets are entirely distinguishable. Some of the tweets have had consequences, and, if nothing else, they are a dismaying window into his state of mind.

But the tweets don’t constitute the sum total of the administration. It’s possible that Trump sees Twitter — and his other provocations — as a way to stir the pot, entertain himself, stoke his base, flog his enemies and vent his frustrations separate and distinct from decisions of government, undertaken under the influence of, by and large, impressive, well-meaning advisers.

Trump’s presidency is much better than his Twitter feed. Although he stands ready and willing to convince you otherwise, 280 characters at a time. ■

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

FLORIDA WRITERS

Dueling narratives interact in a literary mastery of North Florida ethos



■ **“Blood Shot” by Michael Lister.** Pulpwood Press. 346 pages. Trade paperback, \$17.99.



LISTER

How many writers come up with a novel that is a sequel to two of their earlier novels? Perhaps only one: the super-talented and tireless Michael Lister. His “Blood Shot,” No. 15 in the John Jordan Mysteries series, is also a follow-up to “Double Exposure,” a Remington James Novel.

Do you need to know this? Well, there is plenty to enjoy without such information. However, Mr. Lister might be leaning a bit too heavily on his established fan base. For example, characters’ names are dropped that will mean nothing to a new Lister reader.

Set in the northwest section of Florida and taking us deep into heavily forested areas of great natural beauty that Mr. Lister describes with profound passion and acute vision, this novel runs along two rails separated by three years.

The chapters alternate. Those labeled “then” trace the movements of photographer Remington James. Those labeled “now” follow sheriff’s department investigator John Jordan’s search to bring James’ killer or killers to justice — one way or another. Jordan is committed to help his good friend and James’ widow, Heather, find closure. It’s a cold case that needs to be heated up. Earlier investigations seem to have lacked commitment — or worse.

We meet James making his way through the disorienting woods, looking for the opportunity to snap the perfect picture and speculating about the source and cause of a distant scream. In subsequent “then” sections he is questioned about what he was doing on his own land and warned about staying too long as darkness falls. He does, in fact, get lost. When he finds one of his camera traps, he scrolls through the images on the memory card. He finds plenty of great shots of wildlife, and then “the random horror his camera has captured” — a murder. He becomes panicky, wondering of the killer is still out there. And he is going to find out.

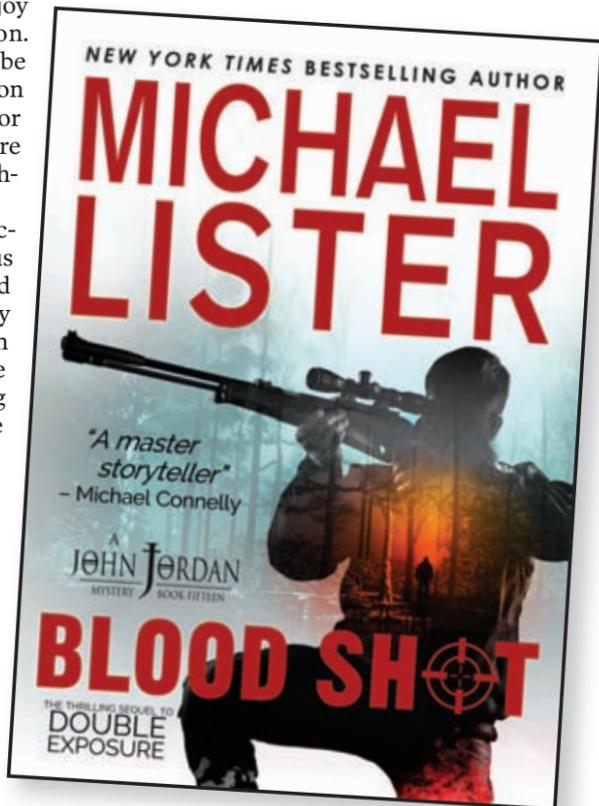
In the “now” sections, Jordan’s effort to find James’ murderer connects with the attempt to discover what lies behind the murder of the former sheriff of Gulf County and several of his men, each “executed one by one with their own guns.” Jordan’s relationship with his boss and other law enforcement associates is developed in a context that suggest that lawmen are participating in or ignoring certain crimes. There is an enormous

amount of money coming from a huge marijuana enterprise.

Readers’ attention swings back and forth between James’ attempt to save himself and his evidence from those who are pursuing him and Jordan’s attempt to bring down James’ murderer, which in the strand means keeping himself alive and protecting family and friends. Suspense rides the two rails as the timelines move toward an ultimate intersection.

The two interacting narratives maintain distinct stylist features. The “now” segments are cast as conventional first-person narrative. Jordan’s distinctive voice relates the perplexities of the case he pursues, his love for his profession, his frustration with the moral imperfection that surrounds him and his adoration for his wife, Anna. Since these sections contain the extension of the John Jordan series, readers who know the series can benefit from the references to other cases and characters in Jordan’s career.

The “then” segments work quite dif-



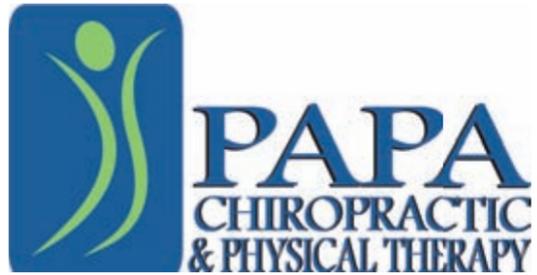
ferently. The author develops a pulsing narrative style, a jaggedly poetic representation of James’ thoughts and emotions as he plays hide-and-seek with pursuers through the threatening darkness. As Remington James trips, falls, rolls, hides and struggles to get his bearings, Mr. Lister often uses a staccato barrage of sentence fragments to convey the intensity of pain, fear and desperation his character must endure.

It’s a great ride, fully original and with twists and turns that will leave you breathless.

About the author

Michael Lister grew up in North Florida near the Gulf of Mexico and the Apalachicola River in Wewahitchka, a small town world-famous for tupelo honey (which figures in this novel). Truly a regional writer, North Florida is his beat. He holds undergraduate and graduate degrees in theology with an emphasis on myth and narrative.

Much of his work as a crime novelist grows out of his experiences as a prison chaplain at Florida Panhandle correctional institutions. ■



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PET TALES

Claw and order

BY KIM CAMPBELL THORNTON
Andrews McMeel Syndication

Last month, Denver became the first city outside of California to ban the declawing of cats. In September, the American Association of Feline Practitioners strengthened its position on the procedure, stating that it strongly opposes declawing.

Declawing (onychectomy) has been controversial for years, but the procedure, surgical amputation of the toe bone — think having your fingers chopped off at the first knuckle — is increasingly under fire. Potential complications include claw regrowth and bony remnants that cause pain or lameness.

Cats scratch. It's not only a normal behavior for them, it's an essential one. Just as you "mark your territory" with art, photographs or furniture of a certain style, cats lay claim to a place through scent and visual markers. Scratching performs both functions by leaving gouges — the higher the better — in the scratched item as well as depositing scent from glands in the cat's paws. Both signals tell other cats that yours is a force to be reckoned with and help cats feel comfortable in their environment. Scratching keeps claws sharp and removes the dead outer layer of the claw. And we can infer from our own experience that stretching — a big part of scratching action — feels good.

"Scratching has a communication function, it has a grooming function, it has a comfort function," says veterinary behaviorist Debbie Horwitz in St. Louis. "It isn't really in the best welfare of cats to



Place scratching posts in different areas to encourage cats to scratch appropriately.

declaw them, to remove their digits, simply because it's easier than us doing something else to stop a normal but unwanted behavior."

It can be frustrating when a cat scratches an expensive carpet or piece of furniture, but a little feline psychology and feng shui go a long way toward solving the problem. Teaching a cat where to scratch involves not only choosing the right size and type of post but also placing it in an area that gives your cat the most bang for his communication buck.

Cats scratch in both vertical and horizontal positions. A vertical scratching post should be at least 3 feet high with a sturdy base so the cat can stretch out to full length as he lets loose with his claws. Ceiling-height posts encourage climbing as well, which is good exercise and allows

cats to enjoy a high vantage point where they can feel safe and survey their surroundings. Horizontal posts don't have to be long, but cats will appreciate sturdiness and texture.

Placement is important. Cats like to show off their scratching prowess. If you shove the post down in the basement or some other out-of-the-way area, no one can see his masterpiece. With the number of attractive and stylish cat trees available, there's no reason not to have one front and center.

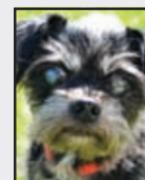
"I have one in my kitchen (that) is a big platform so he can look out the window," Dr. Horwitz says. "I have one in my family room, which is where I spend time watching TV, and I have one in the dining room."

Placing a post in areas where you spend time and next to items that your cat might otherwise scratch encourages its use and allows you to notice unwanted scratching and redirect your cat's attention to the post. Run your fingers up it — he'll be attracted by the motion and sound. A product called Feliscratch uses pheromones and catnip to entice cats to use the post. Its blue coloring enhances the visual message of the scratch marks.

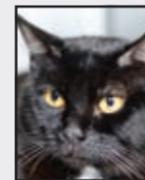
Teaching a cat scratching manners protects our belongings, but it has a deeper benefit, Dr. Horwitz says. Preserving the natural, instinctive behaviors of cats enhances their well-being.

"They have a lot of natural behaviors that are objectionable to us, but we should give them alternatives to do those normal behaviors in a way that they're not objectionable to us or other people." ■

Pets of the Week



>> **Fercho** is a 14-year-old, 11-pound male mixed breed dog that is blind and deaf. He likes to go for walks and is a Fospice pet — all routine medical care, food, medication and other supplies will be provided by Peggy Adams Animal Rescue League, free of charge.



>> **Figaro** is a 2-year-old male cat whose hind legs do not extend all the way. He's ready for a permanent home.

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 561-686-6656.



>> **Stella** is 4-year-old female tabby that is a little shy at first. Once she gets to know you, she loves to cuddle — she's the ultimate lap cat!



>> **Ebony** is a 7-month-old male black cat that is very playful and feisty — definitely high energy.

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 561-848-4911, Option 3). For additional information, and photos of other adoptable cats, see www.adoptacatfoundation.org, or on Facebook, Adopt A Cat Foundation. ■



Fact:

Neuroscientists at BGU developed a diagnostic to predict brain disease in football players early enough to prevent it.



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PHOTO BY CHRIS HALFPAP

A green turtle hatchling heads to the sea at MacArthur Beach State Park.

GREEN

From page 1

from Boca Raton to Tequesta, but also statewide.

“It’s really good news,” said Sarah Hirsch, data manager at Loggerhead Marinelifelife Center in Juno Beach. “We were somewhat anticipating that.”

Green turtles typically nest in cyclical patterns. One year, the numbers go down, and the following year, they spike.

“It goes back and forth usually pretty consistently,” Ms. Hirsch said.

The previous record for green turtles along the 9½-mile strand monitored by Loggerhead Marinelifelife Center was set in 2015, with 5,443 nests, compared with 700 in 2016.

“We had a pretty good year this year,” Ms. Hirsch said.

She described the overall population of green turtles as “exponentially increasing” because of conservation efforts put into place 30 years ago. Those efforts require turtle-excluding devices, or TEDs, on commercial-fishing vessels, among other rules and regulations aimed at rescuing the revered reptiles.

“We’re finally starting to see the results of those conservation efforts,” Ms. Hirsch said. “Hatchlings born 30 years ago are just now returning to the same beaches to lay their clutches of eggs.”

John D. MacArthur Beach State Park in North Palm Beach had a record-breaking year for green turtles, as well. A total of 1,755 nests were dug along the nearly two miles of coastline.

“I’m pretty stoked about it,” park services specialist Chandler Keenan said.

The park additionally recorded 1,437 loggerhead nests and 14 leatherback nests. “Those are great,” Ms. Keenan said of the numbers.

That’s the good news. Turtle-nesting season 2017 brought bad news, too. The unprecedented heat that has stifled South



A raccoon takes eggs from a sea turtle nest along the shore near Gumbo Limbo Nature Center in Boca Raton.

COURTESY PHOTO

Florida for three consecutive years is negatively affecting the gender ratio.

“What’s happened is that the weather has been so hot that we haven’t seen any males,” said Jeanette Wyneken, a biology professor at Florida Atlantic University who is leading a study on temperature-dependent sex determination of loggerheads.

Warmer temperatures produce female turtles, while moderate temperatures produce males.

“Hot chicks, cool dudes,” Ms. Wyneken quips. “That’s a very scientific way of saying their sex is controlled by the environment.”

A disproportionate female population — and in the case of Gumbo Limbo Nature Center, an all-female population — is cause for concern, she said.

“2015 became the hottest year on record,” Ms. Wyneken said. “Then 2016 became the hottest year on record. 2017 was also extremely hot, not the hottest but in the top three. That’s indicative of an alarm bell that there may soon be a problem with production. Maybe this isn’t a big deal yet, but when you have record heat, record heat, record heat....

“What should be done?” she asked. “The obvious thing is to stop emitting high levels of greenhouse gases — lower the Earth’s fever, so to speak. It’s not just the turtles. There are similar stories for birds. There are similar stories for insects. It’s impacting more than just your air-conditioning bill. It’s impacting the natural world.”

Gumbo Limbo Nature Center has participated in the study since its first findings in 2002. This summer, the staff of specialists set cages atop a series of nests so that, after a hatchout, a sampling of babies can be collected and researched. When the babies reach the age where their male / female status is pinpointed, they are taken 10 to 20 miles offshore and released.

“That’s where all their brothers and sisters are hanging out,” marine conservationist Kirt Rusenko said. “We try to get them back to the same spot they would have gone to.”

Sixteen nests of each species, with the exception of leatherbacks because of their low turnout, were caged for the study.

“Hatchlings can’t get out, and predators can’t get in,” Mr. Rusenko said.

Still, predators wreaked havoc all season. Of the 1,071 nests found on Gumbo Limbo Nature Center’s five miles of beach, more than half were scavenged by foxes and raccoons.

“The problem is most likely due to people leaving food for feral cats, which leads to a rapid increase in raccoon and fox populations,” Mr. Rusenko said. “More foxes and raccoons results in more predated sea-turtle nests.”

Most years, the predation rate averages between five and seven percent.

“Feeding wild animals is illegal for a good reason,” Mr. Rusenko said.

Post-hatchling washbacks, also an issue, point to a pollution epidemic. Washbacks occur when the babies manage to scramble out to sea only to ingest foreign matter and die.

“Every single one we’ve gotten this year has had plastic in their gut,” Mr. Rusenko said. “There’s a lot of trash out there.”

At John D. MacArthur Beach State Park, Hurricane Irma and the ensuing king tides brought gallons of garbage ashore, causing false crawls — when females intend to nest and instead retreat — and interfering with hatchlings making their way to the waves.

“Our beach has been completely covered in litter,” Ms. Keenan said. “It’s just a never-ending fight.”

The Friends of MacArthur Beach State Park, the preserve’s support organization, will debut the Citizen Science Marine Debris program in 2018 with the goal of evaluating the types of manmade materials that end up on the dune line and educating the public about it.

“Hopefully, it’ll help people realize some of the impacts we can have, and that there are really easy ways of making the situation better,” Ms. Keenan said. “A lot of it is just plain preventable.” ■

in the know

Sea turtle nesting counts for the 2017 season in Palm Beach County.

Loggerhead Marinelifelife Center:

- >> 11,184 loggerheads
- >> 7,808 greens
- >> 97 leatherbacks

John D. MacArthur Beach State Park:

- >> 1,437 loggerheads
- >> 1,755 greens
- >> 14 leatherbacks

Gumbo Limbo Nature Center:

- >> 767 loggerheads
- >> 299 greens
- >> Five leatherbacks

Snuggery veteran rallies after cancer diagnosis

BY CRAIG DOLCH

Special to Florida Weekly

You may not know Laurie London, but if you've been to the Snuggery — a popular sports grill situated in PGA Plaza for more than four decades — you've likely been served by London and heard her say, "Thank you very, very, very much" as you head out the door.



London

Her customers haven't heard that voice lately. The 54-year-old London, who has spent 27 years — exactly half of her life — working at the Snug, was diagnosed two months ago with maxillary sinus cancer (a cancer behind the cheekbone and the eye).

Ms. London has taken a leave from work while undergoing chemotherapy and eventually radiation, leaving behind a very, very, very large void at the Snug.

Snuggery owner Bernie Kirchner estimates Ms. London has served almost 500,000 customers while working the day shift, five times a week, the last 27 years. She once wore a pedometer that showed she walked 7-plus miles during her shift.

Do the math: Ms. London has done the equivalent of a walk around the world twice while working at Snug — usually carrying a pitcher of beer and some wings. Always with a smile.

"In the 27-plus years that I have known Laurie you would think that she never had a bad day," said Mr. Kirchner, who has owned the Snug since 1988. "No matter what was going on in her personal life, when she walked through the Snuggery doors, it was nothing but smiles.

"She knew everybody by name. Laurie's gift to everyone was that no matter what kind of mood they came in with, her contagious smile made them feel better by the time they left."

Ms. London, who was raised in Fort Worth and moved to South Florida in 1989, has been in the restaurant business most of her adult life. She worked at Parker's Lighthouse before taking a job at the Snug in 1990.

Ms. London thought she was suffering from allergies when her left eye started bothering her earlier this year. When Mr. Kirchner's wife, Dr. Francine Greco, noticed Ms. London's pupils weren't lining up symmetrically three months ago, she persuaded her to go see a doctor.

"Laurie always made you feel welcome, always remembered your story, always remembered your drink," said close friend Stacy Turpin.

"Many of her customers will drive a couple extra miles and maybe pay an extra dollar just so Laurie London can be their bartender. Bernie never had to have specials to attract customers. He always had Laurie. That was his gimmick."

Ms. London, who recently completed a second grueling, five-day chemotherapy session at Bethesda Hospital East that has caused her blond hair to fall out, has been overwhelmed by the support from her customers and friends (they are usually one and the same).

"I don't feel deserving of all the love and support I've been shown, but I'm certainly grateful for everything," Ms. London said. "It is going to be a long battle, but I will beat this thanks in a huge part to all the love I've gotten from everyone. It's amazing when the emotion you get from your friends is almost palpable."

Ms. London says she doesn't know the exact origin of when she started thanking her customers "very, very, very much." But it's become as much a part of her shift as serving cold beer and hot wings.

"I just started saying it one day, they all liked it and it kind of stuck," Ms. London said. "Some of them wait at the door for me to say it."

Now they're waiting for her to return. ■

Have ideas? The city wants to hear them

BY JANIS FONTAINE

pbnews@floridaweekly.com

The city of West Palm Beach will hold a community think tank to discuss the new "Flagler Shore" activities at 4 p.m. Dec. 16, and you're invited to bring your ideas. The Flagler Shore pilot project temporarily reduces traffic on Flagler Drive between Lakeview Avenue and Banyan Boulevard by closing it down to two lanes, space which is reclaimed for pedestrians, bicyclists, merchants and other programs on the waterfront.

Some of the current Flagler Shore programs include:

- Coffee Outside Bike Ride — 7-8 a.m. Mondays through Feb. 26. Meet at Centennial Fountain for a easy ride to a new location each week.

- Lunch on the Shore — Noon Wednesdays through Feb. 28, near 501 S. Flagler Drive. Bring your own lunch or pre-order food from a downtown restaurant and have it delivered to Flagler Shore, or check out the food trucks on the south end.

- Pedal/Run/Walk with Purpose — 6-9 p.m. the last Wednesday (Dec. 27, Jan. 31, Feb. 28). Meet at Datura

Street and Flagler Drive, across from E. R. Bradley's Saloon, to get in a run, walk or ride then stick around for music and food from trucks parked between Fern Street and Lakeview Avenue or local eateries. Free.

- Sunrise Wellness — 9-10 am. Saturdays at the Waterfront Pier, 101 N. Flagler Drive. Free yoga, tai chi, or guided meditations by local instructors and co-hosted by Spotlight Yoga Shala.

What would you like to see the city do with this extra space that would make the West Palm Beach Waterfont a go-to spot for residents and tourists? Bring your ideas for Flagler Shore to the forum in the public space located in front of E.R. Bradley's at the intersection of Clematis Street and Flagler Drive.

Following the community think tank, stick around for Flagler Shore's Music on the Shore event featuring live music, vendors, artists and more along the waterfront from 6 to 10 p.m. Performers include KIDS (indie, folk alternative rock), Rivers (cool indie pop), Keith Welsh (folk), Nicholas Roberts (indie rock), Keith Johns (folk) and Mike Dunn (folk). Guests are welcome to take a turn at the open mic. ■

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HEALTHY LIVING

Demoralized by the dating scene?
Patience, positive outlook can help

lindaLIPSHUTZ

llipshutz@floridaweekly.com

Sheryl pored over the online profiles, and sent another flirty, enthusiastic wink. She tried not to be too discouraged as she reached out to yet another potential suitor.

Sheryl hated that she was now back on the online apps. After the previous humiliating round of dead-end dates, she had sworn she would never go through the experience again—especially after the excruciating break-up with Ryan.

Sheryl had met Ryan after a long series of getting her hopes up and heart broken by a sorry group of men who proved to be consistently cruel.

But Ryan had seemed different from the others. He'd come on strong, insisting she was the best thing that had ever happened to him. Although Ryan hadn't finalized his divorce, he had assured her it was just a technicality, and he envisioned a committed future with her. He had promised her all kinds of exciting plans and trips. Sheryl dared to think that he could be "The One."

As time passed, though, Ryan had become sarcastic and critical. The ultimate blow was the night he got drunk and made



a pass at Sheryl's best friend at Sheryl's company's holiday party. Shortly after that night, Ryan "ghosted" Sheryl and stopped calling, without an explanation. How could she have misjudged him so egregiously?

Sheryl was loath to put herself through the possibility of more hurt by starting the demoralizing dating saga once again, but on the other hand, she was very lonely. Would she ever find a person whom she could trust?

For so many people, the prospect of looking for love can be very demoralizing. While potentially exciting, in actuality the dating arena is often rife with deception and rejection — certainly not for the faint of heart.

While most single people profess to be seeking a life partner who would offer love, security and emotional support, many discover that they will inevitably repeat a discouraging pattern of picking partners who hurt and disappoint them.

Many of us who have been single for any length of time can commiserate first hand with the frustrations and humiliations that Sheryl, in the fictionalized vignette above, went through. Just like with Sheryl, we may feel victimized by callous suitors or believe we're the unluckiest people on the planet. However, in some instances, we may unwittingly contribute to the circumstances that bring about the hurts and the heartaches, whether it be through unrealistic expectations or a subconscious attraction to the wrong people.

Meeting the "right person" can certainly require a bit of luck and happenstance—for example, missing a train, and starting a conversation with a special stranger while waiting for the next one, or a meeting at work getting cancelled which enables us to attend the party where we meet our latest beau.

Many of us have had idealized notions—from the time we were quite young—about the appearance and personality traits of our prospective life partners. We may have envisioned glorified qualities—very possibly a compilation of superficial traits extolled by the media, our culture and/or our peers—of looks, power and success.

Furthermore, we're often drawn to partners for subtler, not always conscious rea-

sons—a compilation of familiar, powerful qualities that were present in our formative years. We also have deeply rooted belief systems about what we are yearning for in a life partner, and our comfort level in showing and receiving emotional closeness. We often gravitate to an emotional field that feels familiar, even if, paradoxically, the experience had been painful or made us feel badly about ourselves. We bring these vulnerabilities to a new relationship, and these will understandably contribute to the ebb and flow of the relationship.

We know that the complexities of life that have made us who we are as people may be the very factors that influence who we look for in a partner and provide the lens through which we look at our lives.

After a rejection, many people become self-critical and tend to second-guess themselves. We may become insecure about how to approach prospective relationships and may shy away from encouraging possibilities. Of course, those of us who have a strong, positive self-image may be better able to take disappointments in stride, not taking rejections so personally.

So, how do we give ourselves the best chance going forward?

It's always valuable to spend time getting to know ourselves, gaining insight from past hurts and successes. It's helpful to write down a history of our previous relationships—noting the positive and negative traits of each person we've been involved with—and attempting to identify any repetitive patterns of behaviors or character flaws. Have we gravitated towards others who have a history of substance abuse? Have our partners shown aloof or critical behaviors? Are they so self-centered they're not emotionally available to us? If we notice a disturbing trend, we can hopefully take conscious steps to change our path.

We can also identify the ways that we may have emotionally handled the upsets that will inevitably come up in a relationship—e.g., disappointments when plans change, or our partner overlooking something that matters to us. Have we been flexible, and open to feedback? Are we easily triggered, with an escalation of emotions that preclude resolution? Do we hold

grudges or make spiteful digs?

We can also take steps to identify personal attributes consistent with our values. While each of us have different qualities we deem important, we can usually all agree on the importance of honesty, reliability and straight-forwardness. Figuring out why we may have gotten close to a person who would blatantly eschew these values can be tricky. Many of us, too often, will tolerate demeaning treatment because of deep-seated vulnerabilities. In other instances, we may look past a person who possesses the very qualities we claim are important to us, asserting this individual is boring or unattractive.

If we're able to identify the patterns of how we've historically handled our upsets, we can perhaps work on managing our emotions and behaviors more effectively. We can vow to approach relationships, not only with our hearts, but with our heads. We can deliberately attempt to reach out to a person who may carry attributes that we've defined as consistent with the qualities we hold dear. If we find ourselves embarking on a familiar dead-end course, we can put on the brakes to head off another demoralizing outcome.

And, yes, now would be a good time to work on bringing out the best in ourselves. Filling our lives with affirming people, activities and pursuits, so we're feeling as fulfilled as we can, should help us feel our best in our own right.

If, on our own, we're not able to gain insight, or rein in the negative behaviors that get in our way, it might be valuable to seek the support of a mental health professional.

Importantly, it's helpful when we reach for our inner resilience to stay patient, and positive, learning to trust our own judgment. Sometimes we're so eager to pursue certain relationships we don't listen to an inner warning voice that points out glaring red flags. We may overlook subtle and not so subtle cues that are right in front of us, revealing our date's troubling character flaws. Of course, it's disappointing to admit that a person who seemed to have such good potential is not a good choice. However, it's far better to learn this early on, rather than to invest our emotions, and to find out the truth after it's too late. ■

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COURTESY PHOTO

Arthur R. Marshall Loxahatchee National Wildlife Refuge to host Christmas bird count.

Arthur R. Marshall plans Christmas Bird Count for Kids

The holiday season is for anything but the birds this year, especially for kids.

Arthur R. Marshall Loxahatchee National Wildlife Refuge has announced its first ever Christmas Bird Count for Kids, which will be held 9 a.m.-noon Dec. 30.

The Christmas Bird Count, which began over 100 years ago, is one of the oldest wildlife surveys in the world. Kids and families around Palm Beach County can become citizen scientists by taking part in this old tradition.

A binocular boot camp will kick off the event in the visitor center auditorium, after which kids will divide into teams and head out into the field with volunteer experts to count and record the species of birds they locate.

You may bring your own binoculars or borrow some from the refuge.

This event is designed for families to have fun outdoors and learn more about local birds.

Kids of all birding abilities are

encouraged to participate. Participants should come dressed for spending time outdoors.

Children must be accompanied by their parents.

Registration is requested, but not required. For more information or to register, contact Veronica Kelly at 561-735-6020 or by email at Veronica_Kelly@fws.gov.

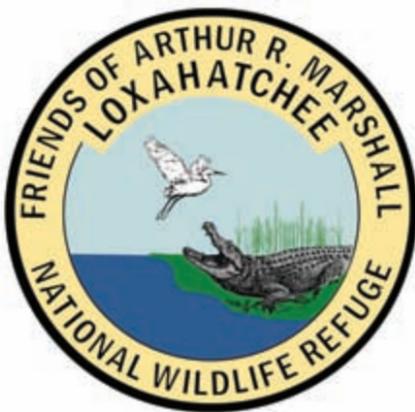
The refuge is off U.S. 441/State Road 7, two miles south of State Road 804 (Boynton Beach Boulevard) and three miles north of SR 806 (Delray Beach's Atlantic Avenue). The refuge is open from 5

a.m. to 10 p.m., seven days a week.

Refuge hours change seasonally and are posted at each entrance. The Visitor Center hours are 9:00 a.m. to 4:00 p.m., seven days a week.

An entrance fee of \$5 per vehicle or \$1 per pedestrian or bicyclist is charged.

A variety of annual passes, including a \$12 refuge-specific annual pass, are available. Visit the refuge website at www.fws.gov/refuge/arm_loxahatchee/.



GIFT

From page 1

Neurology. The hospital said Dr. Buczyner has built an innovative neurology practice in the Palm Beaches that delivers compassionate care while offering her patients the most advanced treatments available today.

"Time is vital to the brain and it is imperative to seek emergency neurological care early," she said at a women's health advisory panel discussion hosted by Jupiter Medical Center that was attended by more than 150 women.

While Jupiter Medical Center has been a Primary Stroke Center since 2008, this move to become a designated Compre-

hensive Stroke Center comes on the heels of a recent protocol change by Palm Beach County Fire Rescue to transport stroke patients only to facilities that have this designation. The closest Comprehensive Stroke Center to the south is in West Palm Beach, and Fort Pierce to the north.

Jupiter Medical Center's Comprehensive Stroke Program will include neurosurgery and endovascular interventions such as angioplasty, coiling, clipping and stenting. It also will have a dedicated neuro intensive care unit, in which patients will receive care by staff that is trained in advanced critical care, as well as neurophysiology, neuroanatomy, neuro assessment and emergency neuro resuscitation.

For more information on Jupiter Medical Center, call 561-263-2234 or visit www.jupitermedcom.com. ■



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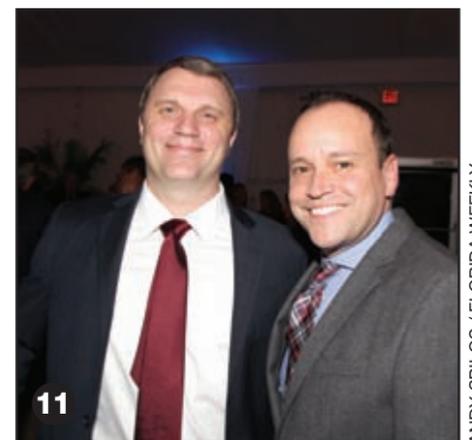


SOCIETY

Groundbreaking for Jupiter Medical Center's Mastroianni Family Pediatric Emergency Department and the James J. Felcyn & Louise Brien Felcyn Observation Unit



1. Barbara Nicklaus, Ryan Epstein, Ronda Gagnon and Jack Nicklaus
2. Janine Boylan, Nick Mastroianni and Joanie Connors
3. Audrey Mastroianni, Sara Mastroianni, Anthony Mastroianni, Gemma Mastroianni, Jessica Mastroianni, Nick Mastroianni, Giabella Mastroianni and Guilianna Mastroianni
4. Patti Hamilton and Joe Steranka
5. Ken Kennerly, Liv Vesely and Todd Wodraska
6. Bob Stilley, Maggie Taddeo, Joe Taddeo and Patty McDonald
7. Jeffrey Ingeman, Timothy Allison and Naveen Zeddy



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.



PHOTOS BY SCOTT SIMMONS/FLORIDA WEEKLY

Park Avenue BBQ founder Dean Lavallee (left), with business partner Craig Williamson, at their new Gardens Mall restaurant.

The new PARK AVENUE

Local rib king
Dean Lavallee
opens eatery at
The Gardens Mall



A chandelier found at a Habitat for Humanity ReStore was painted and given shades made from beer bottles.

BY JAN NORRIS

jnorris@floridaweekly.com

Dean Lavallee says diners won't recognize his new Park Avenue BBQ in The Gardens Mall as one of his typical barbecue eateries.

"It's so pretty," he said. It's even got chandeliers — a centerpiece for the new store.

There are many other differences in the store.

"We're taking the food a little more to a gastropub menu," he said. "It's a little more upscale but still within reach of everybody."

"It's all changes I've wanted to do for some time. Years ago, I wanted a bigger system with lots of PA BBQs all identical. Now, I want a smaller number that are individual. I'd like to see each be a little more chef-driven within the footprint of the PA brand," he said.

He thinks his customers have changed along with him. "We have to do some stuff that's edgier for a different customer today. That's thanks to the food channels, I firmly believe. The customer is too knowledgeable now not to wow them with something a little left of center."

SEE PA BBQ, A14 ►

Mounts names five new members to board

Friends of the Mounts Botanical Garden have appointed five new board members.

■ **Gretta Curry** is a retired human services professional who worked more than 20 years in educational, physical rehab and child welfare programs and administrative roles in Massachusetts. She earned her bachelor's degree from Emmanuel College in Boston and her doctorate in education from the University of Massachusetts. Ms. Curry is a member of the board of the Friends of MacArthur Beach State Park and is a 10-year board member of the North Palm Beach Rowing Club. She also served on the advisory board of FAU Honors College in Jupiter for 12 years.

■ **Rebecca Doane** founded the law firm Doane & Doane P.A. in 2003. She

earned her Juris Doctorate from the University of South Carolina, and is a Certified Public Accountant and member of both the Florida Institute of Certified Accountants and the American Association of Attorney-CPAs. Ms. Doane is the co-chair and founder of the Guardianship Education Committee of the Palm Beach County Bar Association, and is past president of the Center for Children in Crisis and the Girl Scouts of Southeast Florida. She is a current board member and past president of the West Palm Beach Kiwanis Club and past president of the Friends of MacArthur Beach State Park.

■ **Tara Duh** is an executive shareholder in the law firm of Lewis, Longman and Walker in West Palm Beach, where she chairs the land use practice

area with a specialty in environment and water and land use. She earned her bachelor's degree from Northwestern University and a Juris Doctorate from the University of Colorado. Ms. Duh is an active member of the Association of Community Developers and the Northern Palm Beach County Chamber of Commerce. She currently chairs the Healthy Mothers Health Babies Coalition of Palm Beach County. Super Lawyers listed her as a Rising Star, a peer designation awarded to only 2.5 percent of all lawyers, and the *Daily Business Review* also recognized her in its list of outstanding lawyers younger than 40.

■ **Jackie Kingston** is a developer for Florida Power & Light, where she has worked for more than 10 years on the permitting of natural gas power

plants, gas pipelines and transmission power lines. She earned her bachelor's degree in biological science from the Florida Institute of Technology and her master's degree in the study area from Florida Atlantic University. She is the founder of Sea Turtle Adventures, a nonprofit dedicated to conservation, research and public education.

■ **Ilene Passler** is a human resources professional with more than 15 years of management and leadership experience, serving as a human resources director for a specialty contractor. She earned her bachelor's degree from the University of Texas at Austin and her MBA from Wake Forest College. A member of the Junior League of the Palm Beaches, Ms. Passler has served on its executive team and board of directors. ■

MOVING ON UP

"I'm encouraged by the people I've met and the culture here, especially the strength of the physicians and the expertise they come with."

— Tara McCoy

Name: Tara McCoy

Title: Chief executive officer, Good Samaritan Medical Center
City of business: West Palm Beach

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

She only took the reins of Good Samaritan Medical Center as its new CEO on Oct. 1, but already Tara McCoy is inspired by what she finds.

"More than anything, I'm encouraged by the people I've met and the culture here, especially the strength of the physicians and the expertise they come with," said Ms. McCoy. The 333-bed West Palm Beach hospital has more than 900 employees and 502 physicians.

A healthcare executive with a background in strategic development and physician recruitment, Ms. McCoy is responsible for overseeing all strategic, operational and clinical activities at the hospital.

"Whenever you're new to an organization, the first-year goal is to get in touch with the hospital, meet the team here, the employees, build that level of trust and respect," she said. "Overall, the most important thing is that the hospital has been here for nearly 100 years, 97 years, and we want to focus on continuing to provide high quality care and innovating and evolving with the needs of the community."

Ms. McCoy spent the past five years as a service line administrator for Tenet's Florida Region, now part of the Coastal Division. In that role, she developed the heart and vascular network and achieved interdisciplinary cooperation between the region's hospitals.

A New Jersey native, Ms. McCoy said



COURTESY PHOTO

Tara McCoy took over Good Samaritan Medical Center on Oct. 1.

she has always been good at math and science.

"I was always interested in healthcare and for the longest time I thought that I wanted to be a doctor," she said. "When I spent time volunteering at a hospital, I was struck by the inefficiencies — from long wait times in the emergency department to poor communication between specialists and departments.

"I was really interested in what we could do to remove those frustrations and ultimately improve care," she explained. "I went to graduate school for industrial engineering, which is the science of process improvement and measuring and enhancing business operations. I did all of my internships and research work in healthcare while in school and started my career after working on process improvement in emergency departments and operating rooms."

Good Samaritan offers her a first chance at being a CEO.

"It's exciting for me," she said. "It's the culmination of a lot of work that I've put in. It's exciting to get the opportu-

nity. Meeting the people here and seeing the potential is energizing, as well.

"Our challenge in healthcare is to keep up with the demand to provide the best possible care for what is needed," she said. "We need to educate the community about the physicians who are here, what we're able to provide and how we can meet their needs. Bringing that information to the community is the challenge, and, of course, the evolving dynamics of healthcare in the country."

Tara McCoy

Age: 38

Where I grew up: Shrewsbury, N.J.

Where I live now: Fort Lauderdale

Education: B.S. in psychology from Tulane University and M.S. in industrial engineering from the University of South Florida.

What brought me to Florida: My husband, Ryan, and I moved to Tampa after college in New Orleans. That was where we started our professional careers.

My first job and what it taught me: Working at an ice cream shop on the Jersey Shore. It taught me about the importance of making personal connections — both with customers and with fellow employees. I remember working with a group of friends and we developed this great rapport — we would work hard but have a great time doing it. It resonated with the customers and we would have lines around the building. The culture was energetic and fun.

A career highlight: Developing the heart and vascular network for our 10 Florida hospitals. It was incredibly rewarding to develop it from scratch and see it evolve — from the recruitment and identification of our physician leaders, to the determination on what advanced programs the community needed and where they should be, plus the coordination of physicians and hospitals across three counties. I really feel we built something special and different. It took on aspects of both private and academic medicine, and enhanced care across the region.

Hobbies: Spending time with my family (two children ages 7 and 4), trying new restaurants — I'm a foodie and love wine, enjoying live music, spending time at the beach, reading, jogging and traveling to new places.

Best advice for someone looking to make it in my field: Healthcare is a team sport and nothing is done in a silo. Work collaboratively with other business units or peers. Focus on team dynamics and how to develop each member.

About mentors: Marsha Powers, the senior vice president and chief strategy officer for Tenet Healthcare, is my mentor. Marsha taught me how to look not at what something is today but what it could be. She is incredibly strategic and forward thinking. She taught me the value of persistence and the refusal to back down when you know something is needed for the community or our patients. I watched her time and again face challenge after challenge head on for sometimes years until she got what she knew was needed for our hospitals and, ultimately, the community. ■

PA BBQ

From page 13

He knows he has a number of potential new customers. "I'm sure there are mall customers, particularly women, who've never eaten at a PA because they won't go to a barbecue restaurant. But I think once they see how nice this is, they might just think they could try it."

Partner in the restaurant is Craig Williamson, an Italian-trained chef who worked as a culinary instructor in Europe for a few years before returning to the U.S. with his bride — a pastry-focused chef.

"He really loves food, not ego," said Mr. Lavalley. "We're going to be great together."

The chef is expected to bring some Italian accents to the menu eventually, but within the parameters of the barbecue/grill format.

"Maybe we'll do a smoked meatball with white beans," Mr. Lavalley said. "Still pork — but with an Italian touch."

That's in the future; his goal now, he says, is to get the basic PA BBQ menu up and running first. Take-out service also will have to wait a while till the staff is comfortable handling all the sit-down business he expects.

A rebuild of the whole restaurant meant more seating. "We've cleared out some seating so there are 80 seats indoors and 68 outside.



This will be the first of his stores with outdoor seating — something he has been trying to arrange for some time. "We have a fire pit — of course, we're trying to figure out how to make it safe. We have so many kids."

The new spot also has a fountain outdoors, indoor and outdoor TVs, and limited liquor — he describes it as a "premium well — not a ton of liquor."

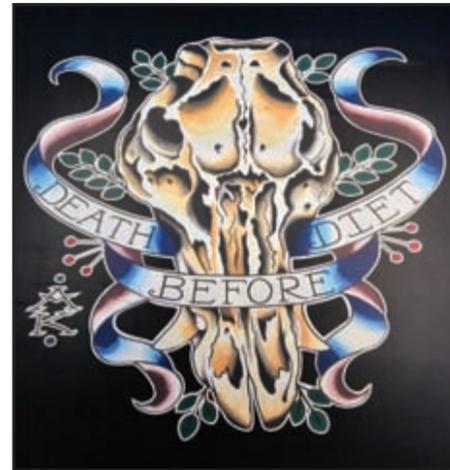
The Friday, Dec. 8, opening was postponed to handle the Certificate of Occupancy, required by the county, he said. Inspectors must pass all equipment and

electrical works before signing off on it.

"All our equipment passed — no problem. It was the hood from the former restaurant that failed," he said. Problem corrected, it required a re-inspection and application for the CO.

The restaurant was expected to open by Dec. 12.

PA BBQ is in the former Counter Burger space near Sears downstairs in the Gardens Mall. It will be open seven days for lunch and dinner, at first, 11 a.m. to 10 p.m. Staying open later or opening earlier is possible, thanks to the mall's security,



PHOTOS BY SCOTT SIMMONS / FLORIDA WEEKLY

LEFT: More than 43,000 pennies were used to create the chevron design that covers soffets in the new Park Avenue BBQ at The Gardens Mall.

ABOVE: An Ed Hardy-inspired design covers the ceiling over the bar.

he said.

"I've always wanted to make sure of the safety of my customers after they leave my place, and they've got security really covered."

A breakfast service also is possible. "We've got that nice patio with a fountain — you can sit and have a cup of coffee and a great breakfast sandwich maybe. I had this fantastic baby back rib hash in Seattle — with a poached egg on top. Maybe we'll do something like that."

Started in 1988 by Mr. Lavalley, PA BBQ has seven other locations in Palm Beach, Martin and St. Lucie counties. ■

BEHIND THE WHEEL

The forever Mercedes returns



mylesKORNBLATT

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The Mercedes E-Class coupe blends timeless styling elements and great features. And because it doesn't come cheap, this is the car that you buy with an eye for the long term.

The 2018 coupe is a simpler design than in previous years. Gone is a heavy rear-wheel contour of the sheetmetal, and in its place, there is a much sleeker and understated style. That makes the new coupe feel less like a BMW competitor and more like a Mercedes that is trying to connect with its subtler predecessors.

It has a charisma like the CE coupes of the 1970s and '80s. Mercedes people know enthusiasts who take pride in keeping those on the road, and so the new E-Class coupe feels like one of those "forever" Benzes, too.

Part of the alluring style is rooted in the tradition of the pillar-less hardtop. American car companies had to abandon this practice in the 1970s because of safety concerns, but Mercedes has always provided robust enough designs that they continued to offer a coupe without a B-post. And there's just something great about rolling down all the windows and giving the world an unobstructed view of the premium interior.

Mercedes offers one of the best-look-

ing dashboards currently available today. It utilizes a piano black and pinstripe setup in a continuous wave pattern as it flows from the doors, expands around the driver and then mirrors this pattern for the passenger side.

The dash nicely frames the 12.3-inch central screen that works in conjunction with the center console touchpad to control nearly all aspects of the car. Everything from the radio operations to the trunk release height is programmed through this system. There is even cologne that can be deployed through the air conditioning vents using the central command setup. But the real reason why Mercedes added such a large screen with so many features was to contain all of its technology options.

A companion to the central screen is the optional 12.3-inch unit that goes directly in front of the driver. It turns the speedometer into a 3D virtual world that also monitors how close other vehicles are. There are also programmable screens that are controlled by touchpads on the steering wheel. These allow drivers to access everything from entertainment, to navigation controls, to local gas prices with the same kind of swiping



movements that are on today's smartphones.

But be careful with the options. They can take a base E-class coupe from slightly under \$60K, to our \$84,785 E400 4Matic test car that had everything from the highest technology package to all-wheel drive.

No matter how the E-Class coupe is configured, it still offers the same thoughtful layout. For example, Mercedes provides a button that allows passenger seat adjustments from the driver's control pad. More than just fun for practical jokes, it offers maximum rear seat access with minimal stress.

While the rear passengers are afterthoughts in many coupes, the E400 does

a good job of accommodating. Individual buckets, individual vents and decent legroom make these useful for a double date. But the sweeping roofline we love on the exterior does mean tall adults will complain.

The 3.0-liter biturbo V6 makes 329 horsepower. The throttle response is excellent, and in everyday driving situations, it feels like there is a beastly nature that's waiting to be unleashed.

Peg the accelerator to the floor, and there's a growl from the exhaust

as everything moves in fast-forward. But nearly as quickly as this animal is let off its leash, the nine-speed automatic transmission harnesses it back into tamer territory.

That's art of the E400's daily appeal. Mercedes has AMG to create the snarling sports cars that can turn the countryside blurry. Those are the fun cars that get traded in when the next generation of record-setting horsepower comes along.

This tamer Mercedes is the everyday sports car that matures with its owner. It's fun to drive today; it has the technology to stay relevant for decades; and the style will remain elegant for generations. It's a timeless, pillar-less coupe, which is why it can be your forever Mercedes. ■

EARL ON CARS

How can I learn the dealer's cost on a car?



earlSTEWART

earls@estoyota.com



It's almost impossible for you to determine the true cost of a new car.

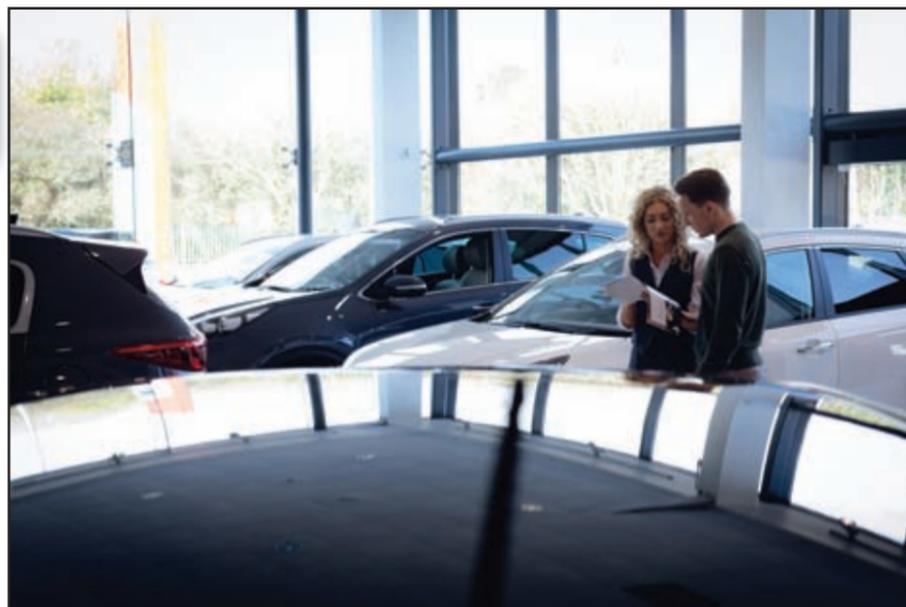
This might sound crazy, but many dealers don't know the true cost of their cars. The manufacturers and distributors invoice their dealers for an amount when they ship them a car that is almost always several thousands of dollars more than the true cost. It's fair to say that in virtually every case the "invoice" for a new car is much higher than the true cost. By true cost, I am referring to cost as defined by GAAP, generally accepted accounting principles.

You probably have heard about "hold-back." That is an amount of money added into the invoice of a car ranging from 1 percent to 3 percent of the MSRP which is kicked back to the dealer after he has paid the invoice.

In some cases, there are two hold-backs... one from the manufacturer and one from a distributor.

Some manufacturers include the cost of regional advertising in the invoice which offsets the dealer's advertising costs. Another common charge included in invoices is "floor plan assistance." This goes to offset the dealer's cost of financing the new cars in his inventory.

Another is "PDI," or pre-delivery inspection expense, which reimburses the dealer for preparing the car for



delivery to you. I could name several more, depending on the manufacturer or distributor. Some of these monies that are returned to the dealer are not shown as profit on dealers' financial statement and some are. Technically a dealer could say that the cost he showed you reflected all the profit (by definition of his financial statement), but the fact would remain that more money would come to back to him after he sold you the car. To me (and the IRS) that's called profit.

Besides holdbacks and reimbursements for expenses, you must contend with customer and dealer incentives (usually referred to as customer cash or dealer cash) when trying to figure out

the cost of that new car. You will probably be aware of the customer incentives, but not the dealer incentives. Most dealers prefer and lobby the manufacturers for dealer rather than customer incentives just for that reason. Also, performance incentives are paid to dealers for selling a certain number of cars during a given time frame. These usually expire at the end of a month and are one reason why it really is smart to buy a new car on the last day of the month.

Last, but not least, remember the "dealer fee," "dealer prep fee," "doc fee," "dealer inspection fee," "electronic filing fee," "tag agency fee," etc. which is added to the price you were quoted by the salesman. It is printed on the buyer's

order and is lumped into the real fees such as Florida sales tax and tag and registration fees. Most dealers in Florida (it is illegal in many states) charge this fee, which ranges from \$500 to \$3,000. If you are making your buying decision based on your perceived cost of the car, even if you were right, here is up to \$3,000 more in profit to the dealer.

Hopefully you can now understand why it is virtually impossible to precisely know the cost of the new car you are contemplating buying. Most often the salesman and sales manager is not completely versed on the cost either.

Checking the cost on a good internet site like www.kbb.com or www.edmunds.com is about the best you can do. Consumer Reports is another good source. One reason that Internet sites don't always have the right invoice price is that different distributors for cars invoice their dealers at different prices.

Do not decide to buy a car because the dealer has agreed to sell it to you for "X dollars above his cost/invoice." This statement is virtually meaningless. You are playing into the dealer's hands when you offer to buy or he offers to sell his car at a certain amount above his cost.

As I have advised you in an earlier column, you can only be assured of getting the best price by shopping several dealers for the exact same car and getting an "out the door" price plus tax and tag only. ■

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



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COURTESY PHOTOS

A stunning location

980 N. Ocean Blvd., Palm Beach

With a blend of traditional Bermuda-style architecture, this home has 12,062 square feet of living space, inside and out. The house was designed by noted society architect Marion Sims Wyeth for Phillip Danforth Armour III. The layout is centered around a courtyard with a huge swimming pool.

The traditional-style interiors present floors of marble and tile, metalwork details and pecky cypress ceilings. Expansive windows offer sea and garden views.

The property's appeal lies in its stunning location. Depending on the buyer's preference, a renovation might be in order, or the grand old mansion could face the prospect of a tear-down.

The proceeds of the sale go to the Hulitar Family Foundation, which supports the Preservation Foundation of Palm Beach, Society of the Four Arts, and the Hospice Foundation of Palm Beach, among other causes.

There's no overstating the opportunity this property offers to a buyer wanting prime, direct, oceanfront living on Palm Beach.

Price: \$41,900,000, listed by Douglas Elliman Real Estate.

*The agent is Ashley McIntosh
561-653-6160, 561-685-0861
Ashley.Mcintosh@elliman.com*





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Featured Listing

Beautiful 5 bedroom plus den, 4.5 Bath two story home set on pie shaped lot on a private cul-de-sac with panoramic lake and golf views. Outdoor living is amazing with a southeast exposure, salt water pool and summer kitchen surrounded by phantom screens. \$15,000 worth of landscaping improvements including plantings, stones and gardens. Outdoor lighting has been redone with LED fixtures and timers. Upgraded tile on diagonal, wood floors in den. Formal living room with gas fireplace and custom window treatments throughout. Kitchen has stainless steel appliances new Bosch dishwasher and reverse water osmosis filtration system for home.

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ANTIQUES

Cold bronze technique lost

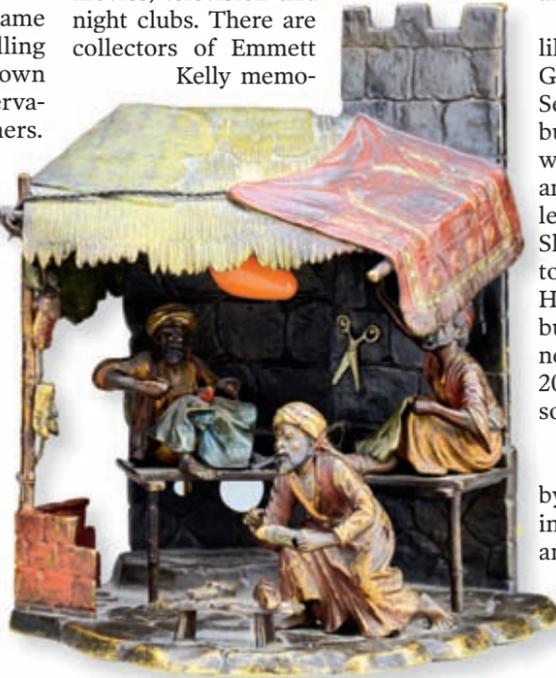
BY TERRY KOVELAND KIM KOVEL

Bronze figures usually are signed by artists, who sometimes use initials or strange names that are hard to find in the important art listings. Nam Greb was an artist who made detailed, colorful cold painted bronze figures in Austria during the early 1900s. Some of his work was easy to identify. He favored tabletop scenes of Oriental life with colorful tents, figures in Arab garb, market stalls and animals. Some were even small lamps. But some figures of men had cloaks that opened to show erotic scenes or women who, when the doors opened, were naked. The strange name "Nam Greb" was the reverse spelling of Bergman, the name of a well-known Austrian artist who also made conservative figures for his regular customers. Franz Bergman (or Bergmann, 1861-1936) lived in Vienna, Austria. In about 1900, he inherited a bronze factory from his father. Bergman developed cold bronze decorations. They were made of several layers of paint that were not fired. Unfortunately, his technique has been lost.

Q: Years ago, my father brought home an autographed color photo of Emmett Kelly. It was made out to me personally. I still have it. Is this

something that is considered a collectible? Is it worth anything?

A: Emmett Kelly (1898-1979), who is considered the world's most famous clown, was born in Kansas. At an early age, his mother enrolled him in a correspondence school for cartooning. He later gave "chalk talks" and entertained in schools. He created his signature character, Weary Willie, in the early 1920s while working for a film company. In 1937, he performed that character for the first time. Kelly worked for Ringling Brothers Barnum and Bailey from 1942 until it closed in 1956. He also worked in movies, television and night clubs. There are collectors of Emmett Kelly memo-



COURTESY PHOTO
This cold-painted cobbler shop lamp, about 9 inches high, was offered for sale at an auction for \$2,000 to \$4,000.

abilia as well as collectors of clown items. Autographed photos of Kelly have sold from \$50 to about \$200. Your name in the autograph will lower the value. Collectors pay less for personalized autographs.

Q: I have been researching a cabinet that looks like it was made for cocktails. It's wood with carved panels of Asian scenes. The top opens and the front drops down to reveal a mirrored bar. The sides open for storage and the corners have fitted stemware racks. I was told it might be by George Zee. I like it and won't sell it, but what is it worth?

A: Your liquor/bar cabinet sounds like it was made by George Zee & Co. George Zee studied at the Princeton Seminary, then went into the furniture business in Shanghai in the 1930s. He was good at attracting Western clients, and his company became one of the leading Chinese furniture makers in Shanghai. Just before the communists took over in 1949, Zee left Shanghai for Hong Kong, where he re-established his business. Zee died in 1967 and the business was left to his widow. It closed in 2010. George Zee cocktail cabinets have sold at auction for \$500 to \$700.

Q: I was given a set of Poppytrail by Metlox dinner service for four. It includes plates, cups and saucers, bowls and a small creamer and sugar bowl, and they are in perfect condition. What is the set worth?

A: Metlox Potteries was founded by Theodore C. Prouty and his son,

Willis, in Manhattan Beach, Calif., in 1927. The company was sold to Evan K. Shaw in 1946. Poppytrail was a division of Metlox from 1946 to 1989, when the pottery closed. Several hundred Poppytrail patterns were made. Prices depend on the desirability of the pattern. A five-piece place setting of Sculptured Grape, including two plates, bowl, and cup and saucer, was offered for sale for \$36. A sugar in that pattern sold for \$16, and a creamer sold for \$20.

Q: I'd like information about a National Cash Register I have. The serial number is 4473484. How old is it and what is it worth?

A: National Cash Register was founded in Dayton, Ohio, in 1884. Brass cash registers were made from the 1890s to about 1918. Metal cases stamped and painted to look like wood were made beginning about 1918. The serial number indicates your cash register was made in 1948. Old ornate brass and marble cash registers sell for high prices, from hundreds to over \$1,000. Newer models like yours that are not brass sell for much less.

Tip: Don't wrap Christmas ornaments in newspaper. The ink may rub off. Don't store them in plastic bags. Moisture may condense and cause problems. ■

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

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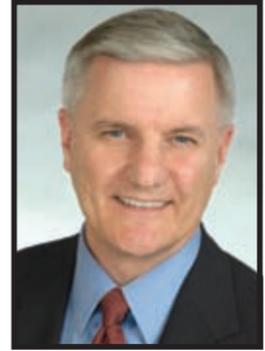
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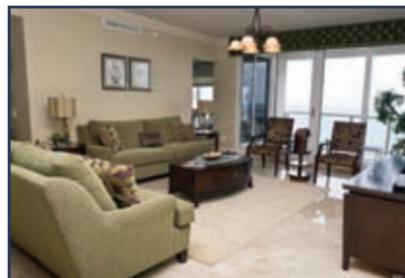
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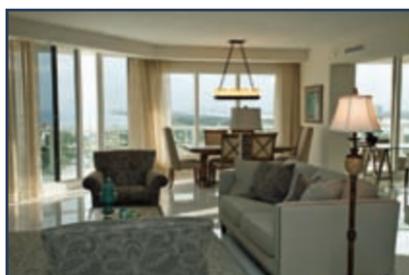


Ritz Carlton Residence 1002B
3BR/3BA - \$1,799,000

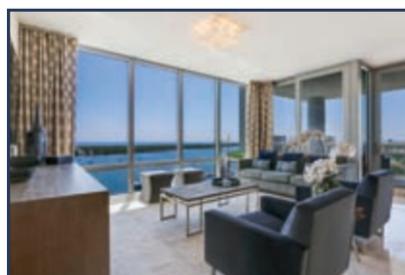
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2BR+DEN/2.5BA - \$1,375,000



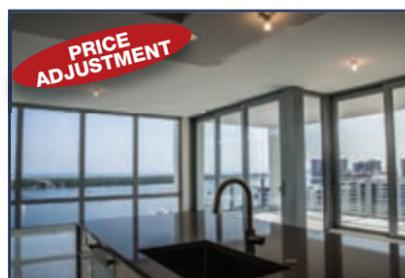
Water Club 1603-S
2BR+DEN/2.5BA - \$1,350,000



Beach Front 1503
3BR/3BA - \$1,349,000



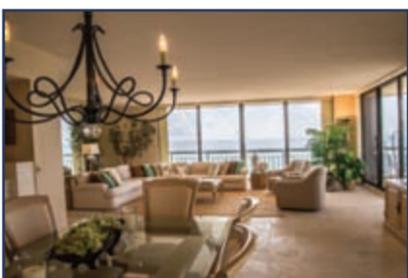
Ritz Carlton Residence 2506B
2BR+DEN/2.5BA - \$1,299,000



Water Club 1504-S
2BR+DEN/3BA - \$1,289,000



Ritz Carlton Residence 306B
2BR+DEN/2.5BA - \$925,000



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ARTS & ENTERTAINMENT

WEEK OF DECEMBER 14-20, 2017

WWW.FLORIDAWEEKLY.COM

| SECTION B

Music master

Matt Cahur is the man behind the sound of Guanabanas

BY BILL MEREDITH

Florida Weekly Correspondent

SOUND ENGINEER, TALENT BUYER, GUITARIST, recording label head, band manager, consultant and promoter are all descriptions of Matt Cahur — best-known since 2008 as the man behind the music at Guanabanas, the popular restaurant and live music venue in Jupiter.

SEE MUSIC, B12 ▶

Matt Cahur is the man behind the music at Guanabanas. He also performs with the band Boxelder

PHOTO BY WES BOGGS

HAPPENINGS



COURTESY PHOTO

Players can tee off along the Intracoastal Waterway with nine holes of glow-in-the-dark miniature golf.

Free mini golf comes to the fore on the Waterfront

BY JANIS FONTAINE

pbnews@floridaweekly.com

Thanks to a gift from the city of West Palm Beach in partnership with JFK Medical Center Main Campus, JFK Medical Center North Campus and Palms West Hospital, the fees to play a round of golf at the GLOW Fore It mini-golf course are paid for you Monday through Wednesday.

If you haven't played a round this year, the new Sandi Land course has kicked things up a notch with black light paint. You'll find peace signs, smiley faces and hearts painted around the course, and the holes are better lit for nighttime play. Players especially like the new "tunnel of lights" at hole five. The cost to play Thursday through Sunday is still at bargain at \$2.50 per person, per round. Hours are 6 to 10 p.m. Monday-Friday and noon to 10 p.m. Saturday and Sunday.

Don't forget to stop by and see Sandi and her new four-legged best friend, Duke, a rescued rescue dog!

For more information on what's happening downtown, visit www.wpb.org.

Klezmer returns to Art After Dark

Aaron Kula & the Klezmer Company Jazz Orchestra returns to Art After Dark at the Norton Museum of Art on Dec. 21. This popular seven-piece group will perform Yiddish and klezmer tunes from 1920 to 1960, including Abi G'zint, Shein Vi Di L'voneh, Ba Mir Bistu Shein and Yiddishe Momma. The concert begins at 7 p.m., but there's plenty to do and see before the show.

From 5:30 to 6 p.m., join the exhibition tour of the new exhibition, "Miss Lucy's 3 Day Dollhouse Party." These incredibly detailed houses of miniature art owned by Lucy Bassett Andrews and curated by Cy Twombly, a family friend, are a snapshot of the 1990s art world.

At 6:30 p.m., a tour of the exhibition "Earth Works: Mapping the Anthropocene" is planned. The stunning photos of melting glaciers are beautiful and terrifying for what they portend. A screening of the climate change documentary "Time to Choose," by Academy Award-Winning documentary filmmaker Charles Ferguson, follows at 7 p.m.

Do not miss the Cookie Decorating Workshop from 6 to 8 p.m. All the edible materials and decorating instructions needed to create your masterpiece are

SEE HAPPENINGS, B12 ▶

Marinelife Center goes coconuts with Beach Bash

FLORIDA WEEKLY STAFF

Loggerhead Marinelife Center is in Juno Beach.

But once a year, its supporters descend upon Palm Beach for sea turtle hospital and research center's annual Beach Bash.

That takes place 8 p.m.-midnight Dec. 28.

The 2017 Beach Bash Palm Beach offers a theme inspired by the Providencia, a Spanish ship loaded with 20,000 coconuts that ran aground off the Palm Beach coast in 1878.

One account of the shipwreck reads: "I was greeted... With a bottle of wine and a box of cigars... There were 20,000 coconuts, and they seemed like a god-

send to the people. For several weeks, everyone was eating coconuts and drinking wine."

Now, that sounds like a party.

The Beach Bash, presented by resort-wear icon Lilly Pulitzer, will invite more than 700 guests to step back in time aboard the Providencia.

In addition to the usual libations and bites, there will be entertainment, an Anushka pop-up salon, Tito's juice stand and a Kendra Scott buried treasure jewelry pull.

"We are thrilled to return for our second year partnering with resort-wear powerhouse Lilly Pulitzer for this amaz-

ing event," Jack E. Lighton, LMC president & CEO, said in a statement. "This event celebrates the iconic island life and style of Lilly Pulitzer while showcasing Palm Beach's most treasured environmental assets: sea turtles, magnificent beaches and azure blue ocean waters."

Beach Bash Palm Beach tickets start at \$250 per person prior to event; \$300 at the door.

For more information or for sponsorships, visit www.marinelife.org/beachbash or contact Veronica Clinton, development manager, at vclinton@marinelife.org. ■

COLLECTOR'S CORNER

Holidays stir memories and inspire hope



scott SIMMONS
ssimmons@floridaweekly.com

Some holiday seasons are better than others.

Some are downright tragic. It has weighed on me as one friend recently lost her mother and I learned that a wonderful former neighbor lost her son, whom I remember as a lad.

To them, I say this: I hope memories help you heal.

My *bête noire* was 2005. That was the year lung cancer took my dad from us, inch by excruciating inch.

His death that Dec. 31 capped a year that included the devastation of Hurricane Wilma and the continued mental decline of my dear grandmother.

I was in no mood to celebrate the December holidays as work deadlines loomed and my dad continued his final descent.

But I think we all knew there was something out there far greater than our misery.

What was it? I'd like to think it was love, backed by a hearty helping of hope.

For me, the turning point came when I went home to Fort Myers for a week that December.

My mother and I decorated one of the prettiest Christmas trees we've ever found — a lush Fraser fir that held hun-



dreeds of ornaments — including many with which she and I had grown up. Those traditions and that fragrant fir reminded us that life goes on.

I spent a week with my dad, taking him to doctor appointments and to final visits with friends. We spent a lot of time together talking and a lot of time simply saying nothing.

I'm glad we had the time. When he died three days after his 67th birthday, it was a good parting, even if it came too soon.

That's what I take away from the 2005 holiday.

My dad never cared much for Christmas — he was born Dec. 28, so the



SCOTT SIMMONS / FLORIDA WEEKLY
Above: Georganne Bolender Moyer and Martha Bolender Simmons, seen in home movie footage, hold their dolls in 1948. Left: My mother, Martha Bolender Simmons, holds the same Madame Alexander bride doll.

holiday may have stolen some of his birthday thunder as a child.

I think of him often this time of year. I also think of Grandma — I remember the joy she took in trimming the tree and in telling me tales of holidays past, especially of her mother-in-law, Martha Bolender.

Sometimes, last times are the best times.

That's how my grandmother, Kathryn Bolender, viewed Christmas 1948.

Like my dad, Grandma Bolender died too young — she was only 58 when she died unexpectedly in September 1949. My mother, also named Martha, and aunt, Georganne, were 9 and 7 respectively, and have little memory of their grandmother.

But the Christmas before she died was one of celebration — everyone in the family was there. Grandma Bolender

splurged, buying my mother and aunt 20-inch Madame Alexander bride dolls, which cost about \$25 each at a time when minimum wage was 40 cents an hour and the average annual salary was around \$3,600.

As the family's 16mm home movies reveal, the girls reveled in their dolls.

Georganne gave hers away, but Martha, now Martha Bolender Simmons, kept hers and it now serves as a book-end to one of the finest collections of antique dolls in Florida.

The first Martha Bolender had a blast that holiday, and everyone remembered it as the magical Christmas that turned out to be her last.

Grandma would sigh and shake her head at the loss, but smile at the memory — thank goodness for memories.

I'm grateful we have the home movies to validate and continue Grandma's memories.

As you may have noticed, much of my collecting and much of my writing are tied to memories.

That's because the value we often assign to objects is related to the memories they evoke. Marcel Proust wrote a whole book on the notion.

But those objects are just things. So, while the toys and the trinkets we share may fade, the memories of a better time endure.

They sustain us by reminding us of what we've had and they offer us the hope better times will return.

For we have nothing without hope. ■

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THEATER REVIEW

'Little Shop' keeps tongue firmly in cheek

BY BILL HIRSCHMAN
 Floridatheateronstage.com

Names.
 When entering a theater playing a musical you've enjoyed numerous times, it's comforting to open the playbill to find the names of proven talents that reassure that you and the material are in good hands.

Names, for instance, like Mike Westrich, Bruce Linser, Mallory Newbrough, Paul Reekie and Jim Ballard — some of the dependable hands delivering a solid entertaining edition of the delightful "Little Shop of Horrors" from MNM Productions in its first full co-production with the Kravis Center.

They and their compatriots embrace the delightfully off-beat and shameless satire so brilliantly constructed in 1982 (can it be 35 years?) by composer Alan Menken and lyricist-bookwriter Howard Ashman, who lampooned every D-grade horror movie of the 1950s and penned a peerless pastiche score of pseudo doo-wop, Motown and rock 'n' roll of the early 1960s.

But in this fifth or eighth or whatever viewing, something weird has happened: The wit is just as rapier sharp and the performances intentionally are just as joyously over the top. But familiarity and the passage of decades results in what once seemed nose-tweakingly anarchic, now seeming much tamer. It's already happening to "The Book of Mormon." At a matinee about a blood-sucking canni-

balistic plant, various parents had in tow perhaps two dozen Disney princesses whom you might more likely see at "Wicked" or "Frozen On Ice."

No matter. The aforementioned names take nothing for granted in this tale of a schlubby Seymour Krelborn working as a clerk in the moribund flower shop on skid row owned by the misanthropic Mr. Mushnik. He pines for his coworker, the bubbleheaded but sweet Audrey who is dating the sadistic dentist-cum-motorcycle hoodlum Orin Scrivello.

All is upended when Seymour discovers an exotic unidentifiable plant after a solar eclipse. Naming the Venus flytrap-like plant Audrey II, he discovers that the plant's preferred sustenance is fresh human blood. In exchange for such treats, the plant grants Seymour fame and success (especially with Audrey) but at an ever-increasing cost.

The musical closely follows the 1960 low-budget black-and-white film by Roger Corman, but it is even funnier and usually has 20 times the production values. This edition further boosts the scope of this normally chamber-sized musical with Tim Bennett's wide two-story tall environment of a dingy skid row as downtrodden as its denizens, even stashing the live band in the husk of an abandoned apartment two flights up. A faded wall swivels to reveal the interior of the Mushniks' meager establishment.

But back to the names. Director (and actor-educator) Bruce Linser isn't try-

ing to reinvent the piece, only to nail the broad tongue-in-cheek tone — a task he accomplishes with panache. Taking a cue from one song lyric, audiences filing in see an inert dummy of an unconscious wino lying in the gutter in front of a stoop — something actors have to step over — until the body sits up to join in an early production number.

During a love duet, the reticent Seymour is emboldened by Audrey's encouragement. He takes off his nerd glasses and attempts a supposedly seductive look he has seen in the movies. But suddenly he squints because he's not wearing his glasses and can't see — a problem that never afflicted Tab Hunter. He pops them back. It's hilarious.

The cast is ably headlined by Mr. Westrich, who played the role for Slow Burn Theatre in 2015. Mr. Westrich has an everyman quality that allows him to play such earnest nobodies as Seymour, or earnest young heroes such as Pippin or Tommy, or charismatic leads like Berger in "Hair." His woebegone Seymour is note perfect.

Ms. Newbrough is becoming the uncrowned queen of newcomers through her work in about a year as Belle in "Beauty and the Beast," the Southern belle in "An Octoroon" and Janis Joplin in "Beehive." Now she becomes the hapless and helpless beauty whose deepest dream is a conformist tract home (just not as nice as Levittown). She can switch in less than a line of music

from a breathy baby voice to a back of the house belt, sometimes with a sweet soprano, sometimes with a rasping Brooklyn brogue. And when she sings the lovely "Somewhere That's Green," the audience is alternately laughing at her risibly modest hopes and then touched by the shared human quality of dreaming of a better life.

Mr. Ballard plays another four distinctly different caricatures in addition to Orin. But it's as the preening self-absorbed abusive dentist that Mr. Ballard gets to gloriously chew the scenery. Mr. Ballard has a huge range that includes the debauched rake in "Les Liaisons Dangereuses," the priest in "Doubt," and then this role in which he howls like an animal in ecstasy when sniffing nitrous oxide.

Under Mr. Reekie and Mr. Linser, the cast makes 90 percent of Ashman's Gilbert-and-Sullivan-like lyrics comprehensible.

Choreographer Roger Dunson also injects humor such as switching from a tango in "Mushnik and Son" to a brief hora.

If "Little Shop" does not quite land as cuttily satiric as it once did, its season closer remains thoroughly entertaining thanks to these names. ■

— "Little Shop of Horrors" continues through Dec. 17 at the Rinker Playhouse at the Kravis Center. Tickets: \$35-45. Visit www.kravis.org or call 561-832-7469.

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THEATER REVIEW

Extra! Extra! 'Newsies' at the Maltz is newsworthy

BY MICHELLE F. SOLOMON

Floridatheateronstage.com

"Papes! Get your papes!" The newsboys of "Newsies" shout it out. It's 1899, and they are selling newspapers on the streets of Manhattan. This is when a newspaper headline wasn't fake news, and when the news of the day could only be gotten from a street vendor, not on an electronic device. "Extra! Extra! Trolley Strike Enters Third Week" is what matters to the newsboys of the early 19th century, and to *New York World* readers in "Newsies." Dare we say, daily news wasn't tweeted back then?

The Maltz Jupiter Theatre gives the Disney Broadway musical something to shout about with its energetic, acrobatic, tap-dancing, choreographic eye-popper of a staging about a group of rag-tag guttersnipes, who end up taking on the establishment.

Said establishment is Joseph Pulitzer's *New York World*, which has the newsboys paying ahead of time for their papers. But old Joe is losing money and needs to figure out a way to boost his bottom line. And herein lies the drama (well, it's a Disney musical, so the drama is a bit sugarcoated): He'll boost the price the newsboys have to pay. The kids can't afford it, someone gets the idea to strike, another one says they should form a union, and, oh, yeah, there's a budding romance with a twist thrown in.

Loosely based on a real event (interestingly during intermission, a couple

had searched their iPhone and were watching a YouTube video about The Newsboy Strike of 1899), "Newsies" opened on Broadway in 2012 and had a two-year-run, closing in 2014. "Newsies" got its start, however, as a 1992 Walt Disney Pictures movie, which starred Christian Bale as Jack Kelly, the teenage runaway who leads the pack. The musical features a score by Alan Menken ("Beauty and the Beast," "Aladdin," "Sister Act") and lyricist Jack Feldman, and with a book by Tony Award winner Harvey Fierstein ("La Cage Aux Folles," "Torch Song Trilogy").

As someone who has seen the Broadway and the touring production of "Newsies," it was a different theatrical experience to see how the Maltz production team took the broad musical, and was able to not lose any of its pizzazz by having to stage it in a smaller space than what the Broadway and touring production required. In fact, it brought to the show a bit of intimacy.

To that end, the scenic design by Adam Koch, along with projection designs by Zachary Borovay, became an element of the show itself, and the importance can't be denied. Mr. Borovay's projections, large white boards cut askew made to look like torn pieces of newsprint, which sometimes show old archive photos of original newsboys, and, in one inventive scene, displays the same words reporter Katherine Plumber (Clara Cox) is typing on an old Remington, were, frankly, one of the stars of the show.

Mr. Koch's metal firescape added a percussive element as characters jumped and climbed around the stairwell in Act I's rousing early opener, "Carrying the Banner."

And, while we're on the production values, choreographer Al Blackstone got the best out of the ensemble, and never made it easy on them. Stunning acrobatics, stellar flips, interesting moves, and a rousing tap-dance number in the Act II opener "King of New York" gave the regional production a professional polish through and through. Director Marcos Santana kept the show moving at a clip, and used the various levels of the set to create some pretty picture moments.

Adding to the spit shine was the cast, the hard working ensemble of newsboys, and leading the pack, "American Idol" Season 15 contestant John Arthur Greene, who is appearing on Broadway as Theo in "School of Rock." Mr. Greene took a hiatus from the show to take on the role of top dog newsboy Jack Kelly in the Maltz production. Mr. Greene's Kelly recalled the swagger of a young John Travolta in "Saturday Night Fever." The actor ably balanced the tough talkin' Naw Yawker with the sensitive artist who dreams of a quieter life out West in Santa Fe. And when he falls in love with the boss's daughter, you definitely believed there were sparks flying. The only difficulty with the casting of Mr. Greene was that it was difficult to believe this upper twentysomething was

a teen, mostly because of his beefy build.

Standouts in the newsboy ensemble included Adante Carter as the soft-spoken Davey and the brains behind the strike movement, and little brother, Les (11-year-old Blake McCall, who stole more than a few scenes with his cute flirtations), and Tyler Jones as the disabled Crutchie. As for the adults in the room, Joseph Dellger played his Pulitzer as a wolf of Wall Street, avoiding the caricature that can sometimes befall a Disney villain.

Ms. Cox as Katherine Plumber gave the difficult, Sondheim-esque "Watch What Happens" a workout, but her projection was lost in the higher registers. And Tanesha Gary's burlesque number "That's Rich" faced the same sound difficulty. While it should have been a rousing pick-me-up, the sound got lost within the stage; it almost seemed like she wasn't miked at all. The projection in both instances could use more oomph.

Yet, the little things never overshadowed this glorious production, where it was apparent from every step, every song, every stage piece, costume, and light, that there was a commitment from every single person involved in the show. And that's not fake news. ■

— "Newsies: The Musical" runs through Dec. 17 at the Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets from \$58. Call 561-575-2223 or visit www.jupitertheatre.org.

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CALENDAR

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

THURSDAY 12/14

Holiday Bazaar — Through Dec. 31, ClayGlassMetalStone Gallery, 15 S. J St., Lake Worth. Jewelry, fused-glass ornaments, pottery, clothing, paintings. 215-205-9441; email Joyce@flamingo-claystudio.org.

Art After Dark — 5-9 p.m. Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. Tours, talks, DIY art activities. 832-5196; www.norton.org

Shop for a Cause benefit and reception for RDK Melanoma Foundation — 5:30-7:30 p.m. Dec. 14, Sequin Palm Beach, 219 Worth Ave., Palm Beach. The Shop for a Cause event support the foundation's upcoming luncheon and fashion show. Twenty percent of the sales benefits the foundation. Refreshments. RSVP at 561-655-9655 or email rita@melanomafoundation.com.

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

■ **Dec. 14** — Business as Usual plays dance/pop/party music. www.businessasusualband.com.

"Irving Berlin Salutes America" — Through Dec. 24 at the PGA Arts Center, 4076 PGA Boulevard, Palm Beach Gardens. A musical tribute and patriotic celebration featuring Berlin's greatest songs featuring cabaret performers Melissa Jacobson, John Lariviere and Leah Sessa. Tickets: \$45-\$48, \$40 for veterans with ID. 561-808-3446; www.pgaartscenter.com.

Sandi the Holiday Tree — Through Dec. 31 at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. www.wpb.org.

Holidays at CityPlace — Through Dec. 31, 700 S. Rosemary Ave., West Palm Beach. Music, a beautiful tree and festive decorations, shopping bargains, a wealth of selections for food and there are Snowfalls on the Plaza at 6 and 7 p.m. Monday through Wednesday and 6, 7 and 8 p.m. Thursday-Sunday. Free outdoor concerts are held from 7:30-10:30 p.m. every Friday and Saturday.

■ **Dec. 15:** Juju

■ **Dec. 16:** Brothers of Others

■ **Dec. 22:** Wayne Perry Band

■ **Dec. 23:** Jahzel Dotel

■ **Dec. 29:** Music One Band

■ **Dec. 30:** Wayne Perry Band

■ **Dec. 31:** Making Faces

"Washed Ashore: Art to Save the Sea" Exhibit — Through June 3, Mounts Botanical Garden, 531 N. Military Trail, West Palm Beach. This new exhibit features 10 giant sea-life sculptures made entirely of marine debris collected from beaches. The sculptures are located throughout the garden's 14 acres. Free for members and children age 4 and younger; \$15 nonmembers; \$5 age 5-12; group tours of 10 or more are \$18 per person (for age 5 and older). 233-1757; www.mounts.org.

Loxahatchee Visions: The Eighth Annual Juried Art Contest — On display through January in the Visitors Center at the Arthur R. Marshall Loxahatchee National Wildlife Refuge, 10216 Lee Road, Boynton Beach, off U.S. 441 between Atlantic Avenue and Boynton Beach Boulevard. Entry fee \$5/vehicle. www.loxahatcheefriends.com; 561-734-8303.

Gordon Cheung: New Order "Vanitas" — Ann Norton Sculpture Gardens, 2051 S. Flagler Drive, West Palm Beach. On display through Feb. 4. www.ansg.org.

FRIDAY 12/15

The Palm Beach Writers Group Holiday Gathering — 5 p.m. Dec. 15, Leopard Lounge at The Chesterfield, Palm Beach. In lieu of the monthly meeting, a gathering is planned. Guests are welcome. RSVP to palmbeachwritersgroup@gmail.com.

SATURDAY 12/16

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: Dec. 16. 561-832-4164, Ext. 2; www.hspbc.org.

The third annual Ugly Holiday Sweater Crawl — 2-8 p.m. Dec. 16. An evening of holiday bar-hopping with food and drink specials at participating bars, clubs, restaurants and eateries in CityPlace, in coordination with SunFest of Palm Beach County. The UHS Crawl is also a collection site for Toys for Tots. Participating businesses include Brother Jimmy's, Mellow Mushroom, Burger & Beer Joint, Mojitos, Cabo Flats, Blue Martini, Copper Blues. Check-In is in the Plaza from 2-6 p.m. Tickets: \$15 in advance to \$40 at the door, which includes four drinks. www.uglysweatercrawlwpb.com.

African History Forum — 3 p.m. Dec. 16, St. Paul African Methodist Episcopal Church 3345 Haverhill Road, West Palm Beach. Speaker: Brian Knowles, manager of African, African American, Latino and Gender Studies School District of Palm Beach County. Topic: Misunderstanding, Misinformation, Misinterpretation and Misinformation about the African Diaspora. Free. Email: lamontcreshaw492@outlook.com with questions.

Music at the Shore aka Flagler Shore Unplugged — 6-10 p.m. Dec. 16, Flagler Shore, Flagler Drive between Lakewood Ave and Banyan Boulevard, along the waterfront in downtown West Palm Beach. Bands and solo acts perform including KIDS (indie, folk alternative rock), Rivers (cool indie pop), The Anchor Collective (indie spiritual folk rock), Keith Welsh (folk), Keith Johns (folk), and Nicholas Roberts (indie rock). Plus artists and vendors, and an open mic for spontaneous performances. Free. www.wpb.org

Art Night Out — Saturdays, ClayGlassMetalStone Gallery, 15 S. J St., Lake Worth. Tracy Guiteau leads these DIY art workshops. \$40, plus small materials fee. 215-205-9441; email tguiteau@hotmail.com

■ **Dec. 15:** Doll making with ceramic doll parts

■ **Dec. 22:** Beer and Star Wars

■ **Dec. 29:** Paint your own champagne glass to toast the New Year.

Christmas Party — Dec. 16, American German Club of the Palm Beaches, 5111 Lantana Road, Lake Worth. Music by the Bob Houston Trio. Dinner is prime rib or poached salmon. \$30 in advance, \$35 at the door for members, \$35 in advance, \$40 at the door nonmembers. Reservations recommended. 967-6464, Ext. 2. www.americangermanclub.org

Country crooner Josh Turner in concert — 7 p.m. Dec. 16, Ballpark of the Palm Beaches, West Palm Beach. The band A Thousand Horses opens along with local songbird Brooke Eden. \$40 to \$115 for VIP. www.ballparkpalmbeaches.com.

SUNDAY 12/17

SideWalk Sale on J Street — 3-6 p.m. Dec. 17, along South J St., West Palm Beach. Clothing, art, jewelry. Khalilah Camacho-Ali, former wife of the late Muhammad Ali, will sign autographed photos. Music and food. 215-205-9441.

Sunday on the Waterfront featuring Aloha Islanders Holiday Spectacular — 4-7 p.m. Dec. 17, on the Palm Stage at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. This vibrant, high-energy, authentic Polynesian show features pulsating drums, hula dancers and Samoan fire knife dancers. BYO blankets and lawn chairs. Free. www.wpb.org/events

The 90th anniversary celebration of the opening of the Paramount Theatre — 5:30-7:30 p.m. Dec. 17, in the historic, landmark Paramount Theatre building courtyard, 139 N. County Road, Palm Beach. The Rev. Dwight Stevens, pastor and founder of The Paramount Church, will host the event, which includes a performance by vocalist Dawn Marie, a former Ms. Florida and Ms. United States, and a tour of the historic site and the photograph and memorabilia exhibit. The concert and tour are free. A wine tasting by The French Wine Merchant is \$10 at the door. (Visit www.groupon.com for savings.) 561-835-0200 or email paramountchurchpb@gmail.com.

TUESDAY 12/19

Dr. Claudia Dunlea — 11 a.m. Dec. 17, Mandel JCC, Palm Beach Gardens. Topic: The Dreyfus Affair. Part of the Anti-Semitism & Holocaust Speaker Series. Free. Call Lauren at 201-887-0737 or email grossl@optonline.net

Journalist Mary Kissel — 11:45 a.m. Dec. 19, Cohen Pavilion at Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Hosted by the West Palm Beach Rotary Club. \$35, includes lunch buffet. Reservations required at 254-4789 or e-mail clubmgr@wpbrotary.com.

Reindeer Games Trivia Night — 7-9 p.m. Dec. 19, at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Free. www.wpb.org/events.

The Robert Sharon Chorale auditions — 7:30 p.m. Tuesdays, Chorus Room 335, Vera Lea Rinker Hall, 326 Acacia Road, West Palm Beach. To schedule, call Dr. Sharon at 561-687-4245 or email rbsharon@bellsouth.net.

LOOKING AHEAD

Holiday Reception and Exhibition Opening — 5:30-7:30 p.m. Dec. 21, The Lighthouse ArtCenter, Gallery Square North, 373 Tequesta Drive, Tequesta. Celebrate the holidays and the opening of the Jupiter Island Arts Exhibition, an exhibition of work by the residents of Jupiter Island. Wine and passed hors d'oeuvres. Free for members, \$10 nonmembers. 746-3101; www.LighthouseArts.org.

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

■ **Dec. 21** — The Chris Thomas Band performs big band, jazz and soul. www.thechristomasband.com.

■ **Dec. 28** — No Clematis by Night — Happy Holidays!

AT THE COLONY

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

Motown Fridays with Memory Lane — 9 p.m. to midnight.

After Party with Raquel Williams — 9 p.m. to midnight.

AT DRAMAWORKS

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

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

AT DREYFOOS

Dreyfoos School of the Arts, 501 S. Sapodilla Ave., West Palm Beach. 561-802-6000; www.soafi.org/events.

Chamber Winds Concert — Dec. 14, Brandt

Hairy Details Improv Troupe — Dec. 15, Brandt Black Box.

Holiday Chorus Concert — Dec. 16, Meyer Hall.

Alumni Holiday Party — Dec. 22, Roxy's Rooftop.

AT THE GARDENS

The Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. 561-775-7750; www.thegardensmall.com

Holiday Musical Extravaganza — Dec. 16. Students from the Palm Beaches and the Treasure Coast perform seasonal music on piano, violin, voice, flute, and guitar in Bloomingdale's Court. 10 a.m. to 7 p.m. Proceeds benefit Camp VITAS, a bereavement camp for children and teens who have lost a loved one.

Holiday Gift Wrap Suite — Through Dec. 24. Free gift wrap, charge your cellphone and catch a favorite holiday movie. Stop in from 11 a.m. to 7 p.m. on the upper level near the food court. Donations will benefit The Arc of Palm Beach County.

Salvation Army Angel Tree — Through Christmas Eve. Buy a gift for a kid in this worthy program.

Santa's Enchanted Garden opens — Through Dec. 24. Visit Santa in his Enchanted Garden in the Grand Court.

AT HARBOURSIDE PLACE

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

Live Music on the Waterfront — 6-10 p.m. Friday and Saturday

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

CALENDAR

AT THE KELSEY

The Kelsey Theater, 700 Park Ave., Lake Park. Info: 561-328-7481; www.thekelsey-theater.com or www.holdmyticket.com.

A Holiday Cabaret — 2 and 7:30 p.m. Dec. 16. Seasonal classics and modern pop standards and more performed by local talent hosted by Wayne Felber. <https://tickets.holdmyticket.com/tickets>

AT THE KRAVIS

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

A Charlie Brown Christmas Live! On Stage — Dec. 23.

"Little Shop of Horrors" — Through Dec. 17. Tickets start at \$35. An MNM Production.

Gospel According to Jazz Christmas — Dec. 14. Featuring Kirk Whalum and Jonathan Butler and special guests John Stoddart, Sheléa and Kevin Whalum. Tickets start at \$15.

The TEN Tenors: Our Holiday Wish — Dec. 17. Tickets start at \$25.

Steve Solomon's My Mother's Italian. My Father's Jewish & I'm in Therapy — Dec. 19-23. Tickets \$35.

AT THE LIGHTHOUSE

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

Holiday hours: Closed Dec. 25. Early closings: Dec. 24 at 3 p.m. and Dec. 31 at 4 p.m.

Lighthouse Sunset Tours — Dec. 20 and 27. 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.

Lighthouse Moonrise Tour — Offered monthly, 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. Get tickets online or call 561-747-8380, Ext. 101.

Twilight Yoga at the Light — 6-7 p.m. Dec. 18.

AT THE MALTZ

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

"Disney Newsies The Musical" — Through Dec. 17. Inspired by the 1899 newsboys' strike, this romp is a David and Goliath tale of plucky kids versus big media. Tickets: \$58, \$25 for students age 18 and younger in the mezzanine.

Cabaret in the Club Level: "Disney's The Newsies The Musical" — Dec. 15. Arrive by 6 p.m. for an extra-special holiday reception with Santa Claus and mezzanine tickets for only \$35.

Christmas Cabaret in the Club Level — Dec. 19. Showtimes are 6 p.m. and 8 p.m. Tickets: \$25.

A Motown Christmas — Dec. 22. The Motowners pay tribute to the classic Motown years with hits by the Temptations. The Four Tops. The Supremes. Tickets: \$45 and \$55.

AT THE JCC

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

Dec. 15: Duplicate bridge

Dec. 17: The Gross Family Center presents "The Dreyfus Affair" with Dr. Claudia Dunlea

Dec. 18: Timely Topics discussion group, mah jongg and canasta, duplicate bridge

Dec. 19: Duplicate bridge

Dec. 20: Mah jongg and canasta, duplicate bridge

Dec. 21: Duplicate bridge

Dec. 22: 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: Sunday Serenity — 8 a.m. Dec. 17. \$10 members; \$15 nonmembers.

Photography Workshop — 9 a.m. to noon Dec. 17. Award-winning photographer Matt Stock will teach techniques for photographing the wetlands and will speak about his current project, Abandoned Vehicles of the Everglades. \$30 members; \$40 nonmembers.

Cooking in the Garden: Community Making Kimchi — 5:30-7 p.m. Dec. 21. Chef and urban farmer Nina Kauder teaches a hands-on presentation in making kimchi. \$20 for members; \$30 for nonmembers, plus a \$5 material fee for members; \$10 for nonmembers.

AT THE PLAYHOUSE

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

Children's Show: "The Snow Queen" — Dec. 14. \$8 adults \$8, \$6 children.

AT PGA ARTS CENTER

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

"Irving Berlin Salutes America" — Through 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.

John Caparulo — Dec. 14-17

DL Hughley — Dec. 21-23

Bret Kreisler — Dec. 29-31

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. 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.

#COUNTRY

#SFL TOP PICKS

■ **Josh Turner** — 7 p.m. Dec. 16, Ballpark of the Palm Beaches, West Palm Beach. \$40; \$115 for VIP. www.ballparkpalmbeaches.com

#HAHAHA

#ART

■ **John Caparulo** — Dec. 14-17, Palm Beach Improv at CityPlace. 561-833-1812; www.palmbeachimprov.com

■ **Jupiter Island Arts Exhibition** — Opening and holiday reception, 5:30-7:30 p.m. Dec. 21, The Lighthouse ArtCenter, Tequesta. 561-746-3101; www.LighthouseArts.org

#ALOHA

■ **Sunday on the Waterfront featuring Aloha Islanders Holiday Spectacular** — 4-7 p.m. Dec. 17, on the Palm Stage at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. BYO blankets and lawn chairs. Free. www.wpb.org/events

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

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.sfsiencecenter.org.

Silver Science Days — 2-5 p.m. the second Wednesday. Guests 60 and older can enjoy an afternoon of science designed just for them. \$10.

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

AT FOUR ARTS

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

In the Mary Alice Fortin Children's Art Gallery:

• "Illustrating Words: The Wondrous Fantasy World of Robert L. Forbes and Ronald Searle."

In the Esther B. O'Keeffe Gallery: Hours: Monday through Saturday 10 a.m. to 5 p.m. and Sunday 1 to 5 p.m. Admission: \$5; no charge for Four Arts members and children 14 and younger.

■ **"A Man for All Seasons: The Art of Winston Churchill"** — Through Sunday Jan. 14. This intensely personal exhibition includes 28 paintings along with rarely seen photos, film clips, artistic portraits and historic memorabilia.

The Met Opera: Live in HD — \$27 or \$15 for students. (Student tickets must be purchased in person)



HARBOURSIDE HAPPENINGS

LIVE MUSIC ON THE WATERFRONT



Fridays & Saturdays | 6pm – 10pm

Join us at the waterfront amphitheater to enjoy live music.

Friday, December 15: Jill and Rich Switzer (7pm) | Saturday, December 16: Wildfire

BREAKFAST WITH SANTA @ BRAVO!



December 16 | 10am–1pm

Join BRAVO for their annual breakfast with Santa! Special menu and photos will be available. Now accepting reservations.

SANTA PAWS @ PUCCI AND CATANA



December 16 | 12pm–2pm

Get a free photo of you & your dog with Mr. & Mrs. Clause! After, strut your pet down the red carpet in a Christmas fashion show (2pm). Cost: \$10. Visit Pucci and Catana for details.

3RD ANNUAL JUPITER JINGLE JOG



Saturday, December 16 | 5:30

Family fun Jingle Jog: \$20. Kids 200 Yard Santa Scamper (8 & under): \$10. Bring an unwrapped toy for Little Smiles of Florida. Register: active.com (Search: Jupiter Jingle Jog).

FREE PHOTOS WITH SANTA



December 16 | 5pm–8pm

December 22 | 5pm–7pm

UGLY SWEATER PARTY DATE NIGHT PAINT CLASS



December 16 | 7pm–9pm

Get ready for the holidays at Go Coastal with a paint your own glass party! Choose between a wine glass, Mason jar or beer mug to paint! Cost: \$60 per couple.

GREEN & ARTISAN MARKET



Sunday | 10am–3pm

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

CALENDAR

■ **Strauss' "Der Rosenkavalier"** — 1 p.m. Dec. 16. Previously recorded.

Special Screenings: Free, but tickets are required. Call the box office at 561-655-7226; www.fourarts.org

■ **"Concerto: A Beethoven Journey"** — Dec. 17 at 2 p.m. \$15.

■ **"The Nutcracker"** — Saturday, Dec. 23 at 1 p.m. Free but tickets are required.

Holiday Films:

■ **"The Nutcracker"** — Dec. 23.

LIVE MUSIC

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 Pelican Café — 612 U.S. 1, Lake Park. Monday and Tuesday. 561-842-7272; www.thepelicancafe.com.

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

■ **Dec. 14:** Salt Witch presents Salon No. 6 XMAS Party

■ **Dec. 15:** Sinners & Saints, Boston Marriage, The Wandering Girls

■ **Dec. 16:** Cabaret Voltaire Drag Extravaganza

■ **Dec. 17:** Ray's Downtown presents Joel Dasilva's Xmas Party

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

■ **Gordon Cheung: New Order "Vanitas"** — On display through Feb. 4.

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

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

■ **Drawing / Pulled Prints Exhibit** — Through Dec. 29.

■ **Call for art:** The 5th Anniversary Members Exhibit 2018. Submission deadline: Dec. 20. Opening reception: Jan. 12. Judge is Lucy Keshavarz.

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

■ **The Social Set: Paintings, Drawings, and Videos by Sam Perry** — Through Jan. 6. Opening reception: 6-8 p.m. Dec. 15. Free for members, \$5 nonmembers.

■ **The Second Biennial Artists of the Art Salons** — Through Jan. 6. Opening Reception: 6-8 p.m. Dec. 15. Free for members, \$5 nonmembers.

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

Bird Walks:

■ **Green Cay Nature Center** — 8 a.m. Dec. 15. An easy walk, of just more than a mile. Family-friendly and disabled-accessible. Leader: Valleri Brauer.

■ **STA-1E** — 7:30 a.m. to noon Dec. 17. An easy tour, mainly from your car. Advance registration required. See website for details. Leader: Rick Schofield.

■ **Christmas Bird Count** — Dec. 30. Want to join the daylong bird count? Leader: Chuck Weber.

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.

■ **Women In The Visual Arts 'Artistic Dimensions'** — On display through Jan. 19.

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.

■ **"RaWk — The Art of Jason Newsted"** — Through Feb. 3.

■ **Dianne Bernstein Solo Exhibition** — Through Jan. 6.

■ **Judith Shah Solo Exhibition** — Through Jan. 6.

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

■ **Okeehetee Park Walk** — 7:30 a.m. Dec. 16, 7715 Forest Hill Blvd., West Palm Beach. Hike 4 miles in the south area of the park. Call Margaret at 561-324-3543.

■ **Wakodahatchee Bird Stroll** — 6:45 a.m. Dec. 17, Wakodahatchee Wetlands, 13720 Jog Road, Delray Beach. Leisure-paced. Call Paul at 561-596-4423.

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.

■ **"Shipwreck: Discovering Lost Treasures"** — Through June 30.

■ **"Visions of Florida: Clyde Butcher"** — Through Jan. 31.

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.

■ **Jupiter Island Arts Exhibition** — Dec. 14-Jan. 18.

■ **Third Thursday Holiday Reception and Exhibition Opening** — 5:30-7:30 p.m. Dec. 21 and the third Thursday of the month. Wine and passed hors d'oeuvres.

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

harboursideplace.com | 561.935.9533

Connect with us: #HarboursideFL

SOCIETY

Hang 20 Surf Dog Classic, Furry Friends



Santa, Nalla, Robin Buydy and Julie Tyler.



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



ENDLESS MAGIC

SOCIETY

Dogs fundraiser, Carlin Park in Jupiter



1. Jane Haines, Jessida Haines and Ginger
2. Toni Yang, Jennifer Laessig and Federico Latimer
3. Ellie, Linda Erbacher, Buddy Brown and Becky Brown
4. Michael Kelly, Surf Champ Waldo and Susan Kelly
5. Jay Hamm and Chibby Choo
6. Kevin Kelly, Jetty and Carrie Kelly
7. Adriana Jimenez, Lua, Tino, Benny and Ricardo Jimenez
8. Jennifer Nantel with Cyota and Sage, Debbie Woodson and Charley
9. Jenn Hinckley, Kelly Hardersen, Jill Brammer and Barbara Bonanni
10. Jennifer Sardone-Shiner, Santa (Kerby Allen,) Harry and Joan Sardone
11. Donna Cocomazzi, Cartier and Debbie Runge

GAIL V. HAINES / FLORIDA WEEKLY

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.

HOLIDAY MUSIC AND LIGHT SHOW

Every night through the New Year
6, 7, 8 & 9pm - Centre Court

DOWNTOWN EXPRESS HOLIDAY TRAIN RIDES

Monday-Thursday: 11am-7pm
Friday & Saturday: 11am-9pm
Sunday: Noon-6pm
Departs from Carousel Court



DOWNTOWN
at the gardens

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HAPPENINGS

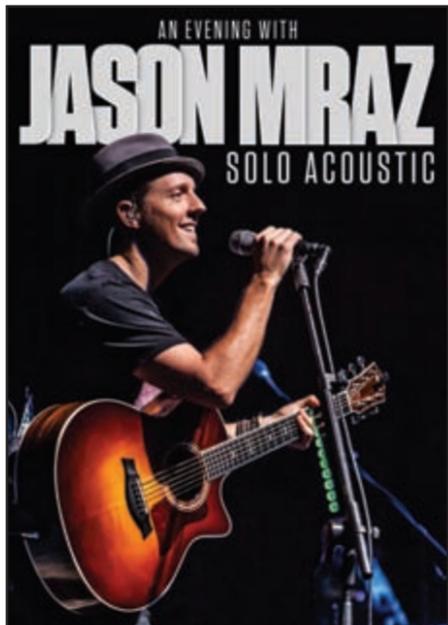
From page 1

provided, after which you can eat your work, but you may not want to!

The Norton Museum of Art is at 1451 S. Olive Ave., West Palm Beach. Admission to the museum and Art After Dark, held Thursdays from 5 to 9 p.m., is free. 561-832-5196; www.norton.org.

A dancing family affair

The Kravis Center announced the return of the Chmerkovskiy brothers, Val-



entin and Maks, and they're bringing along Maks' better half, his lovely bride, Peta Murgatroyd.

Maks and Val toured with their first show, "Our Way," last year. This year, Maks says he's in the best shape of his career and Val says they've set the bar even higher. Peta says the show is the next chapter in the love story. In "Confidential," the stars will reveal their secrets, hopes and dreams and express all those emotions through the art form they love.

Maks, Val and Peta Live on Tour: Confidential comes to our town March 28. Tickets start at \$25 and are on sale now.

Also on sale at the Kravis Center beginning Dec. 15 is gifted singer/songwriter Jason Mraz, who brings "An Evening with Jason Mraz, Solo Acoustic" to the stage on March 16. The multiple Grammy winner is currently strutting his stuff on Broadway in the musical "Waitress." From 2003's "The Remedy" to 2014's "Love Someone," Mraz's hits will satisfy your cravings for rich, fluid, acoustic, melody-driven ear candy. Tickets start at \$45.

Get Kravis Center tickets in person at the box office, by phone at 832-7469 or online at www.kravis.org

The library expands its programs

The West Palm Beach Library Foundation received a grant from the West Palm Beach Arts & Entertainment District (A&E) to support the many popular arts programs at the Mandel Public Library of West Palm Beach.

The A&E District in partnership with the West Palm Beach Downtown Devel-



Aaron Kula & the Klezmer Company Jazz Orchestra will play the Norton Museum of Art's Art After Dark on Dec. 21.

opment Authority (DDA) will provide \$18,200 to fund classes, lectures and demonstrations, which keeps all these awesome activities free for you, the library visitor. The grant helps with the cost of materials needed for the classes, like paints, canvases, brushes, pastels, clay, and crafting items. Classes include activities like impressionist painting, making clay jewelry, and African-American art and artists.

Here are a few of the special events taking place at the library through December. For a complete schedule of classes and programs, visit www.wpbcitylibrary.org or call 561-868-7703.

Write a letter. For kids, Letters to Santa is offered during library hours through Dec. 30 in KidSpace on the third floor. Kids can write a letter or make a holiday card and drop it in the magical North Pole express mailbox. Kids will get a special greeting back from Santa.

Dance your heart healthy. Greg Kranz of Paramount Ballroom will offer Ballroom Dance Lessons from 7 to 8 p.m. Wednesdays in the pre-function lobby.

Bang the drum! A Cardio Drumming Class that combines rhythmic drumming and exercise is held from 1-2 p.m. Saturdays in the auditorium. No drumming experience is needed. ■

MUSIC

From page 1

With a nod to the late, great James Brown, one can sum it all up by calling Mr. Cahur the hardest-working man in all aspects of show business — at least on the local level.

The 49-year-old Ohio native moved to Florida to attend college in Melbourne in 1986, and has lived in Jupiter since 1995. Tall and thin, Mr. Cahur looks like the surfer guy next door, and for good reason. He's exactly that to neighbors in Jupiter, where he lives with his wife, Carly, and their children Luke (age 7) and Sadie (age 6).

"I make it a priority to get in the water," Mr. Cahur says. "I love it as much as music. But my family is first priority. Nothing makes me happier than spending time with my wife and kids. They are my life blood."

Mr. Cahur's customary current evening spot at Guanabanas is behind the soundboard on the east end of the covered patio stage he designed, where his expert ears guide mixes for bands through a PA system he also designed. Between 10 and 20 years ago, Mr. Cahur's face was familiar directly on such stages via Boxelder, his reggae/rock hybrid band that was one of the area's most popular acts from the mid-1990s through mid-2000s. Having celebrated its 20-year anniversary last year, and still with fellow founding members Bryce Rutkowski (vocals), Eli McDonald (guitar) and Atlanta-based Pat Boggs (drums), Boxelder now plays occasional shows while rounded out by Gilly Gonzalez, bassist/vocalist for area reggae band Moska Project.

"We've been averaging six shows a year, depending on availability," Mr. Cahur says. "We rocked the House of Blues in Orlando and the Kelsey Theater in Lake Park in recent months. Great shows."

After building a huge local following, touring regionally and releasing four CDs, Boxelder de-accelerated in



COURTESY PHOTO

West Palm Beach jam band Guavatron performs at the 2016 annual Jerry Garcia tribute "Jerry Fest" at Guanabanas.

the mid-2000s. That's where Mr. Cahur intersected with Guanabanas. Opened as a sandwich shop in 2004 before hurricane damage forced it to close later that year, the venue's current vision was largely shaped by Mr. Cahur. He'd been the Boxelder member who booked most of the band's gigs, and started Roots Music Inc., its recording label and live production company, which will celebrate its own 20-year anniversary next year. The organization currently represents not only Boxelder and Moska Project, but also fellow area artists like The Helmsmen and Bryce Allyn.

"Roots Music did the music install at Guanabanas in the summer and fall of 2008," Mr. Cahur says, "during the large remodel prior to reopening. I worked for a short stint in early 2009 in the bar, then Roots Music took over the music program and shaped it into its current form."

Guanabanas' current form is a rare blend of good food and a heralded live music venue that features everything from local to international touring acts like Jamaican reggae sensation Third World. The 43-year-old band, which has been nominated for 10 Grammy Awards, headlined Guanabanas' annual Dirty River Reggae Festival on Oct. 8. Mr. Cahur's 20 years of experience in talent buying, production, band management and event coordination has

been the driving force in turning the restaurant into an additional live music destination.

"I used to listen to Third World at age 13 on my Walkman," Mr. Cahur says. "It was quite extraordinary to have such a legendary band play Guanabanas."

"The work Matt does through Roots Music is a critical component to our brand and concept," says Jon Sullivan, the venue's general manager and vice president. "He has been instrumental in establishing Guanabanas as a legitimate music venue. It's not always easy to sell a 'gig at a restaurant/bar' to some of the bigger bands that have outgrown that stage of their career, but he's done a great job making sure they know we take it seriously."

Roots Music has also presented shows at other venues, like international touring band Less Than Jake at the Seabreeze Amphitheater at Jupiter's Carlin Park, where Mr. Cahur promises a multi-act 20th anniversary party for the organization sometime in 2018. Guanabanas has featured acts that have gone on to gain national status (like Georgia jam band Passafire), and the venue features recurring showcases like the Jerry Garcia tribute "Jerry Fest" and a showcase of Miami bands called "Noche Latina."

"I'll continue to build on Noche Latina as we celebrate its upcoming second anniversary," says Mr. Cahur. "We're actually doing a huge Afro-Roots festival in January that spans from Palm Beach County to Monroe County over six months. It'll finish in June with a large event in Miami featuring Afro-Roots and Latin music from all over."

Upcoming shows at Guanabanas include gifted regional rock/jazz singer/guitarist Bobby Lee Rodgers (9 p.m. Dec. 15), Treasure Coast roots music duo the Nouveaux Honkies (4 p.m. Dec. 16), Moska Project (9 p.m. Dec. 16), local blues by singer/guitarist Micah Scott (4 p.m. Dec. 23) and pop by Girlfriend Material (9 p.m. Dec. 23), and area reg-

gae icons Spred the Dub (9 p.m. New Year's Eve).

"He has a great eye for bringing new and quality talent to Jupiter," Mr. Sullivan says of Mr. Cahur, "and he constantly gives back to the music community in South Florida by mentoring young bands and helping local bands book gigs."

"Right now, I'm working with the Ellameno Beat," Mr. Cahur says, "an amazing band from Jacksonville that has super potential. Deep roots and alt-reggae vibes. We have great things cooking for them in 2018."

In the current South Florida climate of open-air live music venues and the inevitable sound ordinances that have followed in recent years, Mr. Cahur also played an important role, helping Guanabanas become a rare nightspot that spent money to remedy the problem rather than putting the onus on bands to turn down their volume or get fired. Instead, Guanabanas invested several thousand dollars on sound baffles that aren't even noticeable along the east walkway and around the stage, plus Apex Hera and Argos sound controllers and limiters that further reduce decibels wafting from the stage toward multiple nearby residential areas — all resulting in it becoming the town of Jupiter's first officially approved outdoor music venue.

"We worked in conjunction with the town, and designed a system that would fit their needs and ours," says Mr. Cahur. "It was a difficult four or five years, but we got it done. I think the inlet district is better for it, as we can enjoy live music within the respectful boundaries of our neighbors and community." ■

in the know

Guanabanas

>> **When:** Open for lunch and dinner starting 11:30 a.m. daily, breakfast 8:30-11 a.m. Saturday and Sunday. Music performances as scheduled.

>> **Where:** 960 N. Highway A1A, Jupiter.

>> **Info:** 561-747-8878 or www.guanabanas.com.

LATEST FILMS

'Wonder Wheel'

danHUDAK

punchdrunkmovies.com



Is it worth \$10? No

Kate Winslet is a fine actress, but she can't do it alone. Writer/director Woody Allen's "Wonder Wheel" showcases her talent in the plum role of an emotionally frail 1950s waitress whose prospects for happiness are quickly dwindling. However, neither the story nor her cast mates is worthy of her abilities. This is a visually splendid yet often mundane movie that's neither funny nor dramatically interesting.

Winslet's Ginny once aspired to be an actress, but is now a waitress at Ruby's Clam Shack on the Coney Island boardwalk. She's married to Humpty (Jim Belushi), an insensitive brute who runs the merry-go-round and loves fishing. Ginny hates fishing. In fact, she doesn't seem to have much in common with Humpty at all.

It's no surprise, then, that Ginny takes a liking to Mickey (Justin Timberlake), a lifeguard on the beach who's studying for a master's degree in drama. An affair begins and she sees a future for them, while Mickey ... just wants to spend time with Humpty's daughter from another marriage, Carolina (Juno Temple).

Subplots abound, including Carolina being wanted by mobsters ("The Soprano's" Steve Schirripa and Tony Sirico) and Ginny's son from another marriage, Richie (Jack Gore), setting fire to everything. The problem is none of it adds up to much. At the end of 101 minutes you're left with a shoulder shrug and disappointment rather than the adrenaline rush of great drama.

Allen's first mistake was making Mickey the narrator. He's the least interesting character, and Timberlake doesn't have the dramatic chops to play the role convincingly. It has the same downer effect as Nick Carraway narrating "The Great Gatsby" — why have someone so dull telling the salacious tale? Even when he's expressing emotions, Timberlake's Mickey is a blank slate. And his yearning for Carolina, which we're supposed to believe is genuine, renders

as little more than another conquest.

In contrast, you feel every ounce of struggle and heartache in Winslet's performance. Much is said with the defeated look in her eyes, the frantic nature of her behavior and her desperate body language. The British actress also handles the New York accent without taking it too far, and she seems to be the only actor on screen who really gets the cadence of Allen's script.

Kudos, though, to the production design and visual effects work, as it really looks and feels as though it were shot on Coney Island in the 1950s. Allen's



movies aren't often visually interesting, so if you find yourself taken by the lighting, cinematography (by Vittorio Storaro) and/or production design (Santo Loquasto), you will not be alone. This is probably the most visually accomplished film Allen has made.

Unfortunately, the visuals aren't enough.

"Wonder Wheel" tries to engage you in its heart-wrenching drama but never succeeds. Only Allen die-hards should bother with this one, and even they should proceed with caution. ■

Did you know?

>> **Woody Allen** is 82 years young; "Wonder Wheel" is the 47th feature film he's directed.

Show us how you do haiku

BY CINDY PIERCE

cpierce@floridaweekly.com

We had such success (250-plus short stories) and fun with this year's *Florida Weekly* Writing Challenge that we don't want to wait until next summer to tap back into our readers' collective gift with words. So we've come up with an end-of-the-year exercise we hope you'll be inspired to try.

Here's how you can play.

Think about your year and then set it to haiku.

Those three lines aren't exactly a stellar example, but they were written on deadline and they do conform to the basic rules of the ancient form of Japanese poetry: three lines written in 5/7/5 syllable count.

Although Wikipedia's entry for haiku goes deeper and references "the juxtaposition of two images or ideas ... and the manner in which the juxtaposed elements are related," we like the Academy

of American Poetry's observation that haiku "emphasizes simplicity, intensity and directness of expression."

Five, seven and five.
Seventeen syllables. Done.
Yes, you can haiku.

Our only other requirement is that your haiku hint at something about 2017 that stands out for you, whether it's a milestone or one small moment, a natural disaster or a personal dilemma. And because we're all hopeful about 2018, you can also compose a forward-looking haiku if you choose.

Send your haiku or two (but no more) in the body of an email (no attachments) to haiku@floridaweekly.com. Be sure to include your full name, the town where you live and a phone number where we can reach/text you should we want to know more about your ditty.

We'll print as many of our favorites as space allows in the final *Florida Weekly* of 2017.

So what are you waiting for? ■



Serving Brunch & Dinner

Dec 24: Christmas Eve | Dec 31: New Years Eve

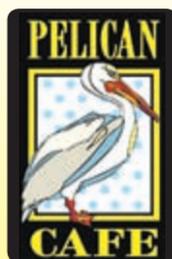
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SOCIETY

Sandi tree lighting, downtown West Palm Beach



1. Andre Tremblay, Celine Croteau, Syndra LeBlanc, Richard Verniet and Lisa Tremblay
 2. Cory Neering, Paula Ryan, Shannon Materio, Sylvia Moffet, Jeri Muoio and Keith James
 3. Ashley Alicea and Dannette Nazario
 4. Romina Landivar, Patricia Landivar and Mario Landivar
 5. Tristan Stafford, Grace Zarza, David Greene, Jolene Greene, Jovan Jardine, Guy Zarz and Lisa Greene

6. Kurt Knisell and Tania Martinez
 7. Lorie Thompson, Ed Thompson and Linda Stein
 8. MJ Freeman, Cayden Roca, Lisandra Delgado and Mike Roca
 9. Richard Tulchin, Giovanna Tulchin, Skyler Tulchin and Jenna Tulchin
 10. Yasareth Deferraro, Oilia Chaparro, Suinda Ortiz, Luis Ortiz and Mason Ortiz
 11. Anna Kloekener, Laylah Worley, Landan Worley and Stephanie Sterling

ANDY SPILOS/FLORIDA WEEKLY

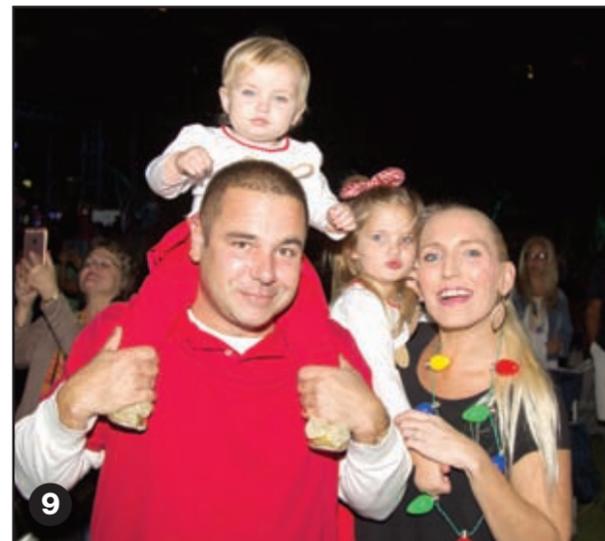




PHOTO BY BO HUANG

The Canadian Brass plays a holiday concert Dec. 21 at the Kravis Center, with Joel Bacon on organ. Tickets start at \$15. 561-832-7469; www.kravis.org.

HOLIDAY EVENTS

Happy holidays! Looking for something special to do? We have ideas!

■ **A Very Muppet Christmas** — Through Jan. 13, Showtime Dance & Performing Arts Theatre, 503 SE Mizner Blvd., Royal Palm Place, Boca Raton. Performances take place Saturday at 4 p.m. \$14 adults, \$10 children. 561-394-2626; www.showtimeboca.com.

■ **Young Friends of the Palm Beach Symphony Sip & Shop** — 6 p.m. Dec. 14, Vineyard Vines, 305 Worth Ave., Palm Beach. Call 561-655-2657 or email yfpbs@palmbeachsymphony.org.

■ **A Gospel According to Jazz Christmas** — Dec. 14, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Features Kirk Whalum and Jonathan Butler and special guest John Stoddart. A Kravis Center Community Outreach Event. Tickets start at \$15. 561-832-7469; www.kravis.org.

■ **Handel's "Messiah"** — 7 p.m. Dec. 15 at Benjamin Hall, Benjamin Upper School Campus, 4875 Grandiflora Road, Palm Beach Gardens. Performed by Masterworks Chorus of The Palm Beaches. 561-845-9696; www.masterworkspb.org.

■ **The Holiday Cabaret** — 2 and 7:30 p.m. Dec. 16, The Kelsey Theater, 700 Park Ave., Lake Park. Features local talent in a Maplewood Playhouse production hosted by comedian Wayne Felber. All ages show. Tickets: \$25, \$35 VIP in advance, \$30, \$40 VIP at the door. 561-328-7481; www.thekelseytheater.com

■ **Holiday Chorus Concert** — Dec. 16, Meyer Hall, Dreyfoos School of The Arts, 501 S. Sapodilla Ave., West Palm Beach. 561-802-6000; www.awdsoa.org.

■ **An Ellington Nutcracker** — Dec. 16, University Theatre, FAU's Boca Raton campus, 777 Glades Road, Boca Raton. Features the Florida Wind Symphony Jazz Orchestra. www.fauvents.com.

■ **Dance Theater of Florida presents "The Bell"** — Dec. 16-17, Eissey Campus Theatre, 11051 Campus Drive, Palm Beach Gardens. A re-imagined version of the classic children's story, "The Polar Express," told through dance. Tickets: \$25, \$22 students and seniors. www.dancetheaterofflorida.com.

■ **A Many But One Christmas** — 2 and 6 p.m. Old School Square, Delray Beach. Excerpts from "The Nutcracker" and other ballets. \$15-\$35. 654-4088; www.manybutone.com

■ **Music at St. Paul's features Advent Lessons & Carols** — 3 p.m. Dec. 17, St. Paul's Episcopal Church, 188 S. Swinton Ave., Delray Beach. \$20 suggested donation. Free for age 18 and younger. 561-278-6003; www.stpaulsdelray.org.

■ **Handel's "Messiah"** — 7 p.m. Dec. 17, Royal Poinciana Chapel, 60 Cocoonut Road, Palm Beach. Performed by Masterworks Chorus of The Palm Beaches. 561-845-9696; www.masterworkspb.org.

■ **Live Nativity** — 6 p.m. Dec. 17, First Presbyterian Church, 482 Tequesta Drive, Tequesta. Hear the Christmas Story told on the front lawn and stay after to pet the live animals and enjoy cookies and hot cocoa. Bring a chair. www.tequestapres.org; 746-5161, Ext. 101.

■ **The TEN Tenors: Our Holiday Wish** — Dec. 17, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets start at \$25. 561-832-7469; www.kravis.org.

■ **The Gay Men's Chorus of South Florida** — Dec. 17, Hard Rock Café, Hollywood. \$40-\$155. 866-502-7529; www.seminolehardrockhollywood.com.

■ **Christmas Cabaret in the Club Level** — 6 and 8 p.m. Dec. 19, Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. This is a popular Christmas sing-a-long featuring three special guest soloists and the choir from the Goldner Conservatory of Performing Arts. Tickets: \$25. 561-575-2223; www.jupitertheatre.org.

■ **Holiday Evening Tours** — Dec. 19-23, Flagler Museum, 1 Whitehall Way, Palm Beach. Reception: 6:30 p.m. Tours at 6:50, 7:05, 7:15 and 7:25 p.m. \$25 adults, \$18 younger than age 18. Present your ticket to receive 15 percent off at Sant Ambroeus, Palm Beach, good through Jan. 31. 561-655-2833; www.flaglermuseum.us.

■ **Steve Solomon's "My Mother's Italian. My Father's Jewish & I'm in Therapy"** — Dec. 19-23, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets are \$35. 561-832-7469; www.kravis.org.

■ **Canadian Brass Holiday** — Dec. 21, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Featuring Joel Bacon on organ. Tickets start at \$15. 561-832-7469; www.kravis.org.

■ **Movie screening: "The Polar Express"** — 5:30 p.m. Dec. 22, Mizner Park Amphitheatre, 590 Plaza Real, Boca Raton. Also features kids' activities. 561-393-7984; www.myboca.us/pages/mizneramph.

■ **Dreyfoos School of The Arts Alumni Holiday Party** — Dec. 22, Roxy's Rooftop, West Palm Beach. www.soafi.org.

■ **A Motown Christmas** — Dec. 22, Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Pays tribute to the Temptations, the Four Tops and the Supremes, and their trunk-load of hits from the Motown years. Tickets: \$45 and \$55. 561-575-2223; www.jupitertheatre.org.

■ **Broadway Christmas Wonderland The Holiday Show** — Dec. 22, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets start at \$25. 561-832-7469; www.kravis.org.

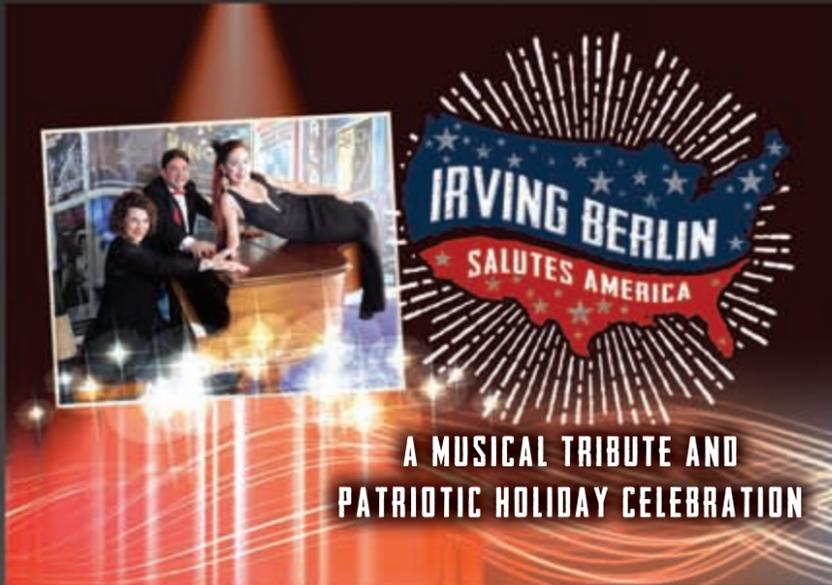
■ **Holiday film screening: "The Nutcracker"** — 1 p.m. Dec. 23, The Society of The Four Arts, 2 Four Arts Plaza, Palm Beach. Free but tickets are required. 561-655-2766; www.fourarts.org.

■ **"A Charlie Brown Christmas Live! On Stage"** — Dec. 23, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Family Fare. 561-832-7469; www.kravis.org.

■ **Christmas Eve Candlelight Service** — 7 p.m. Dec. 24, First Presbyterian Church, 482 Tequesta Drive, Tequesta. The service includes hymns and the Chancel Choir. A traditional worship service will be held at 10 a.m. 10 a.m. with the Bell Choir. www.tequestapres.org; 561-746-5161, Ext. 101. ■

HIT SHOWS IN PALM BEACH GARDENS!

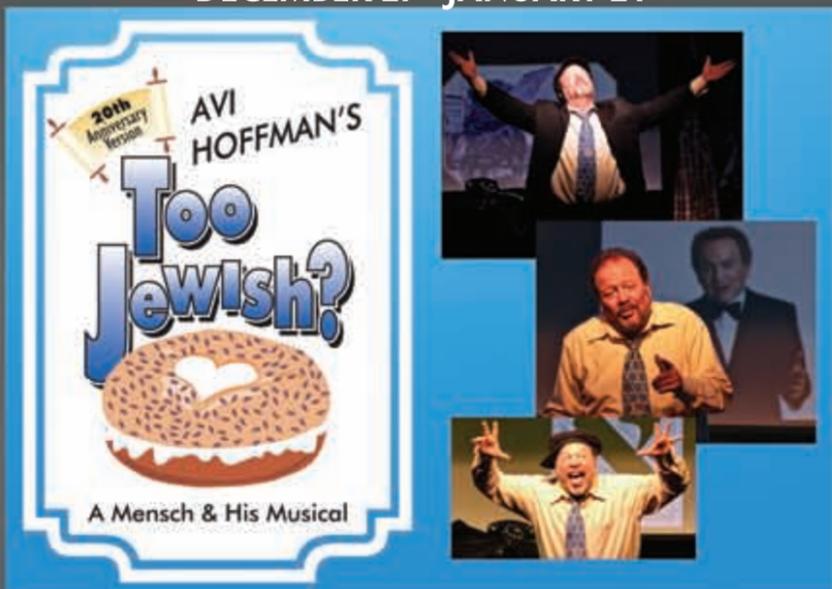
HURRY! FINAL WEEKS! MUST CLOSE DECEMBER 24



A MUSICAL TRIBUTE AND PATRIOTIC HOLIDAY CELEBRATION

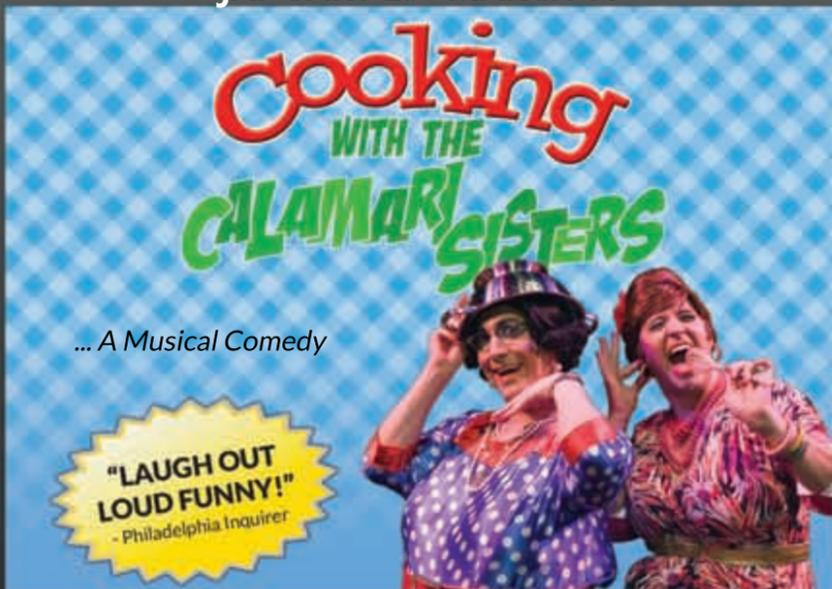
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DECEMBER 27 - JANUARY 21



In Avi Hoffman's Too Jewish? the award winning comedian combines a delightful mix of music, comedy, impersonations, and personal reminiscences to take you on a journey through his Jewish roots.

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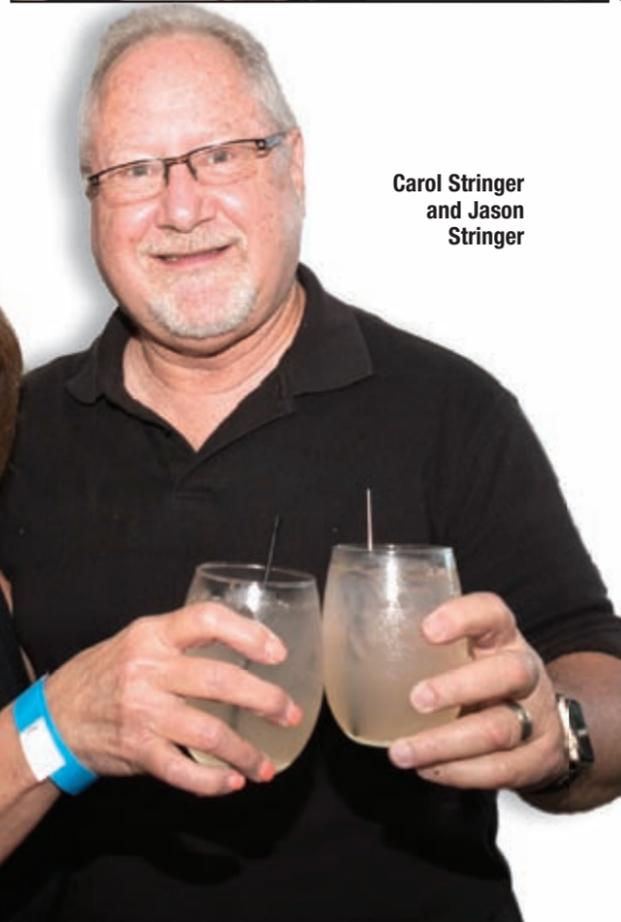
Also Join Us for
our New Year's Eve
Champagne Toast
Song & Dance Celebration
of Broadway!
(Dec. 31st, 7pm & 9:30pm)

SOCIETY

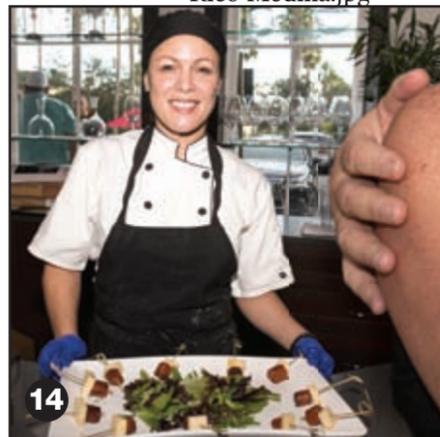
Salute 2 Puerto Rico Hurricane Relief at Salute Market & Restaurant in Palm Beach Gardens



1. Allesandra Colon, Edith Echevarria and Christy Dunne
2. Michelle Lefkowitz, Jane Garcia-Deale, Linsey Bruce and Cheryl Cannon
3. Barbara Black, Maria Mamlouk and Sarita Burns
4. Chris Klein and Judy Abbey
5. Ricardo Diaz and Alexa Diaz
6. Jasmin Ortiz, Sandra Ortiz, Ashly Ortiz, Bernice Gordian, Kattie Gordian, Rosie Ortiz and Arturo Sanchez
7. Clifford Hagan and Carla Hagan
8. Tony Campanella and Angela Campanella
9. Cortney Berry, Victor Concepcion, and Cheryl Cannon
10. Jane Garcia-Deale, Carlos Castillo and Luz Medina
11. Ignatius Buda, Terri Buda, Sandy Gullickson and Bill Gullickson
12. Rico Medina
13. Dena Foman and Bill Foman
14. Jamilette Alvarez



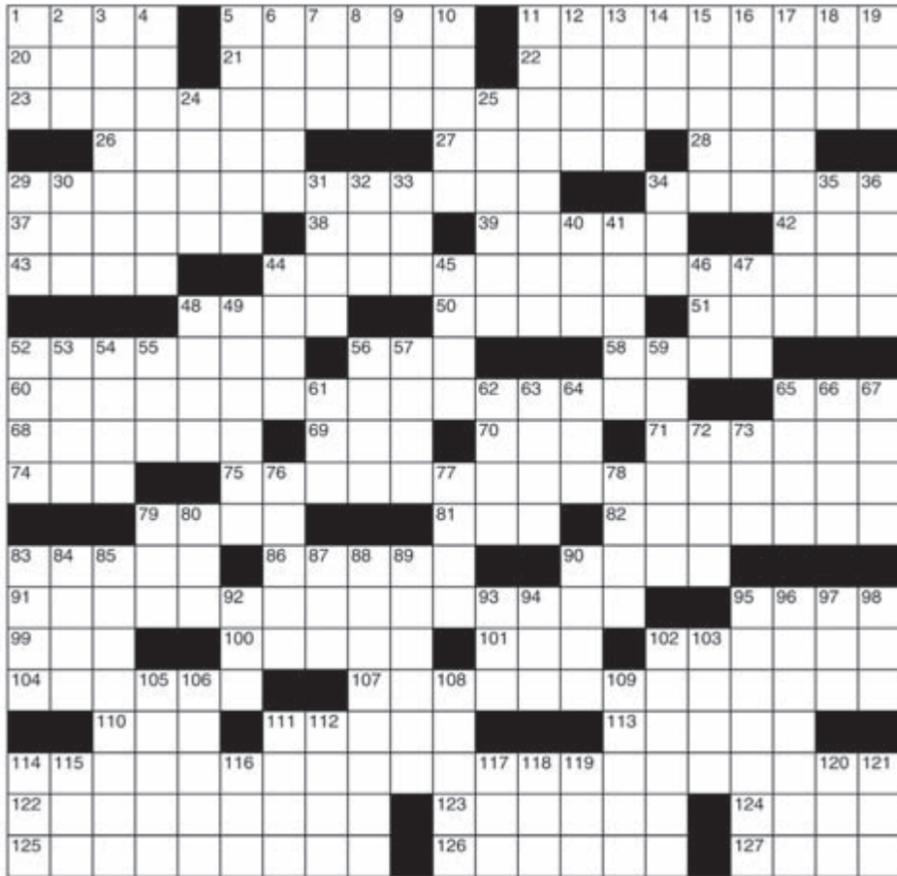
Carol Stringer and Jason Stringer



GAIL V. HAINES / FLORIDA WEEKLY

PUZZLES

LINKING VERBS



- ACROSS**
- 1 Defers (to)
 - 5 Pretenders
 - 11 Animistic religion of northern Asia
 - 20 Adored star
 - 21 How bed linens are often sold
 - 22 Audio product introduced by Bose in 1993
 - 23 CHARM
 - 26 Spending jag
 - 27 "— ed Euridice"
 - 28 "Ben- —"
 - 29 SEE
 - 34 Citi Field MLB team
 - 37 Clothed very shabbily
 - 38 Prefix with color
 - 39 Fleecy beast
 - 42 Lose vigor
 - 43 Not difficult
 - 44 HEIGHTEN
 - 48 Grows older
 - 50 Daisy cousin
 - 51 California's Point —
 - 52 Was of use to
 - 56 See 29-Down
 - 58 "Nothing — it seems"
 - 60 FALL
 - 65 Suffix with host
 - 68 Certify
 - 69 Actress Ortiz or Gasteyer
 - 70 Ghost shout
 - 71 Marketing space in a newspaper, e.g.
 - 74 "Li'l ol' me?!"
 - 75 STEAL
 - 79 Donne, e.g.
 - 81 Lead-in to history
 - 82 E.T.'s human friend
 - 83 Ranch rope
 - 86 Fizzy drinks
 - 90 Holiday song
 - 91 SUPPLY
 - 95 "Aloha Oe" instruments, for short
 - 99 Crux
 - 100 Czar's edict
 - 101 See 103-Down
 - 102 Mint-family herbs
 - 104 Gets more narrow
 - 107 CHANGE
 - 110 "... — mouse?"
 - 111 Davis of "Hot Stuff"
 - 113 Eventual oak
 - 114 ERASE
 - 122 Proper noun in an atlas
 - 123 Ripped thoroughly
 - 124 Huge-scale
 - 125 Person on both sides of an issue
 - 126 Treats with malice
 - 127 Gas brand
- DOWN**
- 1 Spill-catching wear
 - 2 Poem of laud
 - 3 "Amazing!"
 - 4 Ramp for accessing a ship
 - 5 Gem sides
 - 6 Ghostly pale
 - 7 Jay-eil linkup
 - 8 Psychic "gift"
 - 9 Stimp'y's bud
 - 10 Small porch
 - 11 Small bird that builds edible nests
 - 12 Visible air
 - 13 Chevy's Sonic, before 2011
 - 14 Many adults
 - 15 Don Marquis' "— and Mehitabel"
 - 16 Poet Tate
 - 17 "It really seems to me ..."
 - 18 Moral failure
 - 19 Pithy remark
 - 24 Math subj.
 - 25 Cave beings
 - 29 With 56-Across, compete to obtain
 - 30 Suffix with czar
 - 31 LAX info
 - 32 Madras "Mr."
 - 33 Female sib
 - 34 Turner of an insurrection
 - 35 "Tall" story
 - 36 Mil. officers
 - 40 Rd. relative
 - 41 Physicist Curie
 - 44 Funny Foxx
 - 45 English noble
 - 46 Special time
 - 47 Strikes (out)
 - 48 Heady drinks
 - 49 Docile
 - 52 Actor Driver
 - 53 "No" from a higher-up
 - 54 Italian wine area
 - 55 Luge surface
 - 56 Ariel, e.g.
 - 57 Large elliptical fish
 - 59 Not volatile
 - 61 Flying British mil. branch
 - 62 Ridesharing app
 - 63 Stir
 - 64 Curly's bud
 - 65 Ferrari who founded Ferrari
 - 66 Riverbed deposit
 - 67 "Keep it in"
 - 72 Secluded valley
 - 73 Arm of Israel
 - 76 "Don't worry"
 - 77 — dixit (unproven assertion)
 - 78 Cat cry
 - 79 Chi-omega linkup
 - 80 Alley —
 - 83 Gave temporarily
 - 84 Kind of blue
 - 85 Of the region just north of the Antarctic Circle
 - 87 Female gametes
 - 88 Catastrophe
 - 89 Antarctic penguin
 - 90 Scale part
 - 92 Toys — (chain for kids)
 - 93 TV "Science Guy"
 - 94 Ruhr article
 - 95 Turnpike toll, e.g.
 - 96 Takes for ransom
 - 97 Wallach of "Nuts"
 - 98 Old aviation inits.
 - 102 What pull-ups work
 - 103 With 101-Across, thus far
 - 105 Actress Durance
 - 106 Evaluated
 - 108 Sends cell messages
 - 109 Unclear
 - 111 Kind of gel
 - 112 Unchanged
 - 114 Photo —
 - 115 Deli staple
 - 116 Cut off
 - 117 Fizzy drink
 - 118 Geller from Israel
 - 119 Bottom-line
 - 120 Prefix with gender
 - 121 Prefix with friendly

SEE ANSWERS, B9 ►

HOROSCOPES

SAGITTARIUS (November 22 to December 21) While the current round of holiday revels has your social life on the fast track, someone special might want to keep pace with you next year, as well.

CAPRICORN (December 22 to January 19) Enjoy all the fun you deserve at this holiday time. However, don't lose sight of the need to check out some of the changes the new year is expected to bring.

AQUARIUS (January 20 to February 18) What happens during this holiday time can help clear up some of the confusion jeopardizing a once-stable relationship. Follow your instincts on what to do next.

PISCES (February 19 to March 20) Your holidays are brightened by new friends eager to become part of your life. But don't forget to spend time with that one special person. (You know who.)

ARIES (March 21 to April 19) An

old adversary wants to make amends over the holidays. The decision is yours. But wouldn't it be nice to share the upcoming new year with another friend?

TAURUS (April 20 to May 20) As news of your work gets around, expect to receive a special holiday "gift" from influential contacts who could help you launch your new projects in the new year.

GEMINI (May 21 to June 20) Instead of fussing over what you didn't do to prepare for the holidays, relax and enjoy the kudos for a job truly well done. A happy surprise awaits you early next year.

CANCER (June 21 to July 22) The best way to shake off lingering holiday blues is to join loved ones in the fun and festivities of this special time. A confusing situation starts to make sense in upcoming weeks.

LEO (July 23 to August 22) Special emotional rewards mark this holiday

time for Leos and Leonas who are able to open up to new relationships and the possibilities they offer in the upcoming year.

VIRGO (August 23 to September 22) Your efforts to make the holidays especially memorable for some people will be rewarded in some unexpected (but very welcome) ways in the upcoming year.

LIBRA (September 23 to October 22) Be assured that your efforts to make this holiday special for everyone won't go unnoticed by those who could make some important changes in your life.

SCORPIO (October 23 to November 21) Lots of folks want you to light up their holiday parties. But try to take some quiet time 'twixt those glittering galas to spend with some very special people.

BORN THIS WEEK: You have the ability to encourage people to reach their potential by setting an example with your own efforts.■

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

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

SEE ANSWERS, B9 ►



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SOCIETY

Tree lighting, Flagler Museum, Palm Beach



1. Angela Budano, Betty Budano, Fatima Kheral, Kelly Weaver and Ishrat Sultana
2. Chorale of Bak Middle School for the Arts
3. Gilles Cote, Johanne Remillard, Sylvie Larache and Andre Pelland
4. Alice Lonnquist, Santa Thom Drulard, Victoria Lonnquist
5. Anne Akerson
6. Erin Manning, Connie Drosakis and Jorge Valls
7. Carolyn Hensel and Richard Nilsson
8. Donna Tennant, Kevin Litchfield and Patricia Litchfield
9. Jasmine David, Jason David and Trinity David
10. Peggy Cook, Brian McGrath and Melissa Cook
11. Joanne Burnham, Wayne Burnham, Neil Cameron and Marlene Matlock
12. Michelle Wagner and Janet Wagner
13. Christopher Gonzalez



GAIL V. HAINES / FLORIDA WEEKLY

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.

FLORIDA WEEKLY CUISINE

VINO

When it comes to wine, it's all about the glass



Editor's note: In the spirit of holiday entertaining, we're reprinting Jerry Greenfield's excellent piece on wine glasses. Cheers!

I confess that I don't need a lesson in how the type of glass affects the taste of wine.

My wife, Debi, and I have been to enough tastings and sipped from dozens of different glasses.

Plus, at the Wine Experience a few years ago, Georg Riedel and Maximilian Riedel demonstrated the difference to about 1,500 of us. We tasted a wine out of a plastic cup, then out of several differently-shaped Riedel glasses, and the variation in the aromas and flavors was obvious to everyone in the room.

So the glass makes a difference — and quite often a major one.

The Riedel name has been synonymous with fine wine glasses since the 1750s. (By the way, it rhymes with "needle.")

In 1973, Claus Riedel (the ninth generation of the glassmaking family) introduced the "Sommelier Series," the first mouth-blown glasses made to pair wines with a specific bowl shape.

He was also the first designer to discover that the bouquet and flavors of a wine were affected by the shape of the bowl.

The company conducts extensive research to determine what shapes are best for different wines.

Company president Georg Riedel told me that the process involves "a series of trial and error tastings," something I'd very much like to participate in.

"Working with winemakers and sommeliers, we tweak the bowl shape and rim diameter to deliver wine in a fashion that best accentuates the properties of the given varietal on the taster's palate," he says. "Within each glassware series, there are shapes for the world's major wine varietals, including bowl shapes for new world and old world wines."

Anyone who buys and uses Riedel glasses soon discovers one thing about this company's glassware — it's hilariously fragile.

My mother-in-law once dropped an



Georg Riedel and his son, Maximilian Riedel, are part of a family that has been making wine glasses since the 1750s.

ice cube into one of them, and it went all the way through and out the bottom. I told that to Georg.

"Riedel is known for creating some of the thinnest glasses on the market," he responded. "But we make numerous glassware lines that stand up to everyday wear and tear, both for home enjoyment and professional hospitality use."

Another breakthrough that Riedel is known for is the "O" series of glasses. These have the correct bowl shape for wine, but are stemless. We've found them to be excellent for traveling, and they're dishwasher safe.

Mr. Riedel explained the process behind finding the perfect glass shape for wine varietals.

"My son Maximilian and I conduct extensive workshops before a varietal-specific shape can make it to market. We follow the Bauhaus principle: form follows function."

But surely, differences in the way individuals experience a wine must play a part? "Yes," says Georg Riedel. "There is a degree of individuality to each person's interpretation of a wine, but most sensory responses are directly affected by the vessel. This doesn't erase personal preference; there are those who simply prefer Pinot Noir to Cabernet Sauvignon. But we firmly believe that each varietal will taste its absolute best when served in a Riedel glass."

At our house, we conduct numerous side-by-side tastings. Every night, in fact.

It's hard to disagree with Georg. ■

— Jerry Greenfield is *The Wine Whisperer*. He is also creative director of Greenfield Advertising Group. Read him at www.winewhisperer.com.



COURTESY PHOTO

Stone crab claws from Cod & Capers.

SCOTT'S THREE FOR 3 Places for seafood

A trio worth noting

1 COD & CAPERS SEAFOOD MARKET & CAFÉ

1201 U.S. 1, North Palm Beach; 561-622-0963 or www.codandcapers.com.

Cod & Capers offers some of the freshest seafood in one of the most attractive settings anywhere — it's a pleasure to shop the market, which offers an array of fish, shellfish and utensils with which to serve them. It's even more of a pleasure to have a seat in the café and chow down on your choice of chowders or sweet stone crab claws.

2 CAPTAIN CHARLIE'S REEF GRILL

12846 U.S. 1, Juno Beach; 561-624-9924.

Before the well regarded Little Moir's Food Shack and Spoto's came along, Reef Grill was one of the first local establishments to offer a fresh take on seafood. Try the smoked fish dip or chow down on the fresh seafood curry. The shrimp and grits hits the spot at lunch, and Reef Grill also has a nice wine list, when you're ready to savor dinner.

3 SEAFOOD BAR AT THE BREAKERS

One South County Road, Palm Beach; 877-724-3188 or www.thebreakers.com/dining/seafood-bar/.

This is lunch or dinner with a view — even the bar is swimming with salt-water fish.

You'll want to try the crab cakes here. They're packed with large lumps of sweet crabmeat with minimal filler. Some evenings, it's nice just to sit at the bar, have a cocktail and contemplate the ocean beyond.

— Scott Simmons

THE DISH: Highlights from local menus

The Dish: Beer Battered Shrimp

The Place: Thirsty Turtle Seagrill & Market, 13981 U.S. Highway 1, Juno Beach; 561-627-8991 or www.thirstyturtlefl.com.

The Price: \$14.95

The Details: What is it about grease and salt that they seem to make everything taste so much better?

I'm not sure.

But there are few things that taste better than fresh, plump shrimp fried up in a crispy batter and served piping hot with cool creamy coleslaw.

Fortunately, the Thirsty Turtle delivered on both. Also tasty: the grilled fish tacos. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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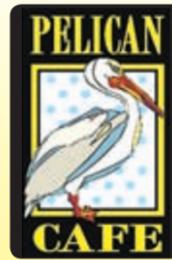
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Florida Weekly's monthly guide to Looking, Feeling and Living Better

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Eating right

Heart-friendly fare this holiday season really takes the cake

MEDI-WEIGHTLOSS

THE HOLIDAY SEASON IS ALL ABOUT FAMILY, FUN, and food! Eating heart-healthy during the holidays takes effort. The following strategies will help you navigate this holiday season in a healthy way.

1. Prioritize protein. Begin each meal by eating the very lean proteins, like white turkey breast, before beginning any side dishes. Protein has a stabilizing effect on blood sugar, so you tend to feel “full” more quickly, and it increases the metabolic rate because it has a higher cost of digestion than carbohydrates or fat.

2. Use your resources! Search the internet for healthier versions of your favorite recipes.

3. Eat before you EAT! To prevent a drop in metabolic rate during the day, don't skip meals when planning to eat one larger sized meal in the evening. Keep healthy snacks on hand in the car or purse to munch on. This also prevents from overeating when you do sit down to enjoy your holiday meal.

5. Stay hydrated. Drink one full glass of water before eating to help with satiety. This strategy helps lessen the desire to overindulge. Alcohol, most mixed drinks, and soft drinks contain an abundance of empty calories and should be avoided.

6. Give the metabolic rate a boost. Try hitting an extra session of cardio the day before or the day after the holiday meal. Go for a brisk walk after your holiday dinner to aid the digestion process.

7. Exercise with a friend. Stay active by planning workout sessions with friends or family members. Ask friends to meet at least once a week for a walk around the neighborhood or a session at the gym. When you commit to meet a friend, exercise becomes more fun!

— Medi-Weightloss of Jupiter, 4600 Military Trail, Suite 115, Jupiter; 561-776-5820 or www.mediweightloss.com/locations/jupiter/.

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Dr. Jay Ajmo is a certified implant dentist with over 25 years of experience in cosmetic and restorative dentistry. He is one of only 400 dentists worldwide to

hold a Diplomate Certification with the American Board of Oral Implantologists and is the exclusive South Florida provider of Teeth Next Day. All procedures are performed utilizing the most advanced tools and techniques in modern dentistry including 3D CT Scans for precision implant placement. Dr. Ajmo is supported by his dedicated team in his state of the art facility, designed for the utmost in patient comfort along with optimum cosmetic and functional results for the restoration of your smile.

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Hand washing: A simple, effective way to combat germs

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It's that time of year again...people with coughs, sneezes and runny noses seem to be lurking around every corner. Each year, kids miss an estimated 22 million days of school due to the common cold. One of the best ways you can prevent against illnesses such as cold and flu is by washing your hands. December 4th-11th is Hand Washing Awareness Week. Practicing hand hygiene is a simple yet effective way to prevent infections.

According to the Centers for Disease Control and Prevention (CDC), the single most important thing you can do to keep from getting sick and spreading illness to others is to wash your hands. It seems simple, but cleaning your hands regularly can get rid of the germs you pick up from other people, or even everyday objects that you touch.

Germs can enter the body through the eyes, nose and mouth - all areas that we often touch without even realizing it. You are also at risk of picking up or spreading germs if you eat or prepare food without washing your hands. The CDC notes that germs can multiply under certain conditions in some foods - meaning more people are at risk of getting sick. Germs can even get on objects that you regularly touch: hand rails, door knobs, countertops, etc.



- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage

How you wash your hands is just as important as the act itself. When using soap and water:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- Scrub your hands for at least 20 seconds. Tip from the CDC: Humming the "Happy Birthday" song twice, from beginning to end, while scrubbing.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air-dry them.

When using a hand sanitizer:

- Apply the product to the palm of one hand. Make sure to check the label for the correct amount.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

If you do end up getting sick this holiday season, remember we're always here for you at Palm Beach Gardens Medical Center. ■

When to wash

To gain the maximum protection from hand hygiene, the CDC recommends washing your hands at the following

times using either soap and water or a hand sanitizer that contains at least 60 percent alcohol:

- Before, during and after preparing

food

- Before eating food

- Before and after caring for someone

who is sick

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What is Chinese medicine and can it help me?

Chinese medicine is an individualized natural healing system that has been around for thousands of years. This form of original medicine encompasses various techniques all specifically designed, to balance and restore health. Chinese medicine integrates a greater understanding of how the human body works on a physical, mental and emotional level. By developing these skill sets your Acupuncture physicians are able to address imbalances within the body. Chinese medicine takes a holistic approach by treating the root cause in addition to relieving the symptoms caused by the underlying imbalance; this truly enables the body to achieve health and healing in a natural way.

What is acupuncture?

Acupuncture is one of several techniques that your acupuncture physician may employ to help facilitate the body's innate healing abilities. This involves thin single use filiform needles being inserted into the body at specialized points known as acu-points. The stimulation of the acu-points triggers the body's immune system and releases endorphins, the "feel-good" hormone. This creates a calming effect and at the same time activates the immune system to address the underlying problem.

What does acupuncture treat?

Studies have shown that acupuncture is effective for many conditions; chronic pain in muscles and joints, sciatica, digestive issues, nerve pain, stress, anxiety and depression. Acupuncture has also been proven effective in cases of infertility by increasing blood flow to reproductive organs thereby improving egg quality. Menstrual irregularities and PMS are also among the many women's health conditions acupuncture helps. Irritable bowel, GERD and autoimmune conditions have also benefited from this therapy.

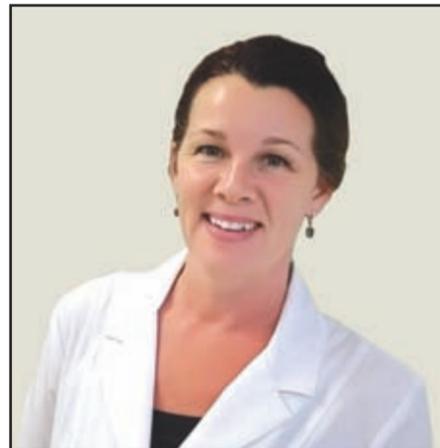
New studies have shown that acupuncture used adjunctively with conventional methods may be effective in treating those with Autism Spectrum Disorder (ASD). Results have shown improved language comprehension skills, behavioral, social and motor skills, as well as an improvement in sleep patterns in those with ASD.

Herbal medicines and cupping

Herbal medicines are another incredibly crucial tool in the Chinese medicine toolbox. While not as popularized in western culture as Acupuncture, herbal remedies have been used for thousands of years in Asia. They are a more bioavailable form of natural medicine customized for each patient's specific



Wendy Miller
Acupuncture Physician
Diplomate of Oriental Medicine



Louise Hudek
Acupuncture Physician
Diplomate of Oriental Medicine



Christy Bongiovanni
Holistic Health Coach
Diplomate of Oriental Medicine

needs. There are herbal formulas for a wide range of illness such as the flu and bacterial infections to chronic and acute injury pain as well as digestive conditions, hypertension, anxiety and depression remedies.

Cupping is another technique in our Chinese medicine arsenal. Cupping has been newly popularized thanks to Michael Phelps and the summer Olympic swim team as a therapy used primarily for pain but not limited to it. During a Cupping therapy session glass or plastic cups are placed on the skin creating suction. The suction in the cups causes

the skin and superficial muscle layer to be lightly drawn into the cup. Cupping is similar to a deep tissue massage, rather than applying pressure to muscles, it uses gentle pressure to pull them upward. For most patients, this is a particularly relaxing and relieving sensation.

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cian at our Jupiter office. Expect to spend about 90 minutes with us, as we will conduct a detailed health history. Dress comfortably, as we may need to access your arms, legs, feet, abdomen or back for treatment. Your physician will determine which combination of therapies will be appropriate for you. We look forward to assisting you on your journey to health and healing! ■

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Give the gift of respite care this holiday season

Are you a family caregiver who feels that the stress of taking care of your aging parent or a spouse is taking its toll on your patience and perseverance? Perhaps even harming your health?

Are you a spouse who has watched your partner constantly take time off from work due to the health needs of another family member? Is their absence affecting the household or their ability to function effectively in business?

Family caregivers are familiar with feelings of resentment, sadness, frustration, guilt, anxiety and anger. These are all common, we are after all, only human. Sometimes we can figure out what triggers these emotions and how to address them, like feeling unappreciated - but often the root of the problem is sheer exhaustion or just the need for time alone or a chance to do something for yourself!



Irv Seldin
President
and Owner

Visiting Angels
of the Palm Beaches

561-328-7611

VisitingAngels.com/
PalmBeaches.

Don't feel guilty. If you are like most people, you want to do all you can to help your Senior spouse, parent or elderly loved one ease their pain, and be there always to help them deal with their daily difficulties. But we all have limits. Remind yourself the loved one you are caring for does not want to be a burden - and that maybe the holidays are a good time to consider the gift of respite care.

What is respite care? "Respite" care means to temporarily take a break from caring for someone with special needs. Ideally it should be a few hours, a few days a week, and can easily be arranged for in the home. Your loved one can be cared for by an experienced professional able to assist them with the Activities of Daily Living (bathing, dressing, transferring, etc.) as well as prepare their meals, provide medication reminders, and handle any light house-keeping necessary. You have the option of arranging for respite care short term, or long term.

Respite care is temporary relief care designed so that spouses, siblings, and adult children can get some rest, attend to important business, resolve personal issues, or just join their families for a



vacation or lifecycle events like a wedding!

It is not always easy to arrange for another family member or a nearby friend to jump in and help when you need it. Expect to be frustrated when you can't get the support you need, but don't let this frustration translate into resentment towards your loved one. It is most helpful to arrange for respite care before you become totally exhausted and overwhelmed by caregiving responsibilities. Respite can be beneficial and enjoyable for both the caregiver and the "care-receiver!"

If you know of a family caregiver that could use a break, or if you yourself are a family caregiver, remember the gift of respite care. Respite care is an essential part of the overall support system that can ensure an ill or aging family member can remain at home. Respite care enables you to recharge and refresh, so that you can be a better caregiver, and improve your relationship with your loved one. A home care agency can arrange for a day, a half day, even a few hours away that can keep things positive and in perspective, while providing a chance for the caregiver to take care of themselves physically, emotionally, and psychologically!

Visiting Angels of the Palm Beaches has an award winning approach to home care. Let our "angels" help you or a loved one recover from illness, accident or surgery, or assist with the care and companionship needed to remain comfortably and safely at home while aging in place or dealing with the daily demands of Alzheimer's or Parkinson's. Call 561-328-7611 or visit VisitingAngels.com/PalmBeaches. ■

— Irv Seldin, Owner and CEO, Visiting Angels of the Palm Beaches

Article not intended as medical advice

Gardens Medical Center offers implant alternative for Afib patients

With the new Watchman Left Atrial Appendage Closure (LAAC) Implant now offered at Palm Beach Gardens Medical Center, patients with nonvalvular atrial fibrillation (Afib) have an alternative option designed to help reduce their risk of suffering an Afib-related stroke.

Afib patients have a five times greater risk of stroke and typically have to take long-term warfarin or similar blood-thinning medications with potentially serious side effects. For those who have medical reasons to seek a non-drug alternative, the Watchman LAAC device works by closing off an area of the heart called the left atrial appendage (LAA). By doing so, harmful blood clots that may form due to Afib are kept from entering the blood stream and potentially causing a stroke. Over

time, patients may be able to stop taking blood-thinning medications.

"Watchman is just one of several cutting-edge procedures we have started performing in recent years to provide the advanced care for our cardiovascular patients," said Dianne Goldenberg, hospital CEO. "The combination of our sophisticated tools and technology and the experience of our cardiac team is what helps us achieve positive outcomes."

Implanting the Watchman Device is a one-time procedure that usually takes about an hour. Following the procedure, patients typically need to stay in the hospital for 24 hours.

For more information about the cardiac services offered at Palm Beach Gardens Medical Center, visit www.pbgmc.com/our-services/heart. ■

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Jennifer Nicholson

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YOUTHFUL BALANCE

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PALM BEACH GARDENS

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YOUTHFULBALANCE.NET

The O-Shot® is not a drug. It's a procedure performed at Youthful Balance Medical Center in which your own blood platelets are injected into vaginal tissue. The theory proposed by the inventor, Dr. Charles Runels, is that platelets naturally attract your own stem cells to the injected area, therefore generate healthier and more functional tissue in the areas of sexual response in the vagina.

This rejuvenation process helps women experience orgasms with sexual intercourse and increases the strength of the orgasms. This not only helps women feel empowered and confident in their sexual identity, but when women reach climax, a substance known as Oxytocin, is released in the body, which reduces stress and gives an enhanced sense of well-being.

The O-Shot® also treats urinary incontinence. Administered through the O-Shot®, PRP triggers the release of growth and healing factors that stimulate the tissue to rejuvenate. Relief is typically experienced within one to two weeks following the O-Shot®, and improvement continues over several weeks. Many patients have even had success resulting in reduced or eliminated need for medications used for treatment for urinary incontinence. Some have reported that they have completely stopped leaking urine after the O-Shot®.



With the O-Shot®, you can expect:

- Stronger and more frequent orgasms
- Increased sexual desire
- Improved clitoral stimulation
- Increased natural lubrication
- Increased ability to have a vaginal orgasm
- Decreased urinary incontinence
- Younger, smoother skin of the vulva (lips of the vagina)
- Decreased pain for those with dyspareunia (painful intercourse)
- Increased natural lubrication

Women suffer silently when it comes to sexual problems. Reluctant to talk about it often their condition goes untreated. There are many contributing factors to loss of sexual pleasure like menopause, childbirth, and even the natural aging process may result in sensation being lost, decreased sexual enjoyment and other functional issues

in the vaginal region.

Am I suitable for this treatment?

It is estimated that as many as 1 in 20 women suffer from Female Sexual Arousal Disorder, which means that, while they may want to have sex, they find it difficult to get aroused, experience pleasure or achieve orgasm. Around 5 percent of women are also thought to suffer from Female Orgasmic Disorder, where they can become aroused but have difficulty achieving orgasm. Some women also suffer with pain during and after sex, which is not from decreased lubrication or vaginal spasm, some suffer from stress urinary incontinence.

If you have any of these problems then the O-Shot® could be a solution for you. As with any treatment, you

will need to have a consultation first in order to assess your suitability and rule out any contraindications.

Does it hurt?

As a nonsurgical solution, there is minimal pain and discomfort associated with the O-Shot® treatment with some patients reporting experiencing no pain at all. The procedure is performed under local anesthetic to minimize any pain.

Is there any downtime/recovery time?

One of the big advantages of the O-Shot® treatment is that you can return to your normal activities immediately after treatment. Sexual intercourse can even be resumed the same day.

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

Good Samaritan receives award for commitment to high quality stroke care

Good Samaritan Medical Center, part of the Advanced Neuroscience Network (ANN), earns the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target: StrokeSM Honor Roll-Elite. The award recognizes the hospital's commitment to providing the most appropriate stroke treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Hospitals must achieve 85 percent or higher adherence to all Get With The Guidelines-Stroke achievement indicators for two or more consecutive 12-month periods and achieve 75 percent or higher compliance with five of eight Get With The Guidelines-Stroke Quality measures to receive the Gold Plus Quality Achievement Award.

To qualify for the Target: Stroke Honor Roll-Elite, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activa-

tor, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reduce the effects of stroke and lessen the chance of permanent disability. Good Samaritan's achievement of the Target: Stroke Honor Roll-Elite means the stroke team treated 75 percent or more of acute ischemic stroke patients with IV tPA within 60 minutes of their arrival to the hospital.

To earn the Stroke Gold Plus Quality Achievement Award, Good Samaritan's Primary Stroke Center met specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These quality measures are designed to help hospital teams follow the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

"This prestigious award is a reflection

of our outstanding clinical staff," said Tara McCoy, hospital CEO. "Our focus will continue to be on improving our treatment times and providing our stroke patients with the fastest and safest



care possible."

Get With The Guidelines®-S puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping hospital care teams ensure the care provided to patients is aligned with the latest research-based guidelines. Developed with the goal to save lives and improve recovery time, Get With The Guidelines®-S has impacted more than

3 million patients since 2003.

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, someone dies of a stroke every four minutes, and nearly 800,000 people suffer a new or recurrent stroke each year.

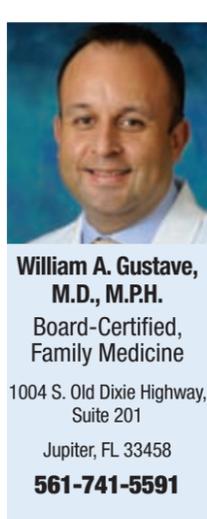
ANN stroke centers have saved many lives due to their talented neuroscience teams and access to some of the most advanced diagnostic and interventional technology available to date. One of the most important factors in positive stroke outcomes is recognizing the warning signs and getting the patient to a hospital dedicated to treating stroke patients as quickly as possible.

For more information about the Primary Stroke Center at Good Samaritan Medical Center, visit www.goodsamaritanmc.com/our-services/neurosciences/primary-stroke-center. ■



Ask your doctor if you need a screening colonoscopy

Upon turning the age of 50, both men and women are usually aware that along with the five-decade celebration comes the dreaded procedure known as the colonoscopy. A colonoscopy is a screening test used to look for colorectal cancer (also known as colon cancer). The screening also searches for growths on the lining of the colon called polyps. Over time these small growths can become cancer, so it's important to see any early signs.



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Removing polyps can help prevent colorectal cancer from ever starting. The procedure is performed using a thin, flexible, hollow, lighted tube, called a colonoscope, which has a tiny video camera on the end. The four-foot long tube is gently placed up inside the colon through the anus, and sends images to a television monitor.

The colon is the large intestine and the last part of the digestive system. The colon is responsible for drying, processing, and eliminating the waste after the small intestine absorbs the nutrients in food. The colon itself is between 3 to 5 feet long, and it moves from the lower right corner of the abdomen, up to the liver, across the body to the upper left corner to the spleen, and then down to form the rectum and anus.

A colonoscopy allows the doctor to view the inside of the entire colon and rectum. During the test, air is pumped into the colon to keep it open so the best pictures can be taken. However, the air pressure may cause some discomfort such as cramping in the lower abdomen, but subsides after the air leaves the colon.

Preparing for a colonoscopy is probably the most difficult part, as one needs to plan accordingly when scheduling their procedure. The patient needs to begin preparations the day before. This means following a special diet. Typically, no solid foods can be eaten, and drinks are often limited to only clear liquids such as water, and coffee and tea without cream or milk, and broth. If on medications, the doctor may adjust

the dosage or have the patient stop taking them temporarily. A special liquid laxative will be given to drink throughout the day or an enema kit may be suggested to use the night before. It's just important to stay near a facility since your colon needs to be completely empty for the best possible screening.

Usually a colonoscopy is performed in a hospital outpatient department, a clinic, or other type of ambulatory surgery center, and in some doctor's offices. The colonoscopy itself only takes about 30 minutes, and most do not find the procedure painful at all. The anxiety of a procedure such as this is far worse than the actual exam. The patient is given medicine to relax and sleep during the process making it pain free. It's recommended to have someone other than the patient drive home afterwards. Once the medications wear off, the patient is fine to perform usual activities.

If during the test a small polyp is found, the doctor will most likely remove it. If the doctor sees a large polyp, a tumor, or any other abnormalities, the polyp, or abnormal area will be taken out through the colonoscope and sent to a lab where a biopsy will be done. As with any medical tests, complications may occur. For instance, bleeding and a puncture of the colon is a serious circumstance, but it's extremely rare.

Besides screening for cancer, a doctor may order a colonoscopy to investigate many other different digestive problems of the colon. These could be anything from bleeding, pain, bowel issues, and inflammation which could be the result of other diseases, and not cancer. Individuals with a previous history of polyps, colon cancer, or a family history may be advised to have periodic colonoscopies because of their greater risk.

The widely accepted recommendation has been that healthy people with a normal risk for colon cancer should undergo their first colonoscopy at the age of 50 and every 10 years thereafter. It's encouraged to discuss with your doctor the guidelines for testing, the risks of colon cancer, and whether the screening needs to start before the age of 50 if a higher risk for cancer is noted.

Regular colorectal cancer screenings are one of the most successful ways to prevent colorectal cancer or find it early when it's small and easier to treat. It saves lives. ■

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