

PALM BEACH FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF JANUARY 18-24, 2018

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Floridians living that

RV life



A growing number of people are working and living on the road



EVAN WILLIAMS / FLORIDA WEEKLY
Joe Masiello and Donna Masiello with friends Richard Beck and Linda Beck at the Masiello residence at W.P. Franklin Lock & Dam's volunteer RV campground in east Lee County.

BY EVAN WILLIAMS
 ewilliams@floridaweekly.com

FOR A CROSS SECTION OF AMERICAN travelers, home is literally where the heart is, whether at a highway truck stop off Interstate 75 or at one of the South Florida campgrounds, parks and resorts that are destinations for many RVers each year.

They arrive in condos on wheels, RVs

SEE RV LIFE, A14 ►

Watch your waist! It's Girl Scout cookie time

FLORIDA WEEKLY STAFF

Your waistline may not thank you for buying Girl Scout cookies, but the 7,100 or so Girl Scouts of Southeast Florida who are selling them will.

This year, sales of the eight varieties of cookies run Jan. 18-Feb. 11.

Such favorites as Thin Mints and peanut-buttery Tagalogs and Do-Si-Dos will return, as well as Trefoils, coconutty Samoas, lemony Savannah Smiles, gluten-free Toffee-Tastic and the campfire-inspired S'mores.

Once again, the local council will participate in Cookies for the Military, in which customers can buy cookies by the case (\$48) or by the box (\$4) to be shipped to service women and men. Purchases can be made at any cookie booth or online, at www.cookies-forthemilitary.org.

Here's a little food for thought, courtesy of the Girl Scouts: In 2017, local Scouts sold 1,585,655 boxes of cookies, the most ever by the area council. That was up 3.2 percent over 2016.

The top seller sold 4,603 boxes; she sold

19,807 boxes over four years.

That's well above the per-girl average of 219 boxes, which was a 2.8 percent increase over 2016.

Here's something else: A \$4 box of cookies costs the Girl Scouts \$1.04, leaving \$2.96 for the organization. After other expenses, \$2.53 per box goes directly to the girls, scouting officials say.

For more information on this year's cookie sale, or to find the nearest cookie booth, call 561-427-0177 or visit www.gssef.org. ■

INSIDE



The Art of Dying

Gordon Chueng's work offers a new look at Old Masters. **B1** ►



Glassy lineup

A look at the season ahead at Benzaiten. **B4** ►



This new device ...

claims and aims to stop motorists from texting and driving. **A17** ►



Behind the Wheel

The potency of plugging in. **A5** ►

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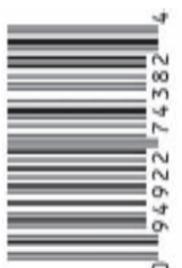
ROGER WILLIAMS	A2	BUSINESS	A17	COLLECTING	B2
OPINION	A4	REAL ESTATE	A21	CALENDAR	B6-9
PETS	A6	INVESTING	A22	PUZZLES	B17
HEALTHY LIVING	A11	ARTS	B1	CUISINE	B19



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COMMENTARY

Donald Trump's mirror



Donald Trump has provided a significant gift to the American people, and I for one am deeply grateful.

The Trump administration — the Trump adventure — is a finely polished mirror, a mirror somehow guileless and incapable of flattery.

We Americans love flattery. We love the mirrors that tell us we're the greatest, the most generous, the most ruggedly individual. That we were born with "equal rights," we ended slavery in a violent war, we "settled the West," we survived a terrible depression, we won World Wars I and II, we put the official stamp on "civil rights," we saved Europe and we saved the world.

We like to glance in a mirror that tells us: Hard work means success regardless of race, religion, background or (more recently) sexual orientation.

But that flattering picture is the image of the trick mirror. It isn't true, and not because it isn't the case. On the contrary, it is the case, more or less.

What's true, however, is different; the truth is nuanced and significantly thornier.

We are or we can be all those things we prefer to see in the American trick mirror. And we can even claim we rejected racism and sexism by electing the first

black president and — in the popular vote, at least — the first woman president in the history of the United States, in 2008 and 2016. Didn't we? Well, almost. Let's call her the ghost president.

Those are facts. But in the last 18 months and thanks to Mr. Trump, Americans have been better able to see the truth about themselves, and not just our favorite facts. In the long run that can only bode well. Better to know than not know.

The truth became evident again last week when Mr. Trump questioned the need to welcome any immigrants from "shithole" countries — Haiti, El Salvador and the 54 nations that exist on the African continent, inhabited by more than 1.2 billion people stewing together in a mix of races, religions, cultures, languages and ambitions that almost defy demographics.

He compared them to would-be immigrants from Norway, with less than 6 million prosperous people — 2.5 million less than live in the five boroughs of New York City — 95 percent of them Norwegian by birth and history and the rest either European or "other" (2 percent). In other words, Mr. Trump compared a people snow white from their nose to their toes to Africans, Haitians and Salvadorans, who are not.

Let's pretend for a moment that the comparison Mr. Trump made was merely pragmatic, not racist.

In practical terms, for example, is Haiti a shithole country?

Some 35 percent of Americans, those

who continue to support Mr. Trump, think so. They began to defend his statement in social media posts with vigor and a logic that went like this: One, Haiti is a shithole so Trump is telling the truth and the liberal media is slanting it; and two, we are not racists for saying so.

Practically speaking, they're right. The economy of Haiti is in a shambles, corruption is widespread, the government is ineffective, the island is besieged by natural calamities and crime is high.

El Salvador can be described in similar terms. Africa? Those terms don't work for the massive continent, but for some countries, yes.

But the truth lies far from such facts. The truth is, Haitians have as much courage and grace as anybody on the planet, and so do Salvadorans, and so do Africans, including the North Africans.

I know some of them, Americans living and working to establish lives of opulence, security and opportunities for their children the rest of us embrace.

But the people I know send money back to their relatives. Do you and I send money to individuals whom we owe nothing? They go back in the middle of disasters and try to save family members and friends. They rebuild little villages and towns where they grew up, start schools, establish systems that provide clean water, invite their families to see this "shining city on the hill," a phrase we other Americans have proudly used to characterize ourselves.

Here's the funny thing about the mirror: Ireland could have been described

in exactly the same way Mr. Trump and a third of Americans see Haiti, now — as a shithole, a place from which 4.5 million Irish immigrated to the United States between 1860 and 1930. England, too, with many other European places. And Asia? Well, of course, from the Koreas to the southeast, and from India to China to Japan. Shitholes all.

During the Great Famine in Ireland, from 1845 to 1852, 1 million people starved to death — not just from the potato blight but from the policies and laws of the British, who attempted their extermination. That's 1 million human beings on a single, little island. No wonder they came.

For centuries in England, people were burned, hung and decapitated, their heads mounted around city gates and city centers if their politics, religion or daily behavior didn't suit the powers that were. No wonder they came.

Similar conditions existed at one time or another in all the major European countries and Russia and Asia, as well. And eventually their people — the lucky, the bold, the tough and enduring — made their way here. No wonder.

What this means becomes evident in the Trump mirror: First, we're looking at the reflection of a nation founded by shithole escapees, who brought so much energy and talent and grit. Second, without shitholes the United States of America would be nothing.

And finally, we can recognize this inarguable truth (thank you, Mr. Trump): A failure to understand is a failure to be truly American. ■



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Palm Beach Gardens Medical Center



JANUARY

COMMUNITY EVENTS & LECTURES



Smoking Cessation Classes

Wednesday, January 17, 24, 31 &
February 7 @ 5:30-6:30pm

Palm Beach Gardens Medical Center // Classroom 3

Palm Beach 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. A trained Tobacco Cessation Specialist will guide participants as they identify triggers and withdrawal symptoms and brainstorm ways to cope with them. The class is delivered over six, one-hour sessions.



Solutions to Hip Pain

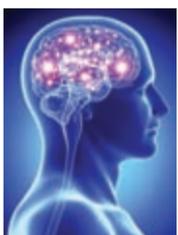
Lecture by Gavin Hart, MD – Orthopedic Surgeon
on the medical staff at PBGMC

Thursday, January 18 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

Join Dr. Hart as he explains his Anterior approach to Total Hip Replacement – designed as a more minimally-invasive, muscle-sparing technique than traditional hip replacement. These patients frequently experience a faster recovery, which allows them to return back to their active lifestyles.

Light dinner and refreshments will be served. Reservations are required.



Epilepsy Support Group

Monday, January 22 @ 6-8pm

Palm Beach Gardens Medical Center // Classroom 3

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

Reservations are required.



Better Breathers Club featuring Dr. De Olazabal JR, DO

Jose De Olazabal JR, DO – Critical Care
Medicine Doctor on the medical staff at PBGMC

Wednesday, January 24 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

Palm Beach Medical Center is teaming up with The Better Breathers Club – a welcoming support group for individuals with COPD, pulmonary fibrosis and lung cancer, as well as their caregivers. Led by a trained facilitator, these in-person adult support groups give you the tools you need to live the best quality of life you can.

Light dinner and refreshments will be served. Reservations are required.



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Thursday, Jan 18 @ 9am-1pm

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OPINION

Tweety Bird Trump



bobFRANKEN

Special to Florida Weekly

Tweety Bird Trump is at it again. Actually, he never really stops. I'm referring, of course, to President Tweety Bird Trump. One has to show all the due respect, and that is all I can muster. So Tweety is pecking away as he starts off the New Year with his Twitter bombast bomb blasts.

Most of his output is the routine ridiculous stuff: He suggests that another political opponent — in this case Huma Abedin, who has been attached at the hip to Hillary Clinton her entire adult life — should be jailed for her sloppy handling of classified emails, at least in President Tweety Bird's mind. He also takes credit for the significant aviation achievement that there were no commercial airline fatalities in 2017. Of course, he had little to do with it.

And then there's his running trash-talk battle with North Korea's Kim Jong Un, who would be a clown, except for the fact that he's developing a nuclear arsenal that threatens world annihilation if not expertly finessed. Tweety obviously is not a finesse kinda guy. He ridicules the North Korean tyrant by calling him "Rocket Man."

They're well-matched, and it's not just their small, pudgy hands. They both have fragile egos that they try to cover with bluster. So when Kim makes a speech taunting the United

States by saying, "The nuclear button is always on my desk," Tweety Bird Trump can't resist: "Will someone from his depleted and food starved regime please inform him that I too have a Nuclear Button, but it is a much bigger & more powerful one than his, and my Button works!"

Besides the fact that Tweety is once

again displaying that he's always very insecure about size, he's also playing with fire at the very moment Kim also was hinting he might be willing to lower the temperature just a tad.

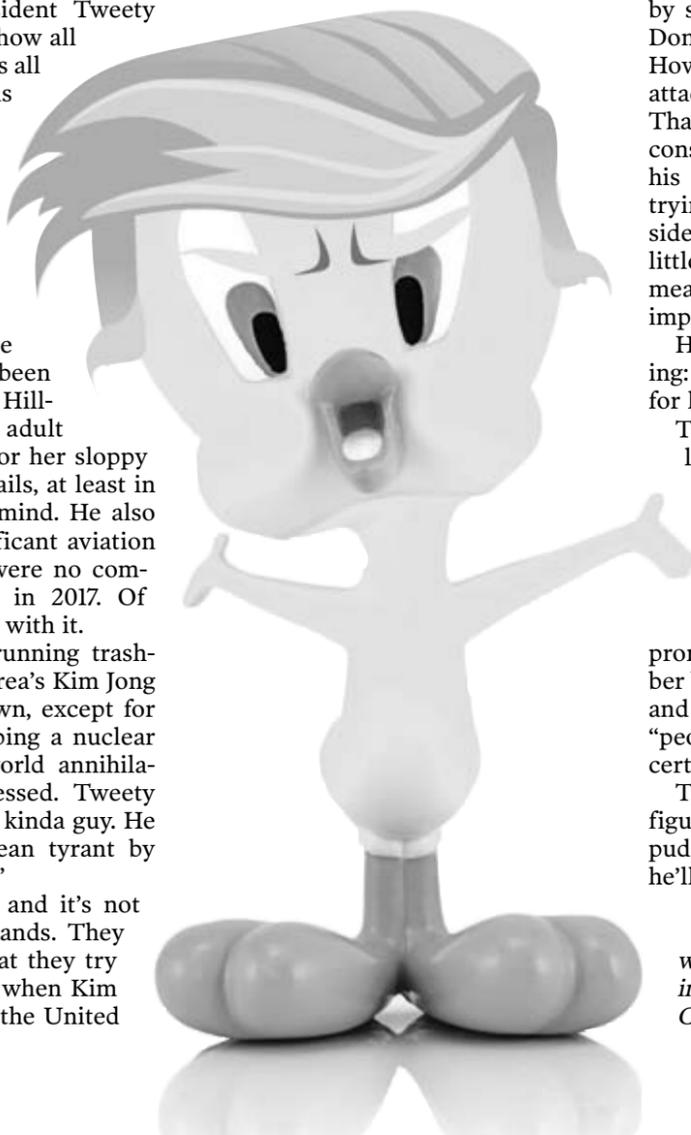
Maybe the Trump belligerence is part of an "Art of the Deal" scheme. I know ... let's do like everyone else and search for clues in his 1987 bestseller "Art of the Deal." Yes, it was written by someone else with little input from Donald Trump, but let's look anyway. How about this quote: "I never get too attached to one deal or one approach." That might explain why Tweety Bird constantly contradicts himself. It keeps his adversaries off balance as they're trying to bargain with him. The other side of that is that his word means very little because he can't be trusted to mean what he says, and has little or no impulse control.

Here's another insight worth pondering: "You can't con people, at least not for long."

That's the thing: His base, those millions of people who were conned into thinking he'd be their champion, should have figured out from his actions that he was blatantly ignoring the reasons that alienated them in the first place. Instead, he has constantly promoted the interests of the same robber barons who have cheated the system and obliterated economic fair play. If "people will eventually catch on," they certainly haven't yet.

That other Tweety Bird, the cartoon figure, always exclaims, "I tot I taw a puddy tat." When he looks at Trump, he'll say, "I tot I taw an autocrat." ■

— Bob Franken is an Emmy Award-winning reporter who covered Washington for more than 20 years with CNN.



Yes, take Oprah seriously



richLOWRY

Special to Florida Weekly

If Hillary Clinton could deliver a political speech half as effectively as Oprah Winfrey, she might be president today.

The actress, media mogul and erstwhile queen of daytime TV gave what, if she ever becomes president, will be known to history as the Golden Globes Address. The first de facto convention speech ever delivered at an awards show, it brought down the house and predictably stoked talk of Oprah 2020.

In the era Before Trump, this would have been risible. Once upon a time, military service, political experience, a policy portfolio and national-security chops were mandatory to plausibly run for president. That time feels like a long time ago.

What Donald Trump proved is that a celebrity with charisma, performative ability and gobs of free media can, in the right circumstances, stomp conventional politicians who lack all three. People who were merely governors and senators, who had never really performed on

a big stage or truly mastered the media (they were just politicians, after all), stood at a distinct disadvantage.

A common cold-water argument against Oprah running is that Democrats will want the opposite of Trump in 2020, an experienced, boring politico who's well-versed in the issues and a reliably competent executive. This line works on paper. Republicans said the same thing about Barack Obama, who prior to 2008 had come as close to genuine celebrity-hood as a working politician can get. Yet Donald Trump succeeded where the worthy, earnest, managerial Mitt Romney failed.

On the current trajectory, what Democrats will most need in 2020 is someone with a big enough personality that Trump can't diminish and negatively brand him or her. This is what he did with the rest of the Republican field and Hillary Clinton in 2016, and he easily could do the same against "Pocahontas," aka Elizabeth Warren, and "Crazy Bernie" Sanders.

Oprah, used to commanding a massive microphone and managing a matchless brand, might be relatively immune to this treatment. She'd be the empathetic healer, the advocate of abused women, running to make history in the shadow of the civil-rights movement.

If, that is, she's truly interested. Even the best campaigns have down cycles and bring humiliations of the sort celebrities usually avoid. Why would Oprah, who at the moment never has to encounter anyone who isn't in awe of her, want to sign up for that?

Half the country would, by definition, begin to dislike her. She would have to fight with that part of the Democratic base committed to Bernie Sanders and suspicious of her as a Hollywood billionaire. She'd experience something that she's never truly had to encounter: negative press.

For the first time, she wouldn't be completely in control of her own image. She'd have to answer for her promotion of kooky products and theories over the years, and open up more about a private life that has been almost entirely shielded from public view. If Oprah ran and lost, she'd become a failed presidential candidate and could presumably never quite return to being Oprah Winfrey again.

In short, there are compelling reasons for her not to make the plunge. The inherent absurdity of the idea is not one of them. ■

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

BEHIND THE WHEEL



The potency of plugging in



mylesKORNBLATT
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The plug-in hybrids have an interesting allure. They are built with gasoline engines that can power a car all on its own, and they can also be plugged in so that batteries can save enough juice to be a pure electric machine over urban-sized distances.

This balance even comes with some nice breaks, including \$4,000 in tax credits and the use of I-95 Express Lanes without paying a toll (after registration). It's even a good way to get preferred parking. After all, many electric vehicle charging stations are becoming some of the sweetest spots at shopping centers. Although be on the lookout "occupancy" fees for charged vehicles — a trend that will likely increase as plug-in hybrids become more popular.

It's surprisingly easy to get to this level of green. Cars like the Toyota Prius Prime and upcoming Hyundai Ioniq Plug-in are great contenders because they offer good pure electric range, good build quality and if optioned correctly, both can fall below \$25K after tax incentives.

While those are specially built budget hybrid machines, the segment does not end there. We're getting a growing trend of incognito green machines that look like their more conventional siblings.

The Ford Fusion Energi was one of the first to try this. While it seemed more of a novelty when it debuted a half-dozen years ago, a recent refresh and constantly lowering of the base price (now under \$30K after tax credits) has made it something to reconsider. Today it can go about 20 miles as a pure electric machine or a bladder-busting 610-mile total range long haul — that seems like real utility in a family-sized package.

But before anyone runs out to buy a Fusion Energi just to go from Naples to Atlanta on one gas/electric fill-up, there are some things to remember. First, the air conditioner that's so necessary in Florida will cut deeply into EPA range ratings, especially during all-electric driving. Also, regenerative braking means these hybrids get their best mileage in the city.

It's also good to beware of cars using electrification for performance. In the Mini world, an "S" is about adding extra

power. For example, the regular Cooper Countryman All4 comes with a 134 hp 1.5-liter turbocharged three-cylinder motor. The Cooper S model adds an extra cylinder and a 41 percent jump in horsepower.

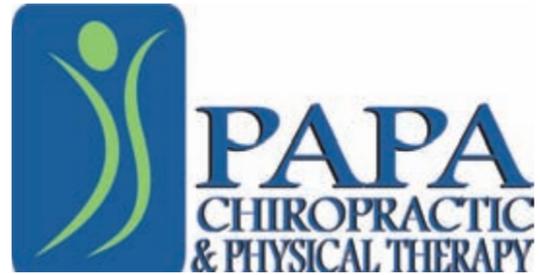
The nomenclature gets a little different for the plug-in SE model. It comes with the base 134 hp turbo, and it's now supplemented by an 87 hp electric motor. The combined total makes the SE more powerful than the S model, but there's a catch.

The Countryman SE really needs owner participation. If it never gets plugged in, the hybrid relies almost solely on the base-level gas motor. Plus, the electrification equipment adds a hefty 405 pounds over the standard Cooper Countryman All4. So, without battery power, one of the most powerful Minis available now feels like a base model with two adults and a child permanently along for the ride.

Not only do the battery packs add weight, but they have to be placed somewhere in the vehicle. For example, the Fusion Energi gives away a substantial amount of its trunk space. The Mini wisely doesn't infringe on the cargo utility of this hatchback, but it does shrink the fuel tank to under 10 gallons. That gives the SE an EPA maximum range of 270 miles — 133 less than the standard Countryman.

The most interesting plug-in frontier might be in people haulers. After all, the short trips of an EV are defined by daily school runs and neighborhood soccer practice. Chrysler's Pacifica Hybrid trades in the second-row floor storage for battery housing. So, it doesn't intrude on the main cargo area of the fuel tank. Plus, the V6 gas motor offers decent performance without electric charge. And when it's fully juiced up, the hybrid beats the standard version with up to 40 percent better fuel economy and an extra 152 miles of range. Electrifying a Pacifica costs \$7,400 extra, and it's probably no coincidence that this currently qualifies for a larger \$7,500 tax credit to ease the burden.

Plug-in hybrids have an appeal because they're environmentally friendly EVs for short trips as well as gas-powered cross-country haulers. However, the dual-power versatility comes with sacrifices. This is a topic we are going to have to keep revisiting as the utility goes up and the prices go down. But for today, be clear about your needs before adding the spark of electricity to your gas-powered machine. ■



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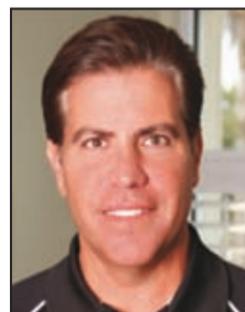
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PET TALES

Love the vet?

BY KIM CAMPBELL THORNTON

Andrews McMeel Syndication

My dog Keeper used to be a brown-and-white tornado on the exam table at the veterinary hospital. He's a nice boy otherwise, and I don't know what it was in his past life that made him fear being on top of the table, but it has always been a struggle for veterinarians to examine him because he's trying so hard to escape.

Lots of people have the same problem with their dogs and cats. Some animals are so fearful that they tremble, cry, defecate or throw up in the car on the way to the veterinary clinic. We are lucky that Keeper enjoys car rides and even going into the clinic; he just doesn't like being on the exam table. Nonetheless, I wanted to make veterinary visits more pleasant for him, not to mention easier on the vets and staff who had to handle him.

My fellow Pet Connection columnist Dr. Marty Becker has been concerned about this problem for a long time. It's what inspired him to found Fear Free, which trains vets, technicians and other animal professionals to recognize, reduce and prevent fear in animals who come to the clinic for care.

"Veterinarians love pets, and we want them to feel comfortable and loved when they visit us, but the strange sights and smells they encounter at the veterinary clinic can be a big turnoff and even frighten them," he says.

Keeper's veterinarian had already been using one Fear Free technique —



Once Keeper realizes treats are on offer, he forgets all about wanting to get off the exam table.

sitting on the floor — when he examined Keeper. The past couple of visits, I remembered to bring treats or to grab some out of the jar at the clinic, and they were a game-changer.

Last week, my husband set Keeper on top of the exam table, and he started to spin around like crazy, trying to escape. I started handing him treats nonstop. That got his attention — and kept it. The veterinary technician came in to take his temperature, and I'm not sure he even noticed. As long as I was holding treats, he focused on them and nothing else.

Keeper will eat anything, but Dr. Becker likes to offer something special. Speaking at the 2017 conference of the American Veterinary Medical Association, he said: "Food is currency in a pet's world. You've got to have really good treats. Pet-Tabs are a penny in a pet's mind, but they don't normally get hot deli turkey or bacon-cheese-flavored squeeze cheese."

For pets who are extremely fearful, preparation for veterinary visits can begin as much as a week in advance with what Dr. Becker calls "a magic carpet ride of pheromones." Spray or wipe down the pet's carrier regularly with the chemical concoctions that simulate the soothing substances mother dogs excrete or the markers that cats use to make a place or person feel familiar. Line carriers with fleece blankets that have also been treated with pheromones. That helps the car ride be less frightening.

We used another Fear Free technique on this most recent visit. I went inside to check us in while my husband waited in the car with the dogs. They didn't enter the clinic until an exam room was ready for them, so there was no sitting around in the lobby and allowing anxiety to build up.

I don't know whether Keeper will ever love being on an exam table, but it's sure a lot easier now to have him on one. As long as I remember to bring treats, I may no longer have to warn vets and techs to hang on to him so he doesn't try to flee over the edge. ■

Pets of the Week



>> **Rocky** is a 55-pound, 3-year-old male mixed breed dog that is looking for a fun, active home. ID#1887317.



>> **Bob** is an outgoing 3-month-old male kitten. He is at the shelter's off-site adoption display located at Paws on the Avenue in Downtown Lake Worth (525 Lake Ave., Lake Worth). Please call before visiting to ensure Bob is still available for adoption, 561-588-6533.

To adopt or foster a pet

Palm Beach County Animal Care & Control is at 7100 Belvedere Road, West Palm Beach; 561-233-1222 or www.pbcgov.com/animal



>> **Pierre** is a 10-year-old male gray and white longhaired cat that loves to be petted..



>> **Cumberland** is a 3-year-old female gray tabby that's shy at first, but warms up — she loves getting pets from her people.

To adopt or foster a pet

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. ■



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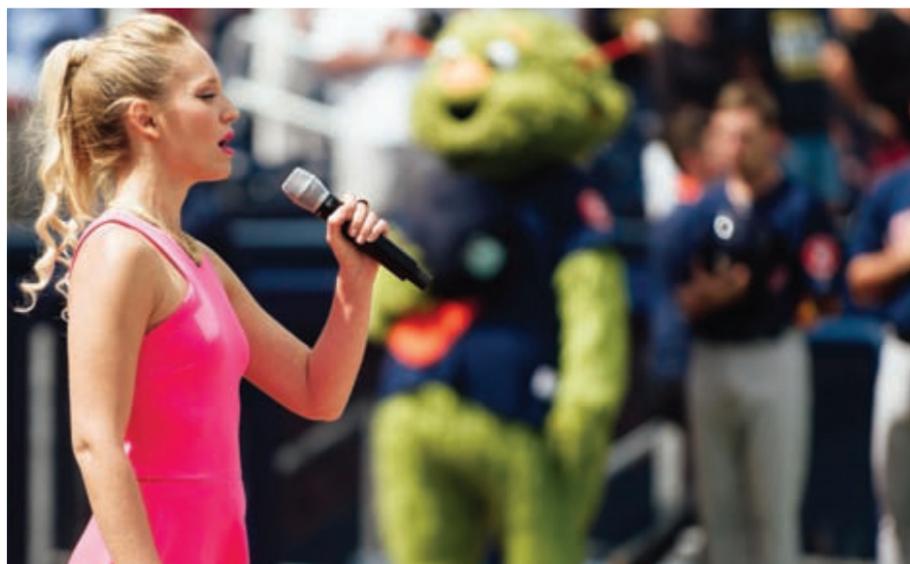
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Divorce Your Controlling Husband

You sometimes question "how can I be so unhappy when I'm married to such a charming and successful husband?"

But then you remember how he constantly puts you down in front of your family. How he belittles you and questions your intelligence. And how he constantly controls you, manipulates you, and prevents you from having normal relationships with friends and loved ones.

You're not a greedy person. All you want is to be happy, and feel appreciated in your life, and in your marriage. But you know deep down that this is never going to get better. Your husband is not changing. In fact, he's just getting worse.

Divorce is something you never thought you'd ever experience, but you know you must leave the marriage if you're ever going to have a chance at happiness. And you know now's the time. Your children have grown into adults and you're not getting any younger.

But at the same time you're worried. You don't know where to start, or how all this needs to happen. What you do know is he's going to make things difficult as you've seen how he's dealt before with others that have crossed him.

You feel all alone. Like a prisoner of your own circumstances. You're worried that nobody will see you and your situation for what it really is. At times, you feel like it will be impossible to ever get out of this unless you leave only with the shirt on your back. But it's not going to be that simple, as you need to secure your financial future. All of this makes you think about whether you should just put your energy into saving the marriage (again).

If you identify with this DRAMATIZATION you're likely married to a husband with a personality disorder. He's probably a Narcissist. If you've never heard this before you should take some time to read up on narcissism. Everything will probably start to make more sense.

Try your best to realize that you are not alone. Everyone, including you, deserves to be happy and feel appreciated. And just as you decided to do what ultimately led you to your husband, you can also make the decision to be free of him.

While your divorce will likely not be hassle free, there are some basic things you can learn that can minimize your husband's ability to make the divorce process harder than it needs to be.

Divorce Lawyer Christopher R. Bruce wrote a book specifically focused on helping women understand what he feels they "need to know" as they contemplate divorce from a controlling, manipulative, or narcissistic husband.

To get your free instant download of the book, go to this website: DivorceMyControllingHusband.com and fill out the online download form. When you request the book, you'll also have the option to get a free hard copy of the book mailed to you.

The book is free, but learning how to confidently approach divorce and move towards a more fulfilling life just might be priceless.

Christopher R. Bruce is licensed to practice law in Florida. His law firm, the Bruce Law Firm, P.A., has its main office located in West Palm Beach, and can be reached at (561) 810-0170.

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ON THE LINKS

Nicklaus muses on changes
at redesigned Ibis course

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It seems unlikely anyone has ever had more fun playing golf than Jack Nicklaus. We know all the numbers by now — 73 wins on the PGA Tour, 10 more on the senior tour ... overall, 27 major championships, including 18 and 7, respectively, plus a pair of U.S. Amateurs.



NICKLAUS

How much more fun can anyone stand?

But the game will outlast us all... even

Jack Nicklaus. He turns 78 on Jan. 21.

He says he hasn't played in a tournament since 2005 ... a real 72-hole tournament, that is, with a scorecard and a pencil. He doesn't count the Father-Son last month in Orlando, where he teamed with grandson GI, Gary's 15-year-old son, in a scramble format.

"We haven't used my tee shot in five years," the elder Nicklaus says.

But Mr. Nicklaus insists he's still having fun playing golf, and that you can, too. "You want to improve your score? Just move up to the next tee. You just have to find out where you can play and still enjoy the game ... just don't let your ego get in the way."

Jack Nicklaus was at The Club at Ibis on Northlake Boulevard recently for the traditional ribbon-cutting after he redesigned the Legend course. He had done the original layout 25 years ago.

"That was a 1991 golf course, we played with wooden woods, the balls and the shafts were different, too. Now we have a nice, modern 2017 golf course with 2017 golf balls and 2017 equipment."

The Legend can be set up at 6,900-7,000 yards for top players, 6,300 yards for amateurs, 6,000 for women and the over-70s. Nothing unusual here, just a newer, 21st century playground, one of three at Ibis by the Golden Bear and his cubs, making it the only golfing community anywhere with three courses by

Team Nicklaus. Jackie did the Heritage, Steve, the Tradition. Presumably, they will be updated soon, within the next five years.

"There was nothing here the first time," Mr. Nicklaus said, "It was an alligator farm. We had to create a golf course," on the edge of the Grassy Waters Preserve, the main city water supply for West Palm Beach. "We couldn't change the water because we don't own the water. This time, we had to make sure the housing was not the focal point" on each hole.

"It's nice to hear your applause before you play the course," he told the members and guests who gathered under threatening skies. His ceremonial tee shot was right down the middle, of course, "not far, but straight," he added with a smile.

And fun, too.

Four teams from Palm Beach County and one from Hobe Sound were among the six flight winners at the Leon "Pop" Sikes Team Championships during Christmas week at Atlantis Country Club. The alternate shots event drew 90 teams.

Included were Brian and Brant Peaper, Tequesta, Father-Son, pro division, gross, 139; Jim Rovezzi, Boynton Beach, and Jimmy Rovezzi, Lake Worth, F-S, amateur, net, 130; Tim and Mary Janiga, Wellington, Parent-Child, gross, 78; Carole Howison, Boynton Beach, and Ryan Howison, Jupiter, P-C, net, 68; Olin Browne Sr. and Jr., Hobe Sound, F-S, 142; and Bill Jr. and Luke Miller, Fort Wayne, Ind., F-S, amateur, gross, 145.

Zac Oakley of Bridgeville, Del., was the only multiple winner during the 41st season of the PGA Tournament Series at the PGA Golf Club in Port St. Lucie. He captured the second event at 136 on the Dye course and the season finale on the Ryder (132). Other winners were Danny Balin, Rye, NY; Daniel Iceman, Shelbyville, Ind.; Bob Sowards, Dublin, Ohio; and Brett Melton, West Chester, Pa.

Luke Gifford of Boca Raton won the 87th Dixie Amateur late last month, scoring five under par 283 at Heron Bay GC in Coral Springs. ■

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Ministry, Tebow foundation seek
formalwear for Night to Shine Prom

Through the Roof ministry at the United Methodist Church of the Palm Beaches will host its third Night to Shine Prom in conjunction with the Tim Tebow Foundation.

More than 100 local teens and adults with special needs will attend the prom.

Because this will be the first formal night out for many, organizers are accepting donations of formalwear for prom guests.

The event is free for attendees.

Organizers are accepting donations of evening wear in good repair for women, (especially in larger sizes), and tuxes, suitcoats, dress shirts and pants for men. Contributions of accessories, such as evening bags and dress shoes, are welcome.

Donations are being accepted from 9 a.m. to 4:30 p.m. Monday to Friday until Jan. 30, at the United Methodist Church



PHOTO BY WORDSMITH COMMUNICATIONS
Fred Teets pins a boutonniere on a guest at the Night to Shine Prom.

of the Palm Beaches, 900 Brandywine Road, West Palm Beach.

To make other drop-off arrangements or to help underwrite the cost of the event, call 561-687-5411. ■

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GAIL V. HAINES / FLORIDA WEEKLY

HEALTHY LIVING

When a loved one strikes out at you? Take a deep breath, respond slowly

lindaLIPSHUTZ

llipshutz@floridaweekly.com



"Mom, I can't believe you're not coming to Cleveland to help babysit. You know the nanny just quit and work has been a nightmare. All you care about are your Florida friends and your yoga classes."

Evelyn was stunned. "Carly, how can you say that? My Florida friends and yoga are not my priority. I resent that you would say that."

"Well, Mom, that's how I feel. You don't think about us at all."

Evelyn tried to defend herself: "Carly, you know I haven't been feeling the greatest since my surgery, and the cold up north goes right through me. Besides, I just spent three weeks with you in September. Doesn't that count for anything?"

"There you go! Keeping score. Yes, you came in September. But you always like to get out of the Florida heat in September. I need you NOW. You're incredibly selfish."

This was too much for Evelyn to take: "Look who's talking about selfish? Did you show any concern when I had surgery? My friends found time to visit me. But my own daughter couldn't be bothered."

Evelyn knew she'd upped the ante to a precarious place. Criticizing Carly about even the smallest things invariably led to screaming matches or stony stand-offs. Carly had recently separated from an explosive marriage, and was exhausted, working overtime to make ends meet.

From Evelyn's perspective, Carly seemed to think that Evelyn lived a life of leisure in Florida, and that Evelyn should drop everything whenever Carly needed her. It didn't seem like Carly had any consideration for the fact her mother had experienced health issues and wasn't feeling up to helping. Evelyn wanted to have a close relationship with her daughter, but it seemed like every time she tried to communicate with Carly, things got worse.

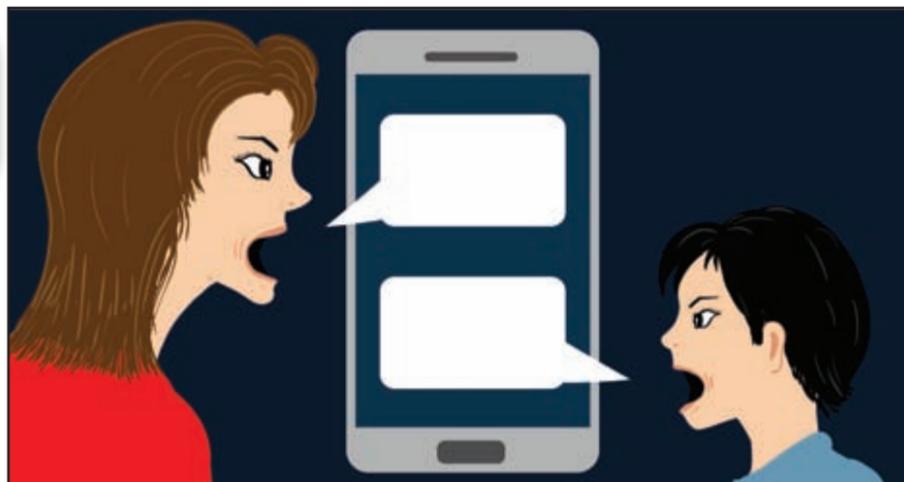
Let's face it.

None of us feels very good when another person points out our flaws. We may become embarrassed or ashamed — or much of the time, downright resentful.

So understandably, in the face of another person's wrath or criticism, many of us behave defensively: we may vociferously discredit everything the other person said, shrink away or decide to viciously counter-attack.

While we may say that we're truly open to hearing from the other person — and might claim we'd like her to feel comfortable in speaking up — in actuality it's not an easy position to be in. Instead of listening carefully and possibly acknowledging that the other person may be making a fair point, we may instead put up a wall and get defensive.

According to the Gottman Relationship Institute, "Defensiveness is defined as self-protection in the form of righteous indignation or innocent victimhood in an attempt to ward off a perceived attack. Many people become defensive when they are being criticized, but the problem is that its perceived effect is blame. Defensiveness



is really a way of blaming your partner. You're saying, in effect, "The problem isn't me, it's you." As a result, the problem is not resolved and the conflict escalates further."

This knowledge can guide us to be more effective in the face of negative feedback. We can learn a different way to rein in our defensiveness and to defuse polarized conflicts.

The heated exchange in the fictionalized vignette above highlights these very principles. Many of us can identify with Evelyn's frustrations and might view Carly as a demanding, spoiled brat. We might even have rallied Evelyn to attack back, or certainly to slam down the phone. However, we know that Evelyn's goal is to be a support and to maintain a close relationship with her daughter at a very trying time.

In this highly charged emotional field, both women were so busy defending their own positions, that they lost an important opportunity to offer emotional support to each other.

In the face of criticism from someone we care about, it behooves us to take a deep breath, settle our emotions, and to acknowledge that we know the other person is upset, and that we'd like to understand what's bothering them.

What might Evelyn have said in the face of such a vitriolic attack to defuse the intensity? It's quite possible that if Evelyn acknowledged that she understood how stressed and unhappy Carly is and showed her willingness to listen supportively, without judgment, that Carly might have softened her stance and become more receptive.

Let's consider the effect if Evelyn had said: "Carly, I see how upset you are with me. Can you tell me more about how you're feeling right now?"

And, if Evelyn restrained herself from escalating in a retaliatory way and then acknowledged that she could imagine that from Carly's perspective, it might seem like Evelyn was not showing care nor a willingness to assist her daughter at a trying time, Carly again might hear that her mother is engaged in trying to really understand how upset she was.

Many of us worry that we are inviting more negativity or harsh complaints if we ask the upset person to explain herself. However, quite paradoxically, when we demonstrate we are open to hear the other's complaints without judgment, we oftentimes disarm the hostility and may open a collaborative supportive conversation.

According to Dr. David Burns, a renowned author and psychiatrist: "Intimacy requires the humility and the willingness to examine your own failures in your relationships. This can be painful because feelings of shame get in the way, especially where we care about the person who's criticizing us and we

sense that her criticisms are true. We don't want to hear it.

"So, instead of listening and acknowledging the truth in the criticism, we put up a wall and get defensive. We tell ourselves that the other person doesn't know what they are talking about. Of course this annoys the other person, and she intensifies her attack. What might have been a golden opportunity for intimacy simply becomes an endless battle of egos." ■

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

Ask the Health & Beauty Experts



ACUPUNCTURE HEALTH AND HEALING

Christy Bongiovanni
Acupuncture Physician
Diplomate of Oriental Medicine
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Acupuncture for Fibromyalgia and Chronic Fatigue

Question: How can Acupuncture help with my fibromyalgia and chronic fatigue?

Answer: While fibromyalgia and chronic fatigue syndrome are considered to be separate disorders, they often are linked due to the common symptom of severe fatigue. Our bodies desperately need restorative sleep. The body needs to recharge to operate optimally. Sleep is an often-overlooked aspect of health, wellness and success. Proper sleep improves immune responses, which helps you heal faster and be more productive.

Those suffering from fibromyalgia, a condition mostly affecting women, may experience a wide range of symptoms, including severe fatigue, pain in at least 11 out of the 18 specific points on the body, stiffness, aches and muscle tenderness, as well as sleep disorders, anxiety and digestive troubles.

In addition to effectively treating the painful symptoms associated with these conditions, Acupuncture and Chinese Medicine can address the root cause of the underlying imbalance while improving energy and sleep cycles. Putting an end to the vicious cycle of discomfort, anxiety and possibly depression brought on by fibromyalgia and chronic fatigue. With acupuncture, natural herbal formulas, dietary and calming exercise recommendations, health and wellness can be achieved.

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RV LIFE

From page 1

that range from all-in-one motor coaches to fifth-wheel and bumper-pull trailers filled with the recognizable trappings of home life: cats and dogs, comfy sofas, keys hanging by the door, air fresheners that smell of Christmas, showers, stoves and cabinets, even some with washers and dryers, albeit usually on a relatively small scale.

"Home is where we park it," says Joe Masiello, who lives with his wife, Donna, in their Montana High Country RV trailer year round. Their stops over the last year include Virginia, Tennessee and Lee County.

RVers come from nearly any place in the U.S., including Alaska. Many are seasonal residents from Midwest or Northeastern states. While their ages, often in their 60s and 70s, make them part of the baby boomer or earlier generations, they also include what some RVers and resort managers say they have observed is a growing number of families with children.

Although there are no official counts of who lives life on the road for what periods of time, most are considered to be part-time RVers, such as those who spend a clement winter in South Florida before rolling back north to fixed residences. A growing number of others live life full-time on wheels, possibly keeping a home base or post office box somewhere, while running their business from wherever they are or traveling as "workampers": going from job to job or volunteer position throughout the year.

The Masiello's routine for several years has been to travel from a campground in Virginia to enormous Amazon.com warehouses, where they work a seasonal job with hundreds of other RVers over the holiday shipping season, this year in Murfreesboro, Tenn. Finally, they travel on to the Army Corps' W.P. Franklin Lock & Dam park and campground in east Lee County outside Fort Myers.

Here until April, they and other volunteers make the rounds at public schools to teach the Corps' water safety courses, featuring Bobber the Water Safety Dog, for prekindergarten through fifth grade kids. In exchange, they get a place to park and hook up to amenities for the season.

The Amazon job is their main source of income for the year, and it is hard work. A company spokesperson, Brenda Alfred, said it hires "hundreds" of seasonal workers through its CamperForce program for RVers. For three to four months ending on Dec. 23, they work at four huge warehouses, which range in size from 800,000



EVAN WILLIAMS / FLORIDA WEEKLY

Donna Masiello and her friends Richard Beck and Linda Beck at the Masiello residence. The Masiellos volunteer teaching water safety to students in Lee schools in exchange for the lot and amenities at W.P. Franklin Lock & Dam.

to 1,000,000 square feet, which Amazon calls "fulfillment centers" in Kentucky and Tennessee. Workers are assigned to either pick, pack, stow or receive packages sent during the holidays.

Pay rates vary from \$10.75 to \$11.75 per hour and include a paid campsite, according to the company website. Workers are expected to be "open to working voluntary and mandatory extra hours"

with time-and-a-half pay for overtime. They are expected to "move large quantities of merchandise throughout a 10 to 12-hour day" in warehouse conditions that can range in temperature from 60 to 90 degrees.

Mr. and Ms. Masiello, who are 74 and 69, respectively, are also "one of Amazon's love stories" she said. They met working at one of the warehouses in 2013.

"That same day Donna started," Mr. Masiello recalled, "I just kept looking at this good-looking girl and going mmhmm — and the rest is history."

Ms. Masiello, who grew up in Pittsburgh, Pa., and had past experience in RV traveling before meeting her husband, said the life has allowed her to see the U.S. and learn about its history at places where they stay such as Grey's Point Camp in Topping, Va., on the Rappahannock River.

"I was a gypsy," she said. "I always wanted to see everything and never could ... I got to see all the states, practically, so it's been great."

The couple hopes to break from their yearly routine in coming years.

"We'd like to get out West and visit the rest of the country," said Mr. Masiello, who is their designated driver with his past experience behind the wheel of a semi-truck.

Richard and Linda Beck, the Masiello's fellow volunteers and friends at the Franklin Lock campground, are retirees who live in their RV for four months per year here before returning to their home in Strasburg, Ohio. They find the volunteer work rewarding, teaching kids lessons that can save their lives, and the weather here isn't bad either.

"It's nice to leave the cold weather in Ohio and come down here where it's nice and warm," Ms. Beck said.

■ ■ ■

FOR SOME, RVING IS ENTIRELY A LIFESTYLE choice, while for others it can also be a way to save money on rising housing costs while offering a unique chance to see the countryside and meet fellow travelers.

"I can see the state of Florida anytime I want and bring my home with me or anywhere in the country for that matter," said Debi Bartnik.



COURTESY PHOTO

Top: Scores of RVs were on display at the 2017 Florida RV SuperShow in Tampa. Above: Shoppers checked out the trailers. The trend: RV sales nationwide have gone up dramatically since the Great Recession, according to the Florida RV Trade Association.

She and her husband, a retired law enforcement officer named Terry, sold their Florida home in 2012 and since then have lived full-time in their RV. "And it's affordable. The people are amazing that you meet. We've met everyone from an astronaut to engineers to military, it's an amazing lifestyle."

The Bartniks, who were parked at Jetty Park Campground in Cape Canaveral in early January, run an antiques and estate sales business, Atlantic To Gulf Estate Services, out of their 36-foot Tiffin Allegro.

Also along for the ride: their 14-year-old Scottish terrier, Koko, who is enjoying Jetty Park.

"Here she gets to run, chase squirrels, she loves it, she absolutely loves it," Ms. Bartnik said.

They regularly attend shows such as the West Palm Beach Antiques Festival on the first weekend of every month. The biggest show of the year is coming up on Feb. 2-4, Ms. Bartnik said. They have also stayed at Jonathan Dickinson State Park near Jupiter.

She gives RV life a good review, "9.5 out of 10," subtracting a half point for lack of space.

"You have to be able to live with your spouse in an enclosed space," she said. "There's no door to slam if you get mad. This is what I always tell people if they say I don't know if I could do that: 'If you like cruising, and you don't mind being on a cruise, you may like this lifestyle.'

"I'm originally from Long Island and I'm an Italian cook so what I had to get used to is the cooking, the limited amount I could cook at a time."

To get mail, Ms. Bartnik said they have a post office box on Merritt Island, but most parks have mail service for RVers as well.



THE RV INDUSTRY HAS GROWN DRAMATICALLY since bottoming out during the Great Recession, said Dave Kelly, director of marketing for the Florida RV Trade Association. The number of shipments of RVs from manufacturers to dealers in the U.S. dropped from 353,000 in 2007 to 165,000 in 2009, before growing each year. The count for 2017 is expected to be about 500,000.

"The whole industry is just exploding," he said.

In Jessica Bruder's 2017 book about people who live life on the road, "Nomadland," she reports on how the economy, including the rising cost of home ownership and rents compared to stagnant wages, has been a factor in pushing many towards living life full time in an RV or trailer, going from job to job.

Mr. Kelly attributes the increase to a lifestyle choice and the attraction of the "social aspect," being a part of a friendly community, and says that people who commit to selling their homes or leaving rental units and living full time in an RV without any home base are rare.

"But we're seeing more people we call 'extended timers,' he said, who go out on the road five, six, seven months out of the year or more.

"The internet and cellphones have just made it even more liberating, more freedom for people who do want to get out on the road," he said.

At Sanctuary RV Resort in Bonita Springs, which opened in 2014, 400 spots are sold out with people on the waiting list.

"That's not unique to us, either, that's everybody, all our competitors, too," said general manager Rebecca Troyer.

"The RV market is definitely on the rise in the whole country. Generally, it's baby boomers, and they are getting out of the cold weather. So instead of purchasing a home in our area they can try different areas before they decide if they want to purchase something."

The average age of those at the resort is



COURTESY PHOTO

The Collier-Seminole State Park campground offers 105 spots for tents and RVs. It fills up from Thanksgiving through April.



COURTESY PHOTO

Mike Gorrell, Paula Gorrell and cats Holly and Uno stay at Gulf View RV Resort in Punta Gorda.

59, which includes some younger families.

"We've had several campers who are homeschooling and they travel all around the country, and they've committed for like a five-year time span to go to every state and use it as part of their homeschooling," she said. "We've also found, too, that the couples that are younger can work from anywhere in the country, their job is like a work-from-home type of job."

At Collier-Seminole State Park on the southwestern edge of the Everglades, 105 spots are for RVs and tents, which allow stays of up to two weeks, also fill up during the busy season in South Florida from roughly Thanksgiving through April.

"We're definitely seeing a rise in visitation and an increase in size in RVs," said Terrance Torvund, the park's manager.

Many travelers pass through on a circuit of state campgrounds including Koreshan State Park in Estero and places such as Bahia Honda in the Keys, he said. Collier-Seminole also recruits a staff of 11 volunteers each year, typically RVers, who park there for about four months in return for their service.

"They help us maintain the park such as checking in campers, cleaning the bathrooms, greeting visitors and helping us with our resource management goals

such as clearing trails and moving exotics," Mr. Torvund said.



A LITTLE MORE THAN THREE HOURS AWAY from the Bartnik residence at Cape Canaveral, on a warm Monday evening in December, happy hour was just concluding outside Paula and Mike Gorrell's home at Gulf View RV Resort in Punta Gorda.

Inside their 33-foot Glendale Titanium camper, which Ms. Gorrell appreciates especially for its big drawers and closet space, lurked two cats, Holly and Uno. The couple and their neighbors had gathered outside in lawn chairs for a few beers, snacks, laughs and conversation, such as that night's college football championship game between Georgia and Alabama or RV maintenance. Mr. Gorrell, a retired electrician who worked in the construction industry, is able to do most of the repairs on their home himself.

He is originally from Reynoldsburg, Ohio, while his wife is from Grafton, Mass., and in their sliver of yard they have two flags planted close together, one for the Ohio State Buckeyes and another for the New England Patriots.

After they were married in the 1980s, their first RV, a 14-foot 1972 Shasta, was an affordable way to go camping with family. One of their favorite memories of RVing is traveling to the NASCAR races in Talladega, Ala., in the 1990s. They discovered Gulf View five years ago and found it so agreeable with its many activities and welcoming neighbors, they've been back ever since, driving down during the winter months from their home in Clinton, Mass. where they first met so many years ago as high school teachers.

For a free overnight stop on the way down, they prefer a truck stop where there is usually more activity going on 24/7, instead of a Wal-Mart or Cracker Barrel, which often allow RVers to stay if they follow rules of etiquette such as leaving after one night, not making a mess, and buying something from the store.

They often stop at a Love's truck stop a few hours away from Gulf View the night before, get a hot meal and some rest, and drive on to their winter destination during daylight hours.

"Comin' in in the dark's a bummer," Mr. Gorrell said.

While the Gorrells are not ready to sell their house and live in their RV full time, some of their neighbors are.

"Now you've got a bunch more people in this park who are selling their houses and going full time," he said. ■



"We're definitely seeing a rise in visitation and an increase in size in RVs."

— Terrance Torvund, Collier-Seminole State Park manager

COMMENTARY

Federation's young leaders take mission to Israel

BY JAIMEE BRAVERMAN KANAREK

Special to Florida Weekly

Too often we volunteer our time and financial resources without having the opportunity to fully experience or understand the positive impact our actions have on an individual or a community, especially when it is half way around the world. Last fall, the Jewish Federation of Palm Beach provided 23 young leaders a unique opportunity to experience an intense, immersive eye-opening mission to Israel.

Because I have been searching for my own role as a leader in the Palm Beach community, I was honored to co-chair this trip, which was opened to current participants and alumni of federation's Emerging Leadership Program ("ELP").

ELP is a 16-month program focused on empowering the next generation of local community leaders to advocate, lead social action and learn about our community. After eight years, ELP now boasts 100 alumni and current participants.

Many of my fellow participants had traveled to Israel on similar tourist-focused programs with the goal of building a connection to Israel and to Judaism. And while the mission's foundation reflected those principles, the goal of this trip had a more specific purpose — to see first-hand the impact of our leadership in Palm Beach County and federation — while at the same gaining insight into the complexity of this dynamic state.

We did not simply visit the historical sites, walk the streets and taste the foods of Israel, but immersed ourselves in the daily lives of Israelis. Our journey began in the Jewish Federation's partnership community, known as the TZAHAR region, which encompasses three northern cities — Tzfat, Rosh Pina and Hazor HaGlilit. These communities are located in the "periphery," where jobs, education and transportation are significantly less accessible compared to major hubs like Tel Aviv and Jerusalem. The opportunities for children are difficult and unemployment is high. Back in Palm Beach, we could only read about the communities' challenges, but actually meeting the faces in the pictures became a transformative experience that my fellow participants will not soon forget. In an instant, the faces in the pictures were not just faces, but people whom we now consider our friends; their concerns became our concerns.

Seventeen years ago, during my first



COURTESY PHOTO

Participants in the Jewish Federation of Palm Beach's Emerging Leadership Program visit Gaza during a trip to Israel.



Kindergarten students who descended from Ethiopian Jews bond in Ramla.



David and Jaimee Kanarek in Yafa, Israel.

visit to Israel, I spent exactly three hours walking the art district of Tzfat, a city known as the center of Jewish mysticism and Kabbalah (Madonna, for instance, is an annual visitor and Paula Abdul had her Bat Mitzvah in Tzfat). Years ago, my tour guide explained there was no reason to stay longer, but that was clearly not the case.

Over the last 30 years, Palm Beach County Federation has invested heavily in the region. Our involvement with this community has not just been about a monetary impact, but about the exchange of ideas between both communities. For example, seven years ago,

two Palm Beach ELP participants proposed that the federation's partnership region mirror Palm Beach's ELP program. Now, seven years later the region has two classes of ELP participants, emerging leaders in their own cities, all of whom welcomed us with open arms. Their unique stories about dealing with their challenges in their community opened a dialogue about how we can tackle our own struggles and be leaders in Palm Beach County.

From Tzfat, we journeyed to the town of Ramla on the outskirts of Tel Aviv, where thousands of Ethiopian Jews have immigrated over the years. We met kindergarten students, who welcomed us with artwork, traditional snacks and dance. On the outside, the class easily could have mirrored any Palm Beach County classroom, but inside was something very different. Many of the parents or grandparents of those 5-year-olds painfully journeyed across a desert through many countries so their children could live freely in Israel as Jews.

That same day, we met with federation's partner agency, The Jewish Agency for Israel, to test our skills in wheelchair basketball.

Why?

For a short time, we suddenly had the tangible experience of the challenges faced by people with disabilities. Thanks to the support from our federation and others, people with disabilities can play basketball and experience the comradery and connection we all yearn for. There is no question that this was a memorable few hours for everyone in the group. There was not only a newfound appreciation for all that we take for granted, but the game challenged us in ways beyond the physical. We were encouraged to think about how our own community could be more inclusive to individuals with disabilities.

During our mission, we also learned about the realities of Israel's security from Israeli Defense Force (IDF) commanders, officers and those on the front lines of peace talks.

We heard from a resident near the Gaza strip, as we noted bomb shelters all around us. She explained that in the early 2000s, her community would see up to five rockets a day — each time hearing a siren and racing to shelter — and then the number jumped to 20 times per day.

For this resident and for so many others, facing terror was more than escaping the daily fire plummeting from the sky, but dealing with the prolonged psychological terror of never knowing when or how many rockets would land in their neighborhood. Despite this, we heard about the humanitarian efforts made in Syria and in Gaza.

While it may not be the popular story to report in the press, every day, Israeli soldiers transport food to Syria and Gaza and assist with medical help. Every day, leaders in Israel make these difficult decisions rooted in good faith, in the face of a complex issue.

As one commander told us, "We do the right thing."

The theme of "doing right" was loud and clear — echoed by whomever we spoke with — whether it was on the border of Syria or near the Gaza Strip. It seemed so simplistic, but yet a concept that is too often overlooked. Each Israeli leader we encountered acted with this general core belief.

As we concluded our trip in Jerusalem, I could not help but reflect on the last 10 days.

For so long, I connected my religion solely on a personal level, but I realized that was simply not enough. Israel may be thousands of miles away, but she is an extension of the community that I share with my neighbors in Palm Beach County.

As I approached the automatic doors of Ben-Gurion Airport, I turned around for my last view of Israel and against the pitch black sky was the Israeli flag waiving proudly in the wind.

My grandparents were born into a world where that flag did not exist. Today, it is the symbol of a country and a people that continues to persevere and prosper. And I looked out across Israel's sky, tears came to my eyes. What now? How could I capsule what this trip meant? I thought to myself, perhaps by being a leader and never again disconnecting from Israel's example that I will forever carry in my heart. ■



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| A17

STOPPING DISTRACTED DRIVING

Device claims and aims to stop motorists from texting behind the wheel



BY MARY THURWACHTER

mthurwachter@floridaweekly.com

A JUPITER DAD FOUND a way to put the brakes on distracted driving and he already feels more comfortable knowing his teenage daughter will be safer behind the wheel.

“When you start looking up the statistics, it’s unbelievable,” says Antony Livingston, creator of a distracted driving device he feels certain will save lives.

“Distracted driving has taken over drinking and driving and speeding accidents,” he says. “It needs to be solved somehow.”

The National Safety Council reports that 1 in 4 accidents in the country are caused by texting and driving.

“Safety starts at home, and old habits die hard,” says Mr.

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 3. Jeremy Zubkoff and Adriana Gonzalez
 4. Jason McIntosh, Jenny Barboza, Greg Martini and Chris Keller
 5. Ken Ehrlich, Ashley Eagle, Hank VanWieringen and Maria Hupp
 6. Mathew Schwencke and Keren Terry
 7. Jerry Greger, Reggie Rock and J. Russell Greene
 8. Joel Kopelman and Michael Hoffman
 9. Nancy Wilkinson and Alexander Elles
 10. Natalie Eisen and Alex Woods
 11. Scott Santese and Matthew Hughes
 12. Sydnee Newman and Esther LaBorick
 13. Sean Dominck and John McGovern



GAIL V. HAINES / FLORIDA WEEKLY



COURTESY PHOTO

The device resides in a car's glove box. It cradles a cell phone, and once the phone is in place, the driver is allowed to text and talk only through Bluetooth features.

DRIVING

From page 17

Livingston, 48. "You do everything you can to protect your family, so why would you let them risk their lives over a text message? Our mission is to eliminate distracted driving and to convince future generations of drivers to put down their phones and make our roads a safer place for everyone."



LIVINGSTON

His impetus for the invention was being a father to a teenage driver (he has three older children as well).

"About four years ago, my wife and I were on a motorcycle and you get a much better vantage point from there," he said. "I noticed how many people were doing it (texting) and my two youngest stepkids were just starting to drive and it worried me."

His device is a cradle positioned in the glove compartment. To operate the car, the designated phone must be in the cradle. The car won't start otherwise, but the driver can still make calls through Bluetooth features.

If the phone is taken out of the cradle when the car is being driven, an emergency message is sent to the parent.

That's exactly what happened when Mr. Livingston's stepdaughter, Lilly, began to drive one of her dad's test vehicles.

"Originally, she was on board, really liked the idea," Mr. Livingston said. "That was until she realized that she was going to have to use it. She wasn't very good at abiding by the rules for the first few days. But she's fine now. She understands the importance of it. She'll be the first one to tell you, 'Oh, you should have seen this guy texting all over the road today.' She sees a lot more now that her hands are on the steering wheel and not texting because her phone is in the glove compartment."

"It took her two or three days before she stopped complaining about it or doing things she shouldn't be doing, like floating the phone off the dock. After a few days of that we threatened to take the vehicle away."

There are a lot of apps and features that try to prevent texting and driving

and all are easily bypassed by teens and those technically advanced, Mr. Livingston explained. "This is the only system that solves the issue."

The device sells for \$399 through the website. That price doesn't include installation, which takes less than an hour by a certified mechanic. It has a lifetime warranty once it's installed.

While that price seems high, Mr. Livingston said potential buyers could be reminded that they pay \$1,000 for smart phones these days. And, it's hard to put a price on the safety of our children.

"We have an agreement with Verizon, so there's no cost to anybody for two years. After two years, there's a small annual fee. We don't make any money off it after it's been sold."

He says his is the only device that's been approved through the FCC.

"It works flawlessly, which is nice," he said. "People can't believe it actually works and they've tried everything."

Mr. Livingston, who was born in Toronto but has lived in Florida for 11 years, says the device is not just for young drivers.

"We're finding from the market research now that it really does not matter what the age parameters are anymore," he said. "We used to say 15-25, but we have had women in their 60s text and drive. More people are willing to admit they do it."

Owner of Parallax Business and Management Consultants Inc., Mr. Livingston says he has been working on updating and upgrading a variety of technological devices for 20 years. He has not sought investors for the distracted driving device but is financing the project himself.

"We're pushing for national release by the end of this month (January)," Mr. Livingston. "It looks like it's going forward if we can get people to police themselves. We're going to the major networks, CBS and NBC, and we hope to have some spots through the Olympics. We are trying to negotiate to be one of the main sponsors for the new 'American Idol,' but we haven't closed that deal yet."

National ads may be viewed at www.distracteddrivingdevice.com. ■



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COURTESY PHOTOS

Mediterranean magnificence at The Medalist

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This grand Mediterranean-inspired 6,093-square-foot home was custom built at The Medalist Club by First Florida Development in 2007.

It has two floors, all concrete and CBS, with marble on the first floor and wood on the second.

The four bedrooms all en suite, with three half-baths as well. Master is on the first floor, along with a guest bedroom.

Also on first floor, is a wine cellar, open chef's kitchen with Wolf 48-inch gas stove with pot filler, two dishwashers and custom thick granite counters and a formal living room, as well as a family room.

It's an entertainer's dream, with brick and barrel wood ceiling wine cellar. There are lots of custom finishes to the highest standard and workmanship throughout this home.

The grand stairway is flanked by two antique Spanish maiden heads recovered from Spanish shipwrecks. It leads to the second floor billiards room, complete with half-bath, and a full wet bar made from a hot air balloon basket.

It has a custom tin tile ceiling, plus doors leading to the outdoor travertine patio. Also upstairs are two bedrooms.

This home has a spectacular infinity edge pool overlooking the lake in the backyard next to big screened-in outdoor patio room with outdoor kitchen next to private preserve. It is very peaceful. The three-car garage is under A/C, and it has a whole house generator and impact windows throughout. Equity membership in The Medalist Village is included in the purchase price.

Lang Realty has this majestic home offered at \$1,449,000. For private viewing, contact Listing Agent Dominick Terzuoli at 772-240-9055, d.terzuoli@langrealty.com. ■



MONEY & INVESTING



Cryptocurrencies have jumped shark — don't be lured to invest



ericBRETAN

estaterick@gmail.com

I think most people have heard of the term jump the shark. This phrase applies to a TV episode where crazy or far-fetched events are included that are simply gimmicks used to boost ratings. The phrase apparently came from "Happy Days," when in the fifth season the writers had Fonzie jump over a shark while water skiing, for no apparent reason.

I am bringing this up because, in my opinion, cryptocurrencies have now "jumped the shark" and are moving into absurdity.

What has caused this irrationality in the market and what does the future hold for these cyber moneys?

The source of this craziness is simple greed. When bitcoin jumped from pennies to close to \$20,000 per coin, I knew ludicrousness was not far behind. And I was not disappointed when on Dec. 21, a small iced tea brewer based in Farmingdale, N.Y., decided to change its name to Long Blockchain Corp. and change "its primary corporate focus towards the exploration of and investment in opportunities that leverage the benefits of blockchain technology." This is a company that has one expertise — brewing tasty iced tea. Yet it was now going to become a leader in cryptocurrencies. But even more insane is that investors rushed in to buy the company, and its stock price tripled overnight.

And how was LBC going to become a leading cryptocurrency company? According to management, the plan was to raise \$8.4 million by issuing new shares at these highly inflated price levels. It was then going to take this money and buy 1,000 Antminer A9 bitcoin mining machines and have them mine cryptocurrencies in a "Nordic country."

A day before the stock issuance was going to take place, LBC suddenly announced that it was scrapping its money-raising plans, with the reason rumored to be lack of demand for the

new issue. However, the company still insisted it was going to proceed to buy the new equipment (which analysts estimated would cost over \$5 million) although it "can make no assurances that it will be able to finance the purchase of the mining equipment" and it only had around \$400,000 of cash on its balance sheet. And on this news, the stock of LBC rose again.

Unfortunately, LBC was not the most outrageous example of a company "jumping the shark" with regard to cryptocurrencies. Eastman Kodak announced that it, too, was going to focus its attention on becoming a major player in the cryptocurrency field. Yes, the same Kodak that thought digital pictures were just a fad and that film was the future is now going to become a cutting edge leader in digital currencies. And once again, investors scooped up the stock, with it closing 100 percent higher after the announcement.

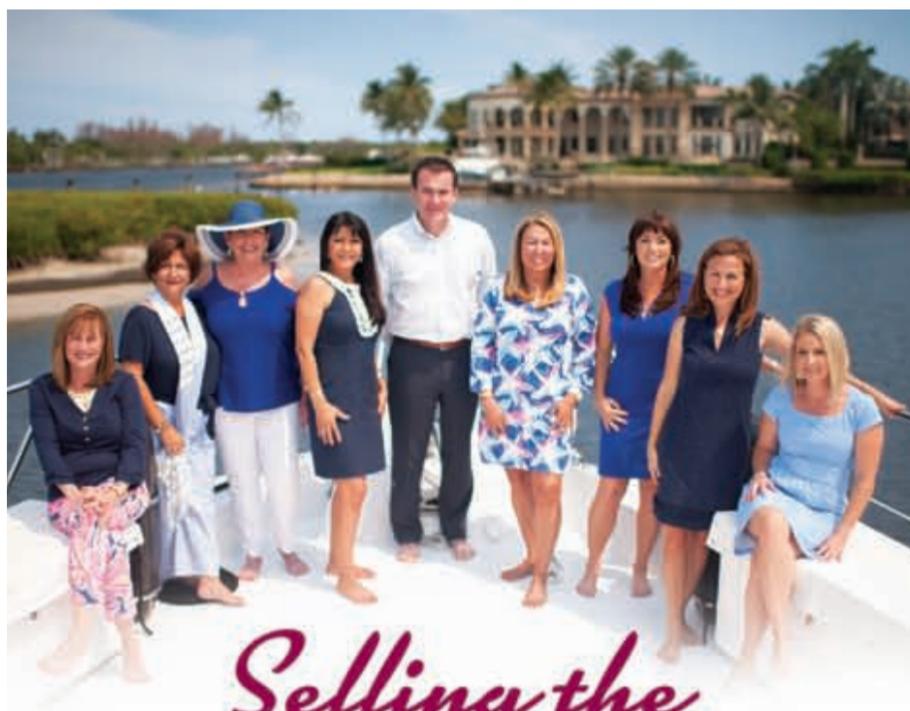
The plan announced by Kodak was that it was going to develop KODAKcoin, which can be used to pay photographers when an image they created is used commercially online. Why photographers needed to be paid with a different currency than the rest of the world as well as how these photographers could use these coins was unclear. But to some investors, I guess that really doesn't matter.

Going forward, I expect more companies to "jump the shark" and try to capitalize on this cryptocurrency mania.

My advice is to stay away from these stocks. Far away. This reminds me of the dot.com bubble when any company even remotely connected to the internet saw their stock price rise through the roof. And yes, a couple of those stocks like Amazon did end up becoming very successful, but the vast majority of them ended up wiping out investors.

And the same thing will happen here, too. ■

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



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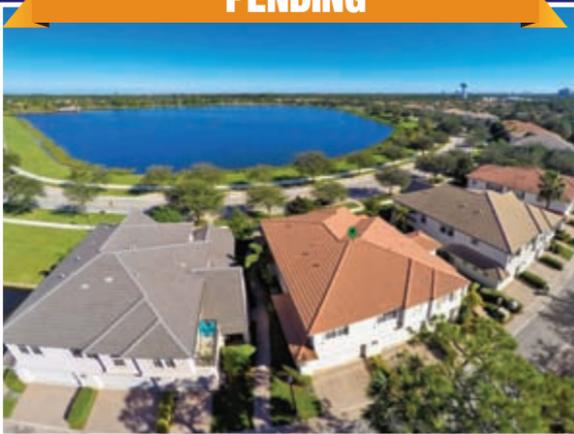
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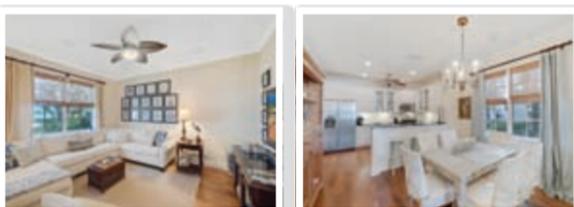
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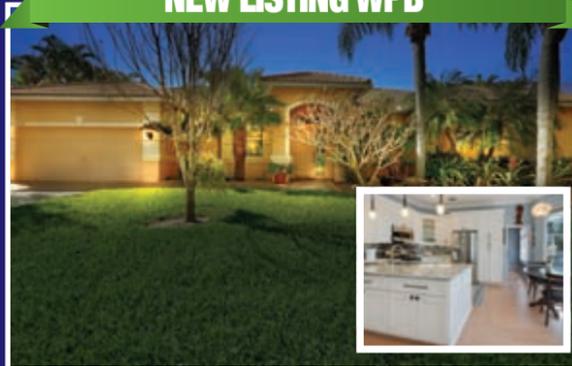


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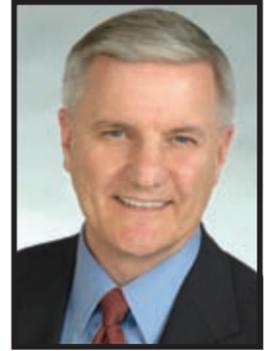
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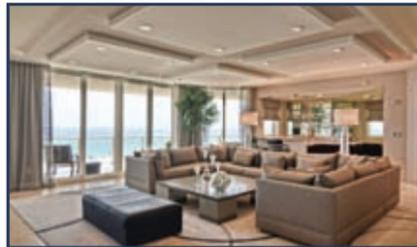
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2BR+DEN/2.5BA - \$1,375,000



Water Club 1603-S

2BR+DEN/2.5BA - \$1,350,000



Beach Front 1503

3BR/3BA - \$1,349,000



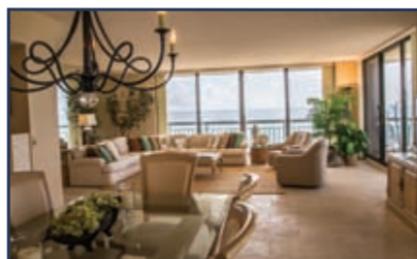
Ritz Carlton Residence 2506B

2BR+DEN/2.5BA - \$1,299,000



Ritz Carlton Residence 306B

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ARTS & ENTERTAINMENT

WEEK OF JANUARY 18-24, 2018

WWW.FLORIDAWEEKLY.COM

I SECTION B



The Art of Dying

Ann Norton show explores the work of Gordon Cheung

BY GRETEL SARMIENTO

Florida Weekly Correspondent

Life is a disappearing act. Despite its unforgiving, obliterating effect on animal and plant life, DEATH is a beautiful thing because it can be trusted. The memento mori artworks currently on view at the Ann Norton Sculpture Gardens say as much.

SEE CHEUNG, B13 ►

Double the fun: Nunziatas return to Colony

BY JANIS FONTAINE

Pbnews@floridaweekly.com

A lady once asked Will and Anthony Nunziata where they met: "The womb," Anthony quipped.

Maybe they made that up, but it speaks to who they are. Witty, high-spirited twins who don't take themselves too seriously.

Anthony was born first, so he speaks first. That's just the way it is.

"As a vehicle, 'Will & Anthony' is wonderful, and it's a blessing to share the stage with my brother, but there has to be more," Anthony said by phone.

The brothers — Anthony is a minute older — understand that being a twin is a novelty that will get them noticed, along with their good looks and athletic builds, but there has to be something solid underneath or people will see through it and eat them alive.

Fortunately, there is substance behind their style, and it will be on full display when Will & Anthony bring their new show to a familiar venue: The Royal Room at The Colony Hotel Palm Beach on Jan. 18, 19 and 20.

"We only do a few shows each year that are so intimate," Anthony says. The Colony's Royal Room is, arguably, a

perfect venue for the twins. With seating for only 100 or so guests, it's cozy, acoustically sound, beautifully decorated and comfortable for guests and performers.

The new show will showcase the brothers' latest project: An album called "The New Classics," which features mostly original material mixed with a few familiar favorites. The heavy lifting on the songwriting fell on Anthony's shoulders, a true labor of love. "I didn't tap in to my songwriting until three years ago," he said. But once he did, Anthony found it rewarding in a way that enhanced his love of performing.

SEE NUNZIATAS, B12 ►

HAPPENINGS



COURTESY PHOTO

"Chicago" will come to the Kravis Center Jan. 19-21.

Filmmaker Burns to speak at Four Arts

BY JANIS FONTAINE

Pbnews@floridaweekly.com

This is one of those good news-bad news announcements.

First the bad news: Author Delia Ephron, who was scheduled to speak at the Society of the Four Arts on Jan. 23, has had to cancel that appearance.



BURNS

Now the good news: Documentary filmmaker Ric Burns will speak instead. Burns, whose films include the Emmy winner "New York: A Documentary Film," "Death and The Civil War," which he made with his big brother, Ken, for PBS, and the Peabody-winning "Andy Warhol: A Documentary Film."

Mr. Burns' talk, "Seeing the Invisible World," is drawn from his best-known work, the Emmy Award-winning "Seeing the Invisible World: The Art of Filmmaking" and will use clips from his films to explain his creative process.

Mr. Burns' trophy case currently holds six Emmy Awards and two Peabody Awards. His portfolio also includes the films "Coney Island," "The Donner Party," "The Way West," "Ansel Adams" and "Eugene O'Neill."

The Esther B. O'Keeffe lecture featuring Ric Burns takes place at 3 p.m. Tuesday, Jan. 23, in the Gubelmann Auditorium at the Society of the Four Arts, Palm Beach. Admission is free for members, \$35 for nonmembers. For more information, call 561-655-7226; www.fourarts.org.

Three chances for Roxie

The unrivaled musical "Chicago," winner of six Tony Awards in 1997 and still going strong, is coming to the Kravis Center Jan. 19-21. It's easily the best musical to take place in a prison! With devious vixens aplenty including merry murderous Roxie Hart — their singing and dancing will surely steal your attention — this comic-drama set in the 1920s doesn't need any gadgetry or special effects to embezzle your brain for the evening. Showtimes are 8 p.m. Friday and Saturday and 2 p.m. Sunday, Jan. 19-21,

SEE HAPPENINGS, B18 ►

COLLECTOR'S CORNER

There's the thrill of the hunt, then there's the score



I've been going to antiques shops and shows all my life. When I was a kid, we'd head up U.S. 41 from Fort Myers to Sarasota — there was no I-75 back then. You'd drive through Punta Gorda, Port Charlotte and North Port before stopping at a couple of shops in Venice. North of Venice were the hamlets of Osprey and Nokomis, where there was a shop that had windows crammed with colorful Victorian glass — my lawn-mowing money didn't go very far there. From there, we'd drive to Sarasota for an elegant show at the Art Deco Municipal Auditorium. There, you'd see elegant porcelains, 19th-century English Staffordshire figures, furnishings dating from the early 19th century and booth after booth of sparkling cut glass and silver. My lawn-mowing money didn't go very far there, either. I still remember visiting Methuselah's, a Sarasota shop that was there for decades. It was filled with beautiful oak furniture from the United States and abroad. I walk through shows today to see pieces that would have been priced in the hundreds and the thousands back in the

1970s, but the markets have changed. Younger generations are not collecting the finery that people of my grandparents' and parents' era did. So that means some of the goodies that were priced in the thousands 40 years ago are priced in the hundreds today, and I very nearly could afford some of these goodies with my lawn-mowing money. Long ago, someone told me never to buy an antique as an investment, but rather to buy it because I liked it. The same thing goes for the limited-edition collectibles that flood the market today. Only buy an object because you like it and plan to display it. And remember: Sometimes, the thrill of the hunt is as memorable as the acquisition. That's why I smile at the sweet memories of traveling the highways of 1970s Florida.

A couple of shows...
Naples Doll Show — Say hi to my mom at this show, which brings in dozens of national dealers, noon-5 p.m. Jan. 19, noon-4 p.m. Jan. 20, New Hope Events Center, 7675 Davis Blvd., Naples. Tickets: Adults, \$8 (both days), \$5 (Saturday only); \$3 for children 12 and under; www.naples-dollclub.com or 239-530-0010.
Gulf Coast Sarasota Antiques Show — Jan. 21, Feb. 11 and March 4, Sarasota Fairgrounds, 3000 Ringling Blvd., Sarasota; 941-228-7758. ■



SCOTT SIMMONS / FLORIDA WEEKLY
 This Parian vase stands 18 inches tall. It's amazing that its flowers and leaves are intact.

THE FIND:

A monumental Parian vase

Found: Consign & Design, Promenade Plaza, 9810 Alternate A1A, Palm Beach Gardens; 561-694-0964.
Paid: \$55
The Skinny: An object of quality always stands out. This Parian ware vase makes that case for me beautifully. Parian was an unglazed white porcelain created in the 19th century that resembled marble. It drew on the white biscuit porcelain created at the French factory of Sevres. English firms capitalized on the ware, displaying it at the Great Exhibition of 1851, according to The Antiques Almanac (www.theantiquesalmanac.com). Initially, factories used the medium to produce copies of classical marble busts and sculptures. It meant that for the first time, members of the middle class could own expensive-looking artwork. The English firms of Copeland & Garrett, Worcester, Minton and Wedgwood all made Parian. So did Fenton, of Bennington, Vermont, which created pieces encrusted with grapes, leaves and other flora. Online sources suggest this 18-inch vase, which is covered with roses and chrysanthemums, was made in 19th-century France or Germany. It's unmarked. But I do know it would have been priced many times what I paid for it had I been shopping in the 1970s. That's a lot of lawns to mow. ■

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SPECIAL EVENTS

Dr. Seuss's The Cat in the Hat January 27, 2018 at 11:00 AM	Natalie MacMaster and Donnell Leahy March 2, 2018 @ 8PM
Chanticleer January 27, 2018 @ 8PM	The Lords of 52nd Street: Legends of the Billy Joel Band March 28, 2018 @ 8PM

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Barbed wire cut, Americans creeping on the Germans with Hand Grenades—France

‘Heroes of the Homefront’ lecture series coming to Flagler Museum

The 33rd Annual Whitehall Lecture Series, “Heroes of the Homefront: World War I and the Faces of Wartime America,” will cover America’s participation in World War I and address how the American culture was changed by it. Each lecture will provide a historical perspective, from political and military leadership to minority infantrymen to women on the home front and abroad. When possible, a book signing with the speaker will follow each lecture.

Lectures are free for members at the sustaining level; \$10 for individual and family members, and \$28 for nonmembers, which includes museum admission. Series tickets are \$125 and include the five lectures:

■ Feb. 11: “March 1917: On the Brink of War and Revolution”

— presented by Will Englund

■ Feb. 18: “The Last of the Doughboys: The Forgotten Generation and Their Forgotten War” — presented by Richard Rubin

■ Feb. 25: “World War I: The American Soldier Experience” — presented by Dr. Jennifer Keene

■ March 4: “The Second Line of Defense: American Women and World War I” — presented by Dr. Lynn Duménil

■ March 11: “Uncle Sam Wants You: World War I and the Making of the Modern American Citizen” — presented by Dr. Christopher Capozzola ■

Ballpark seeks a few good voices to sing the national anthem

Are you patriotic? Do you have a great voice?

Then The Ballpark of the Palm Beaches wants to hear you.

Yes, hear you.

Interested in performing the national anthem at a Houston Astros or Washington Nationals Spring Training game? The Ballpark of the Palm Beaches is holding national anthem auditions from 10:30 a.m. to 1:30 p.m. Saturday, Jan. 27, at the Palm Beach Outlets (1731 Palm Beach Lakes Blvd, West Palm Beach).

Auditions will be held outside the Nike Store (Suite E301). Arrive at 10 a.m. to sign in. Performance must be 1 minute and 30 seconds or shorter in length, a traditional rendition and a capella. ■



PUZZLE ANSWERS

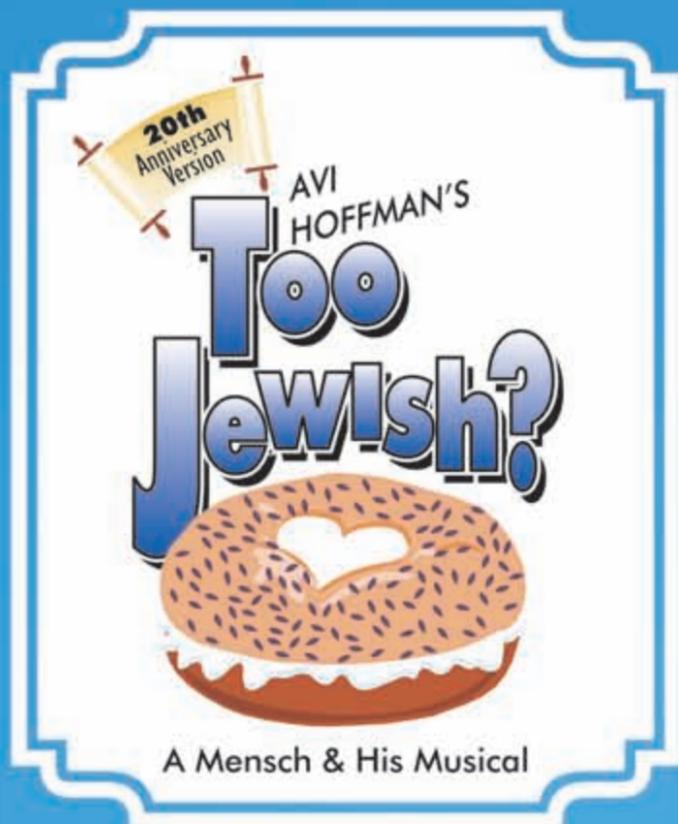
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A touch of glass: Benzaiten to offer visiting artists events

BY STEVEN J. SMITH
ssmith@floridaweekly.com

Enthusiasts of glass artwork will no doubt enjoy several upcoming events at the Benzaiten Center for the Arts in Lake Worth, where plans are in place to celebrate the works of world-renowned glassblowers, framewerkers and fusers.

These glass masters — Ross Richmond, Morgan Peterson, Dan Friday, Kelly O'Dell, Grant Garmezzy and Chelsea Rouso — will come to the center to share their art, knowledge and techniques as part of a series called Visiting Artists, according to Benzaiten founder JB Berkow, who is also a noted painter and sculptor in her own right, as well as operator of the Rosetta Stone Fine Art Gallery in Jupiter.

The first Visiting Artists event, also called Art Synergy Lake Worth, is free to the community and will take place 6-10 p.m. Jan. 19 at Benzaiten — just one day before its third anniversary. There will be a live band called Medicine Hat Blues Band, appetizers and wine, a gallery exhibit and glassblowing demonstrations by Ross Richmond, Morgan Peterson, Dan Friday and Kelly O'Dell.

Mr. Richmond's work, Ms. Berkow said, shows at a number of galleries across the country.

A Seattle-based glassblower, he works mainly with figurative elements and symbolic objects and also teaches in the U.S. and Canada. Ms. Peterson, also of Seattle, has received many awards and is particularly known for egg-shaped glass sculptures featuring intricate portraits of notable people. Drawing from cultural themes and using modern processes, Mr. Friday's work is contemporary in format and maintains basic Native American qualities, while Ms. O'Dell's work principally explores themes of extinction, preservation and human impact on the natural world.

Ms. Berkow said the next Visiting Artists event will take place Feb. 22-24, featuring the works of Grant Garmezzy. This affair will include a Meet The Artist Dinner from 6-9 p.m. on Feb. 22 for \$100 and a gallery opening from 6-8 p.m. on Feb. 23, which will cost \$15 per person and include two drink tickets. A public demonstration will follow on Feb. 24 from 2-5 p.m.

"The gallery opening is really two openings in one," she said. "The first is from 6 to 8 p.m. with piano music for the serious collectors and the other is from 8 to 10, when we bring in the live band. That's more for the young collectors. But we'll have live demonstrations throughout the evening."

Mr. Garmezzy originally intended to focus on jewelry and small-scale metals, but once he wandered into the glass studio he discovered a love for the molten material. He is drawn to depicting animal imagery and natural forms.

Ms. Berkow announced part of the March 22-24 Visiting Artists event — featuring glass artist, fashion designer and writer Chelsea Rouso — will double as a benefit for the Benzaiten.

"The gallery opening evening from 6 to 10 p.m. on Friday, March 23, will also serve as a fundraiser, which will be our wearable art exhibit," she said. "Admission to that will be \$50 per person, and it will be quite a show. Chelsea creates gorgeous wearable art. She makes wearable glass bustiers, corsets, bandeaus and swimwear, which have actually appeared on catwalks at the Smithsonian Institute, Centre Des Sciences de Montreal and The Glass Art Society's conference shows in Corning, N.Y., and Toledo, Ohio, among others."



"Evening Glow," by Ross Richmond



Work by Dan Friday



"Index Scalloped Ruby," by Kelly O'Dell



"Dearly Beloved Modern Day Faberge," by Morgan Peterson

She said March 22 will spotlight the Meet The Artist Dinner from 6 to 9 p.m. for \$100 and March 24 will feature a public demonstration from 2 to 5 p.m.

"About those dinners," Ms. Berkow said. "Yes, they cost \$100, but they're very special. This year we're holding them in local restaurants all around the Palm Beach County area to accommodate visitors we get from all over — from Stuart and Jupiter to Boca Raton and even Miami. Attendees will get to sit down with the artists and listen to them talk about their art, their career and their inspirations. Questions are always encouraged and it all takes place in a nice, intimate setting that you don't normally get by just going to a gallery."

The Visiting Artists series is an excellent way to introduce the community to the works of glass artists from all over the country and the world," she said.

"It's great to have a venue that goes to the trouble of flying in these artists so they can meet the public down here and

so the public can actually see them creating work in real time," she said. "You know, a lot of people have been to Venice or visited Milano and seen a little bit of glassblowing, but it's very different when they come to Benzaiten. Our demonstrations offer a closer-up view. You can actually feel the heat the artists are working with. The demonstrations last a lot longer than those in other places and there's always live music. It's exciting and there are a lot of people around. It's just a totally different experience. You're completely immersed in it."

The Benzaiten Center for the Creative Arts is at 1105 Second Ave. S., Lake Worth. For those interested in taking up glass art as a hobby or a passion, continuing four-hour classes are currently offered in an air-conditioned studio at the Benzaiten on Tuesdays, Wednesdays and Thursdays. Studio manager Camille Perrin teaches the process of fusing, which involves putting cold glass together in patterns and designs, then

placing it in a kiln, where it fuses and melts together.

Flameworking classes also are in session on Friday evenings, focusing on how to sculpt glass and make glass beads with a torch.

For exact class times and tuition costs, call 561-508-7315 or log on to www.benzaitencenter.org. ■

in the know

The Benzaiten Center for the Arts Visiting Artists Series

>> **When:** Jan. 19, Feb. 22-24, March 22-24
>> **Where:** 1105 2nd Ave. South in Lake Worth
>> **Cost:** Art Synergy Lake Worth event on Jan. 19 is free; Feb. 22 and March 22 Meet The Artist dinners are \$100; Feb. 23 gallery opening \$15; March 23 gallery opening & fundraiser is \$50
>> **Info:** 561-508-7315 or www.benzaitencenter.org

LATEST FILMS

'Hostiles'

danHUDAK
punchdrunkmovies.com



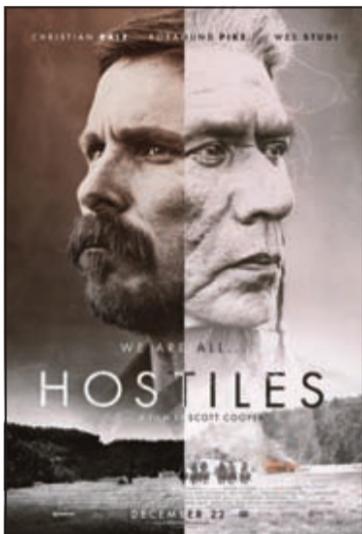
★★★★

Is it worth \$10? Yes

A great actor can say a lot without saying anything at all. After "Hostiles," let there be no doubt Christian Bale is a great actor.

Bale's Capt. Joe Blocker is a study in repressed emotion and searing internal pain. It's 1892 in Colorado, and this former Union soldier is ready to retire. He's spent his post-Civil War career in the untamed American West, tracking, arresting and killing Native Americans who harmed white people. He speaks softly because mere words cannot describe the horrors he has seen.

What's interesting about writer/director Scott Cooper's ("Black Mass") film is that we learn through dialog what Joe has done, and why he did it, but we learn the effect it's had on him only by



watching Bale, whose facial expressions and mannerisms say more than Joe could ever express verbally.

For example, when Col. Biggs (Stephen Lang) orders Joe to escort a Cheyenne chief named Yellow Hawk (Wes Studi) and the chief's family to Montana, watch how a look of sorrow and fury overwhelms Joe's face. Small tics, such as moving his jaw to one side and looking away, suggest extreme unhappiness. He then tells the colonel why he doesn't want the job, and because his face just emoted as much as it did we realize, and feel, how incredibly difficult this is for him.

Joe has help — and needs it — on the dangerous trip through Apache territory. His longtime cohort Tommy (Rory Cochrane) is emotionally spent; Henry (Jonathan Majors) has also been loyal to Joe for years; Rudy (Jesse Plemons) is fresh out of West Point; and Philippe (Timothée Chalamet) just joined the service. They are escorting the chief, his son Black Hawk (Adam Beach), Black Hawk's wife Elk Woman (Q'orianka Kilcher), and a few others. They also come across a distraught white woman (Rosamund Pike)

whose family has just been murdered, so Joe and company help her.

Western fans will recognize elements of "Stagecoach" here, but in terms of tone and character it's similar to "The Searchers" in that Joe is just as much of a savage as Yellow Hawk. Cooper is careful to not pass judgment on either character, and by not making either a hero or villain he allows for an unlikely understanding to form between the two. On a larger level, thematically, Cooper also calls attention to the decline of the American West and mistreatment of Native Americans, which echoes "Dances with Wolves" without being preachy.

Cooper runs into trouble, however, by not giving the 134-minute film a tighter edit. Some scenes run long, while a good number of others should've been excised completely because they do

nothing to advance the story. A film like "Hostiles" shouldn't feel this tedious. Let's hope Cooper, who did well with Bale in "Out of the Furnace" (2013) and directed Jeff Bridges to an Oscar in "Crazy Heart" (2009), doesn't make this kind of excess a habit.

Still, "Hostiles" is worth a look for its fine performances and scenic cinematography. And if you get anything from the message of putting yourself in your enemy's shoes and understanding that perspective, even better. ■

Did you know?

>> Christian Bale and Ben Foster, who plays a Union officer sentenced to hang for his crimes, also appeared together in the 2007 "3:10 to Yuma" remake.

FILM CAPSULES

The Post ★★★★★

(Meryl Streep, Tom Hanks, Bob Odenkirk) The owner (Streep) and executive editor (Hanks) of *The Washington Post* debate whether to publish articles on the newly leaked and highly classified Pentagon Papers in the early '70s. Director Steven Spielberg's latest is a good drama that tells a good story and is by no means a disappointment, but it's also unlikely to be the strong Oscar contender many are expecting. Rated PG-13.

Downsizing ★★

(Matt Damon, Kristen Wiig, Christoph Waltz) With the promise of a better life, Paul (Damon) and his wife Audrey (Wiig) agree to shrink themselves and live out their days in a micro-community. It doesn't go as planned, of course, and worse the film goes in unexpected directions that don't work. A definite disappointment from writer/director Alexander Payne. Rated R. ■

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Ft. Lauderdale Executive - Jan. 19 to 21
Boca Raton Airport - Jan. 22 to 25
Stuart / Witham Field - Jan. 25 to 28

For tour times, directions and more information see our web site or call.

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CALENDAR

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

THURSDAY 1/18

The Golden Age of Broadway, by Harvey Granat — 3:45 p.m. Thursdays, Jan. 18, 25 and Feb. 2, FAU Osher Lifelong Learning Auditorium, 5353 Parkside Drive, Jupiter. The popular New York entertainer and historian of the Great American Songbook will perform highlights from his 92nd St. Y series. Jan. 18: Jerry Herman. Jan. 25: Frank Loesser. Feb. 2: Jule Styne. \$40 members, \$60 nonmembers. 561-799-8500; www.fau.edu/osherjupiter

Art After Dark — 5-9 p.m. Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. Lectures, tours, spotlight talks, DIY art activities. 561-832-5196; www.norton.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.

■ **Jan. 18:** Krazy Train performs rock and top 40 tunes. Check out their Facebook page at krazytrainband

The 3rd Thursday Wine and Hors d'oeuvres Reception — 5:30 to 7:30 p.m. Jan. 18, Lighthouse Gallery, 373 Tequesta Drive, Tequesta. Learn all about Plein Air painting with guest speakers. Free for members, \$10 for nonmembers. 561-746-3101; www.lighthousearts.org.

ArtPalmBeach 2018 — Through Jan. 21, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. More than 85 galleries will exhibit contemporary, modern and emerging art works in all mediums. Hours: Noon-7 p.m. Thursday, Friday and Saturday, noon-6 p.m. Sunday. Tickets: \$20 one day, \$25 multiple-day, \$12 student with ID. http://www.pbconventioncenter.com or www.nextlevelfairs.com/artpalmbeach/

"Barry Seidman: Drawers — An Exhibition" — Through Feb. 10, Cultural Council of Palm Beach County, 601 Lake Ave., Lake Worth. Large-scale images of Mr. Seidman's personal storage spaces, from the kitchen drawer to his roll-top desk. 561-471-2901; www.barryseidman/finart.

"Shannon Wheeler: (Blank) My President Says" — EMKO, 2119 S. Dixie Highway, West Palm Beach. Features Mr. Wheeler's illustrations from his newest book, a collection of our current president Donald Trump's tweets. He's best known for his satirical superhero creation Too Much Coffee Man. 561-227-3511; www.tmc.com

CONTINUUM WPB Arts — Jan. 18-28, CityPlace, 700 S. Rosemary Ave., West Palm Beach. This pop-up multimedia art fair during ArtPalmBeach Week features regional South Florida artists. Kicks off with the Black Tie and Venetian Mask Fundraiser Gala, which benefits The Spady Cultural Heritage Museum. Other events include the Young Masters of CONTINUUM, a mentorship and scholarship/awards program for middle and high school students, artist talks, brunch and lecture, a fashion show and body painting competition. Info: www.continuumwpbarts.com or 561-714-6674.

The 27th Annual Mardi Gras Festival — Jan. 18-21, St. Clare Catholic School, 821 Prosperity Farms Road, North Palm Beach. An array of rides, midway games and vendors. Live entertainment and the putting competition. Benefits the school. Hours: 5-9 p.m. Thursday, noon-11 p.m. Friday and Saturday, and 1-8 p.m. Sunday. Info: 561-282-8968.

Donald M. Ephraim Palm Beach Jewish Film Festival — Opens Jan. 18 at AMC CityPlace 20 in West Palm Beach with a special screening of "Body & Soul: An American Bridge," live entertainment by singers Jill & Rich, and an after-screening dessert reception and closes on Feb. 11 with a matinee and awards presentation at the CityPlace 20 in West Palm Beach. A complete schedule of films and theaters is available at www.PBJFF.org.

FRIDAY 1/19

The Palm Beach Round Table — 11:30 a.m. Jan. 19, The Colony Hotel, 155 Hammon Ave., Palm Beach. This long-running speaker forum meets for luncheon lectures by a variety of speakers. Speaker: Bill Boggs, television host. 561-832-6418; www.palmbeachroundtable.weebly.com.

The Palm Beach Writers Group — 11:45 a.m. Jan. 19, Chesterfield's Pavilion Room, Palm Beach. D.S. Kane will speak about "Promotion: What works and what doesn't." \$40 members and \$45 nonmembers. Advance registration and pre-payment is required at palmbeachwritersgroup@gmail.com by Jan. 15 or www.palmbeachwritersgroup.com/upcoming-luncheons/.

Cynthia Zmetronak Opening Reception — 6-9 p.m. Jan. 19, Artisans on the Ave., 630 Lake Ave., Lake Worth. Whimsical, functional pottery inspired by a love of animals and a great sense of humor. Free. Refreshments. 561-762-8162 or visit the gallery's Facebook page.

SATURDAY 1/20

The 29th Annual Downtown Delray Beach Festival of the Arts — Jan. 20-21, along a one-mile stretch of E. Atlantic Avenue between A1A and U.S. 1, Delray Beach. Hundreds of artists display beneath swaying palms just steps from the beach. www.artfestival.com

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 tours: Jan. 20. 561-832-4164, Ext. 2; www.hspsc.org.

"Twilight in Paradise" — 6-10 p.m. Jan. 20, Jonathan's Landing, Jupiter. The Loxahatchee Guild's 34th annual fundraising gala features cocktails, dinner, entertainment and a silent auction and a beach-like coastal theme. Tickets: \$135. Email loxahatcheeguild@gmail.com.

SUNDAY 1/21

Lot23 ArtWeek Exhibition — Jan. 21-27, Lot23 Studio & Gallery 550 Northwood Rd., West Palm Beach. A printmaking workshop will be offered 1-4 p.m. Jan. 21, plus free art classes all week, Open Studio Night from 6-9 p.m. Jan. 26 with live painting, an art exhibition, and a live performance combining body painting, improvised dance, and live music. 786-237-9167 or check Facebook.

Palm Beach Friends — 9 a.m. Jan. 21, The Quaker Meeting House, 823 N. A St., Lake Worth. Also called Quakers, this spiritual group invites guests to learn about their beliefs at special open house meetings in Jan. The topic for discussion is Modern Quakerism, and how Quakerism compares with other religions. Free. www.palmbeachquakers.org.

Music at St. Patrick — 3 p.m. Jan. 21, St. Patrick Church, 13591 Prosperity Farms Road, Palm Beach Gardens. The Lopez Tabor Duo (Alfonso Lopez, violinist and concertmaster of the Venezuela Symphony Orchestra, and Michelle Tabor, pianist, performing Mozart, Brahms, Spanish and Latin American works. Free will offering. 561-626-8626 or alan@stpatrickchurch.org.

The Delray String Quartet performs Borodin: "Quartet No. 2 in D Major" — 4 p.m. Jan. 21, Colony Hotel, 525 E. Atlantic Ave., Delray Beach. Tickets: \$40. www.delraystringquartet.com.

Sunday Conversations: Is Civility Dead...and Does It Matter? — 4-5:30 p.m. Jan. 21, Royal Poinciana Chapel, 60 Coconut Row, Palm Beach. Robert Watson, PhD, speaks. Free for members, \$10 nonmembers. 561-833-6150; www.palmbeachfellowship.net.

Palm Beach International Polo Season — Through April 8, The International Polo Club Palm Beach, Wellington. A season of challenge cups, qualifier matches and tournaments leading up to the U.S. Open Polo Championship. 561-282-5290; www.internationalpoloclub.com.

Winter Equestrian Festival — Through April 1, The Palm Beach International Equestrian Center in Wellington. See the world's best riders in both show jumping and dressage in four classes: Olympians, adult amateurs, juniors, and children. 561-793-5867; www.equestriansport.com.

MONDAY 1/22

Lunch & Learn: Wendy Whelan — 11:30 a.m. Jan. 22, the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. The former New York City Ballet member will speak about her career, hip surgery, and the documentary "Restless Creature," about her career. Steven Caras will interview her. Tickets are \$95. 561-832-7469; www.kravis.org

"Between State and Synagogue: The Secularization of Contemporary Israel" — 4 p.m. Jan. 22, Temple Judea, 4311 Hood Road, Palm Beach Gardens. Professor Guy Ben-Porat, from the Department of Politics and Government at Ben-Gurion University of the Negev, speaks. RSVPs to apresberg@aabgu.org or 561-705-0117.

Ballet Palm Beach Master Class by Wendy Whelan — 5 p.m. Jan. 22, at the studios of Ballet Palm Beach at 10357 Ironwood Road, Palm Beach Gardens. \$25. Info: 561-630-8235.

TUESDAY 1/23

FOTOfusion — Jan. 23-27, Palm Beach Photographic Centre, 415 Clematis St., West Palm Beach. The 2018 FOTOmentor Award will be presented to photographer Howard Schatz. Info: 253-2600; www.workshop.org or www.FOTOfusion.org.

WEDNESDAY 1/24

Book Sale — Jan. 24-28, The North Palm Beach Library, 303 Anchorage Drive, North Palm Beach. The Friends of the North Palm Beach Library host this annual sale. New members can get in early on Jan. 23 with membership. Hours: 9 a.m.-6:45 p.m. Jan. 24-25, 9 a.m.-4:45 Jan. 26-28. 561-841-3383

The West Palm Beach Fishing Club — 7 p.m. Jan. 24 at the WPBFC's historic clubhouse, 201 Fifth St. at North Flagler Drive, West Palm Beach. Capt. Robert 'Fly' Navarro speaks. Topic: Tips

& Tricks for Winter Season Sailfishing. Annual membership is \$80 for adults, \$25 for juniors age 10 - 18 and \$15 for pee wees (up to age 9). A family membership is \$150, plus a \$15 processing fee for new members. www.westpalmbeachfishingclub.org.

Jimmy Webb — 8 p.m. Jan. 24, Crest Theatre, Old School Square, 51 S. Swinton Ave., Delray Beach. \$57-\$92. A Music-Works Production. www.musicworks-concerts.com.

Yochi Dreazen — 7 p.m. Jan. 24, Temple Emanu-El, 190 N. County Road, Palm Beach. The journalist, whose area of expertise is military affairs and national security, will speak about "Life After the Fall of Isis." Part of the Wednesday Night Live speaker series Free. Books will be available for purchase and signing. Info: 561-832-0804; www.tepb.org.

LOOKING AHEAD

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.

■ **Jan. 25:** Mitch Woods & His Rocket 88s play rock-a-boogie. www.mitchwoods.com.

John Hopkins Medicine's A Woman's Journey — 9 a.m.-2 p.m. Jan. 25, Palm Beach County Convention Center, West Palm Beach. \$165 individual, \$2,500 table. 410-955-8660; www.hopkinsmedicine.org/awomansjourney/palm_beach/

American Humane's Pups4 Patriots Gala Celebration — 6 p.m. Jan. 25, Eau Palm Beach, Manalapan. Join decorated military dignitaries and meet the graduates of American Humane's "Shelter to Service" Dog program at this special gala dinner. \$350. 561-537-5887.

Palm Beach Opera performs "Tosca" — Jan. 26-28, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Giacomo Puccini's masterpiece. 833-7888; www.pbopera.org.

The 2018 Susan G. Komen Race for the Cure — 7:30 a.m. Jan. 27, Meyer Amphitheatre, 104 Datura St., West Palm Beach. Breast cancer survivors and their friends and families race to end breast cancer followed by awards, entertainment and survivor recognition. Registration is \$30 for adults and \$10 for children younger than age 12. 561-514-3020; www.komensouthflorida.org/race.

Cornerstone Father-Son Breakfast — 8:30-10 a.m. Jan. 27, St. Mark's School, Coleman Hall, 3395 Burns Road, Palm Beach Gardens. Guests include former Miami Marlins pitcher Carl Pavano and Marlins' catching coach Brian Schneider. Benefits the Cornerstone Scholarship Program. \$30 adults, \$20 child, \$10 additional kids. Contact Michaela at 561-623-2623 or mkennedy@stmarkspsbg.org or get tickets online at www.stmarkspsbg.org/cornerstone.

Mary Immaculate Church Opera Fusion Fundraiser — 5 p.m. Jan. 27, Skaff Hall, Mary Immaculate Catholic Church, 390 Sequoia Drive S., West Palm Beach. Opera Fusion performs beloved melodies of musical theater, opera and the great American songbook. Performers include Robyn Marie Lamp, Kyaunnee Richardson, Birgit Djupedal Fioravante, Xavier Garcia and Edgar Miguel Abréu accompanied by pianist Gordon J. Roberts. \$30 open seating, \$50 reserved seating plus plus hors d'oeuvres and wine reception before the show, and a meet and greet with the artists after. www.miwpb.com or 561-686-8128.

CALENDAR

AT THE COLONY

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

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

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

Royal Room Cabaret — Shows start at 8 p.m. Tickets: \$100-\$150. Dinner options available.

■ **Will & Anthony Nunziata** — Jan. 18-20.

■ **Deana Martin** — Feb. 13-17.

■ **Steve Tyrell** — Feb. 27-28, March 1-3 and March 6-10.

AT DOLLY HAND

Dolly Hand Cultural Arts Center — PBSC's Belle Glade Campus, 1977 College Drive, Belle Glade. 561-993-1160; www.palmbeachstate.edu/theatre/dollyhand.

■ **Three Redneck Tenors** — Jan. 18

■ **Glenn Miller Orchestra** — Jan. 23

AT DRAMAWORKS

Palm Beach Dramaworks, Ann & Don Brown Theatre, 201 Clematis St., West Palm Beach. 561-514-4042, Ext. 1; www.pbdramaworks.org.

Mainstage Productions:

■ **"On Golden Pond"** — Jan. 31-Feb. 25. A retired couple's solitude is interrupted when their daughter arrives with her fiancé and his son, by Ernest Thompson.

AT DREYFOOS

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

■ **Klavier 1 Piano Recital** — Jan. 26, Brandt Black Box

■ **Evening Premiere** — Jan. 31, Meyer Hall.

AT THE DUNCAN

The Duncan Theatre, Palm Beach State College, 4200 Congress Ave., Lake Worth. 561-868-3309; www.duncantheatre.org.

■ **Dorrance Dance** — Jan. 19-20

■ **We Rock & We Soul Tour** — Jan. 24

■ **The Coasters** — Jan. 25

■ **"The Cat in the Hat"** — Jan. 27

■ **Chanticleer** — Jan. 27

■ **Lincoln Trio in Stage West** — Jan. 31

AT EISSEY

Eissey Campus Theatre — Palm Beach State College, 11051 Campus Drive, Palm Beach Gardens. Purchase tickets at the Eissey box office at 561-207-5900 or eissey-campus-theatre.org, except where listed.

■ **Darlene Love** — Jan. 19.

■ **New Gardens Band presents "Sousa: Three Cheers for the Red, White and Blue"** — Jan. 27

■ **The Art Gallery at Eissey Campus** — Humanities Bldg. BB114, 3160 PGA Blvd., Palm Beach Gardens. 207-

1015; www.palmbeachstate.edu/art-gallery-pbg

■ **Mutations** — Through Feb. 2. Features the work of Julie Davidow, Christian Duran, Gary Fonseca, Asser Saint Val, Javier Sasieta, and Sara Stites.

AT THE GARDENS

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

■ **How to Stay Healthy in the New Year** — 9 a.m. Jan. 18. RSVP: Kaci Hanner at khanner@thegardensmall.com or call 561-622-2115.

AT HARBOURSIDE PLACE

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

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

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

AT THE KELSEY

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

■ **Ordinary Boys: A Tribute to the Smiths & Morrissey** — 8 p.m. Jan. 19.

■ **Mutts Gone Nutts Dog Circus** — 6 and 8:30 a.m. Jan. 26. All ages.

AT THE KRAVIS

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

■ **Lunch and Learn: Wendy Whelan** — Jan. 22. The former New York City Ballet member on her rise from Anomaly to Stardom: A Dancer-to-Dancer Conversation with Steven Caras. Tickets: \$95, includes lunch.

■ **The Return of Liona Boyd** — Jan. 24. Accompanied by Andrew Dolson Two Voices and Two Guitars. Tickets: \$35.

■ **Aquila Theatre Jane Austen's "Sense & Sensibility"** — Jan. 25-26. Tickets: \$39.

■ **Aquila Theatre William Shakespeare's "Hamlet"** — Jan. 27-28. Tickets: \$39.

■ **Paul Anka** — Jan. 30. Tickets start at \$35.

■ **PEAK Series** — Each ticket comes with a free drink.

■ **10 Hairy Legs: Celebrating the Artistry of the Male Dancer** — Jan. 19-20

■ **Regional Arts Concert Series: MUSIC "At Eight" & MUSIC "At Two"**

■ **Estonian National Symphony Orchestra** — 8 p.m. Jan. 29

■ **Adults at Leisure Series** — Six-show package: \$99. Individual shows: \$29.

■ **Chris Mann: A Date with the Phantom** — Jan. 29

■ **Young Artists Series** — The world's newest classical talent. \$80 for all four performances or \$30 each.

■ **Sirena Huang. Violin** — Jan. 22

■ **Helen K. Persson Hall Cabaret**



#GUITAR

#SFL TOP PICKS

■ **The Return of Liona Boyd** — Accompanied by Andrew Dolson Two Voices and Two Guitars, Jan. 24 at the Kravis Center; 561-832-7469 or www.kravis.org



#HAHAHA

■ **Nephew Tommy** — Jan. 19-21 Palm Beach Improv at CityPlace; 561-833-1812 or www.palmbeachimprov.com



#ART

■ **ArtPalmBeach 2018** — Through Jan. 21, Palm Beach County Convention Center, www.pbconventioncenter.com or www.nextlevelfairs.com/artpalmbeach/



#LOVE

■ **Darlene Love** — Jan. 19, Eissey Campus Theatre; 561-207-5900 or www.eisseycampustheatre.org

— Cabaret-style seating in this intimate and versatile space with a full-service bar and snacks.

■ **Bob Merrill: Celebrating the Trumpet Kings** — Jan. 19-20

AT THE LIGHTHOUSE

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

■ **Lighthouse Sunset Tours** — Jan. 24, Feb. 7, 21, and 28, March 7, 14, 18, 21, 25, 28. Weather permitting. Spectacular sunset views and an inside look at the nuts & bolts of a working lighthouse watchroom. Tour time: 75 minutes. \$15 members, \$20 nonmembers. RSVP required.

■ **Twilight Yoga at the Light** — 6-7 p.m. Jan. 22, 29, Feb. 5, 12, 19, 26 and March 5, 12, 19, 26. By donation. Mary Veal, Kula Yoga Shala, leads.

AT THE MALTZ

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

jupitertheatre.org.

Season Productions:

■ **"Hairspray"** — Through Jan. 28. Take a trip to Baltimore that's sure to put a smile on your face and a tap in your toes.

■ **Company Cabaret in the Club Level:** An exclusive up-close-and-personal experience with the cast and crew immediately following certain Friday performances. Held in the Club Level Green Room. Tickets: \$10.

■ **"Hairspray"** — Jan. 19

Concerts:

■ **Arrival from Sweden: The Music of ABBA** — Jan. 22. The world's top ABBA tribute band performs at 5 p.m. and 7:30 p.m. Tickets: \$45 and \$55.

AT THE JCC

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

■ **Jan. 18:** Intermediate Bridge Class with JR Sanford, duplicate bridge, intermediate bridge class with JR Sanford

CALENDAR

Jan. 19: Advanced beginner's bridge supervised play with J.R. Sanford, duplicate bridge

Jan. 22: Advanced Beginner's Supervised Play with JR Sanford, Timely Topics discussion group, duplicate bridge

Jan. 23: Bridge: Improv 'Bidding, Declarer Play & Defense' with Michael Schaffer, duplicate bridge

Jan. 24: Bridge: Supervised 'Improve Your Play of the Hand' with Fred Nislow, duplicate bridge

Jan. 25: Intermediate bridge class with JR Sanford, duplicate bridge, intermediate bridge class with JR Sanford

AT MOUNTS

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

"Washed Ashore: Art to Save the Sea" Exhibit — Through June 3. This new exhibit features 10 giant sea-life sculptures made of marine debris collected from beaches. The sculptures are throughout the garden's 14 acres.

The 11th Annual Digital Photography Contest — Deadline to enter: Feb. 20. Open to amateur photographers of any age. Photograph categories: plant life, animal life, people in the garden, scenic/landscapes, nature close-ups and, new this year, environmental - trash in Palm Beach County. Get details at online. The guest judge is Alan Chin Lee.

AT THE PLAYHOUSE

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

Main stage:

■ **"Paint Your Wagon"** — Jan. 18-Feb. 4.

Screenings in the Stonzek:

■ **"The Florida Project"** — Jan. 19-25.

■ **"Tangerine"** — Jan. 19-25.

AT PGA ARTS CENTER

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

Avi Hoffman's "Too Jewish?" — Through Jan. 21.

"Old Jews Telling Jokes" — Through March 4.

"Cooking with the Calamari Sisters" — Jan. 25-March 18.

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.

Nephew Tommy — Jan. 19-21.

Hannibal Buress — Jan. 25-27.

Craig Shoemaker — Feb. 1-3.

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.

GEMS Club — 5-7 p.m. the last Tuesday of the month. For girls in grades 3-8. Math, science, engineering and technology including dinner and refreshments. \$7 registration fee. Pre-registration required at www.sfsiencecenter.org/gems.

Nights at the Museum — 6-9 p.m. the last Friday of the month.

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.

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

■ **Bellini's "Norma"** — 1 p.m. Jan. 20. Previously recorded.

■ **Puccini's "Tosca"** — 1 p.m. Jan. 27. Previously recorded.

National Theatre: Live in HD — Show time is 2 p.m. \$25 each or \$15 for students. Student tickets must be purchased in person.

■ **Edward Albee's "Who's Afraid of Virginia Woolf?"** — 2 p.m. Jan. 28.

Live Performances

■ **Alon Goldstein and Fine Arts Quartet** — 3 p.m. Jan. 21. Free for members, \$20 nonmembers.

■ **Joelle Lurie Quartet** — 7:30 p.m. Jan. 24. Free for members, \$40 (balcony), \$45 (orchestra) nonmembers.

■ **New York Philharmonic String Quartet** — 7:30 p.m. Jan. 31. Free for members, \$40 (balcony), \$45 (orchestra) nonmembers.

Artist In Residence Programs — Alexander Shundi teaches.

■ **Painting Class** — 9:30 a.m.-12:30 p.m. Jan. 22 and 29; \$350 for four classes or \$100 per class

■ **Understanding Modern Art** — 9:30 a.m.-12:30 p.m. Jan. 19 and 26. \$85 for four lectures or \$25 per lecture.

Film Series — Tickets sold at the door. \$5. Show times are 2:30 and 6 p.m.

■ **"Diplomacy"** — Jan. 19.

Florida Voices — These author presentations feature a Q&A and a book signing.

■ **"Bad Scarlett: The Extraordinary Life of the Notorious Southern Beauty Marie Boozier."** by Deborah C. Pollack — 1:30 p.m. Jan. 24. Free.

Discover Cuba Series:

■ **Ana Sofia Peláez: The Cuban Table** — 2:30 p.m. Jan. 25. \$10. Reservations required.

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

■ **Cynthia Zmetronak Opening Reception** — 6-9 p.m. Jan. 19.

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

■ **The 2018 Members Exhibit Opening Reception** — On display through Jan. 26. Free.

■ **Glass Lampwork Demo** — 2-4 p.m. Jan. 20. Free.

■ **Live Model Drawing** — 1-4 p.m. Jan. 22 and 29. \$10 members, \$20 nonmembers. \$15 for Lake Park residents. Reservations required at 561-345-2842.

■ **Art Salon** — 6-8 p.m. Jan. 22. Free. Bring a recent piece of original work to share. Light refreshments.

■ **Free Collage Class** — 2 p.m. Jan. 27.

■ **Call for Art: Mixed Media & Collage 2018 Exhibit** — Jan. 29-Feb. 23.

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

Textile Meditations: Mary Fisher & Friends — Opens Jan. 19 through Feb. 10. Opening reception: 6-9 p.m. Jan. 19, with artists talks at 7 p.m. Fisher will give a keynote speech titled "Collaborative Creativity" at 5 p.m. Jan. 20.

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

Bird Walks:

■ **John D. MacArthur State Park Beach** — 8:30-10:30 a.m. Jan. 19, 10900 Jack Nicklaus Drive, North Palm Beach. And easy, medium-length walk. Small fee to enter park. Leader: Clive Pinnock.

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

■ **"Ars Musae: Odyssey Frieze and the Tomata du Plenty"** — A 40-foot indoor mural by Renaissance artist, Marzia Ellero Ransom. On display through Feb. 5.

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.palm-beachculture.com.

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

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

Friday concerts: 6-9 p.m. Free.

■ **PWL** — Jan. 19

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CALENDAR

■ Casey Raines — Jan. 26

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.

Exhibitions:

■ **“Masterfully Human: The Art of Gaugengigl”** — Jan. 23-April 29. A survey of the work of Boston School painter and printmaker Ignaz Marcel Gaugengigl. Guided exhibition tours Wednesdays at 10:30 a.m. and 3:30 p.m. beginning Jan. 31.

2018 Music Series: Tickets are \$70, \$300 for the series.

■ **Hermitage Piano Trio** — Jan. 23.

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.

■ **Exhibition: Arrived: Florida Artists Emerged** — Jan. 25-Feb. 25. Opening reception. 5:30 to 7:30 p.m. Free to members, \$10 for nonmembers.

■ **Third Thursday Holiday Reception and Exhibition Opening** — 5:30-7:30 p.m. the third Thursday of the month. Next: Jan. 18

■ **Lunch and Learn Series** — noon-2 p.m. Jan. 31. Victoria Browning Wyeth: The Art of the Wyeth Family - Behind the Scenes. Tickets: \$75 per person.

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

Ongoing programs include:

■ **Turtle Talk** — 10:30 a.m. Sunday. Free.

■ **Science for Seniors** — 2 p.m. Tuesday. Free.

■ **Hatchling Tales** — 10:30 a.m. Wednesday. Free.

■ **Mommy & Me Paint!** — 10:30 Thursday. \$8-15.

■ **Kids' Fishing Program** — 9 a.m. Saturday. \$10. Age 8 and older.

■ **Blue Friends Beach Clean-Up** — 8:30-9:30 a.m. Jan. 20. Free coffee and light breakfast follow. BYO trash bucket and gloves. RSVP to bluefriends@marinelife.org.

■ **Deep Blue Yoga** — 10:45 a.m. Jan. 20. Following the beach clean-up. Free.

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

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

■ **Book Sale** — Jan. 24-28

■ **“Hearing Loss, Friends & Families” support group meets** — 11 a.m.-1 p.m. Jan. 25. **The Norton Museum of Art** — 1451 S. Olive Ave., West Palm Beach. Free admission. Info: 561-832-5196; www.norton.org.

■ **Spotlight / Miss Lucy's 3 Day Dollhouse Party** — Through Feb. 4.

The Palm Beach Gardens City Hall Lobby — 10500 N. Military Trail. Exhibit hours: 8 a.m.-5 p.m. Monday-Friday. 561-630-1100; www.pbgrec.com/gardensart

■ **The Attraction of Opposites: Marilyn Liedman and Karen H. Salup** — Through Feb. 22.

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

■ **FOTOfusion** — Jan. 23-27.

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

AREA MARKETS

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

West Palm Beach Antique & Flea Market — 8:30 a.m.-2:30 p.m. Saturdays on Narcissus Avenue. Free. Iwww.wpbantiqueandfleaMarket.com

The Green Market at Wellington — 9 a.m. Saturdays at 12150 Forest Hill Blvd., Wellington. www.greenMarketat-wellington.com.

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

Lake Worth Farmers' Market — 9 a.m.-1 p.m. Saturday, through April 29, Old Bridge Park, A1A at Lake Avenue (1 S. Ocean Blvd.), Lake Worth. 283-5856; www.lakeworthfarmersMarket.com.

The Gardens GreenMarket — 8 a.m.-1 p.m. Sunday, City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. No pets. 561-630-1100; www.pbgfl.com/278/greenMarket.

The Village of Royal Palm Beach Green Market & Bazaar — 9 a.m.-1 p.m. Sunday, Veterans Park, 1036 Royal Palm Beach Blvd., Royal Palm Beach. www.rpbgreenMarket.com.

Jupiter Green & Artisan Market at Harbourside Place — 10 a.m.-3 p.m. Sunday, 200 N. U.S. 1, in Harbourside Place. info@harboursideplace.com.

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

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

Farm Stands @ CityPlace + Sunset Social farmer's market — 5:30-9 p.m. Thursdays, CityPlace, 700 S. Rosemary Ave., West Palm Beach. 561-283-5856; www.cityplace.com. ■

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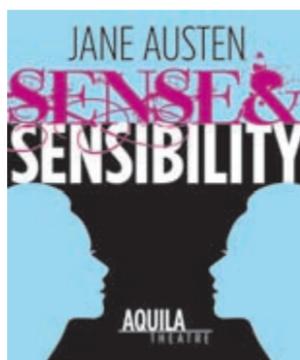
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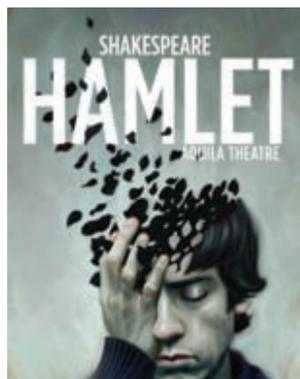


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SENSE & SENSIBILITY

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January 25-26 at 7:30 pm
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Sponsored by **Stephen Brown and Jamie Stern**



Aquila Theatre
William Shakespeare's
HAMLET

Saturday and Sunday, January 27-28
Saturday at 7:30 pm, Sunday at 2 pm

Rinker Playhouse • Tickets \$39

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SOCIETY

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GAIL V. HAINES / FLORIDA WEEKLY

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- 6. Colleen Flanagan, Nancy Sawyer and Nicole Wolfe
- 7. Meghan Vaughn and Tammy Kenny
- 8. Michelle Bussert and Colleen Sages
- 9. Laurie Dear and Julie Hurst
- 10. Kim Burns and Christine Rinker.
- 11. Sharon Stroia, Kathy Hamann and Susan Lurvey
- 12. Gina Brooks, Tish Krige, Marion Nagtegaal and Carrie Dietze
- 13. Kathy Black and Rena Toppe
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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.

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Delray Beach plein air art event set for Jan. 26-28

Fifty juried plein-air painters will capture the charm of Delray Beach at the third annual Plein Fun Fest competition, to be held Jan. 26-28 at Delray Beach.

Painting outdoors, artists will capture images of Delray Beach streets, gardens and signature buildings, inviting viewers into the sights, sounds, and even the smells of the artists' world.

A Plein Air Paint-out and critique will be held from 9 a.m. to noon Friday, Jan. 26, for artists who are not interested participating in the competition.

Starting at 9 a.m. Saturday, Jan. 27, the juried artists will compete in Plein Fun Fest 2018, painting at the Delray Beach location of their choice. The public is encouraged to view the works in progress as they stroll around the community. Winning artists will be announced at 4:30 p.m. by judge Katie Deits, executive director at Florida CraftArt. An exhibit, sale, awards ceremony and reception follow 5-7 p.m. at the Old School Square's Ocean Breeze room and the Loge walkway connecting to the Cornell Museum.

Artists will conclude the event Sunday, Jan. 28, as they line Delray Beach to paint the beach for the joy of it.

The event is sponsored by Plein Air Palm Beach and The Old School Square Gallery. ■



Fifty painters will head outdoors for Delray's Plein Air Fun Fest.

COURTESY PHOTO

NUNZIATAS

From page 1

There's something special about performing a song you had a hand in writing.

The first time he and Will teamed up with veteran songsmith Jeff Franzel, they had just learned their mother had breast cancer and instead of canceling the writing session, the brothers took their feelings and molded them into "The Gift is You," a lyrical painting of love. The heart-felt ballad was included on their 2016 holiday EP, and now it's been made into a music video starring Tony Award winner Cady Huffman in the mother's role. The video is filmed at the family's home in Pelham, N.Y., where their parents still live. The song also has been translated into Spanish ("El Regalo Eres Tu") with help from Rudy Perez, the Cuban-American musical jack-of-all-trades. "I look forward to releasing more songs in multiple languages," Anthony said.

They already sing well in Italian. Popular Neapolitan music was served up with the meatballs at Sunday dinners with family on Staten Island. Their grandma's favorite song was the twins' rendition of "The Prayer," the Oscar-winning ballad immortalized by Celine Dion and Andrea Bocelli.

Family and music are two themes hopelessly intertwined in the lives of the Nunziata twins. Their father, Joe, worked in advertising, but loved to sing. He played the trumpet. Their mother, Fran, sang, too, and played the piano. Music was a selection of the best of Broadway and the Great American Songbook. "Our father encouraged us to make up songs," Anthony said.

But the twins' parents never treated them like two halves of a whole person. Each had his own identity because they recognized they were raising two individuals.

"We're similar but different," Will says.

"Mom and Dad raised us to have our own interests, and we very much have separate lives," Anthony says. "We pride ourselves on being individuals."



PHOTO BY MICHAEL KUSHNER

Singers Will and Anthony Nunziata combine their harmonies for three nights at The Colony Hotel in Palm Beach.

Of course, it's only natural to have similar interests, and it's partly genetics that makes their voices blend so splendidly, but there was more to the boys than music.

"We were competitive athletes," Will says. They excelled at swimming, cross country running and tennis, which they still play, especially when they're in Palm Beach.

"There was a lot of loud laughter," Will says. "We were taught by our parents to make laughter a constant in good times and bad." That quirky sense of humor made them a fit for a small role in the upcoming Netflix film, "The Last Laugh," starring Chevy Chase and Richard Dreyfuss, two performers they admire. The movie will be released in 2018. "We can't reveal much, but it's a buddy comedy, but touching. We filmed one scene and it was such a joy," Anthony said.

There is something just naturally funny about them. The brothers trained in improv at the Upright Citizens Brigade in New York City, but without that training, they'd still be a spectacle. They squabble like an old married couple. On their website, www.willandanthony.com, they have six (so far) episodes of "Twin Therapy," 2- to 3-minute skits of them in "couples" therapy. It's a little like watching a verbal ping pong match,

except there are several balls in play.

Will says he saw the whole concept for "Twin Therapy" in his 'director's brain,' which "fuels my passions." Directing, he says, "is in my bone marrow."

"I've always been fascinated by staging and how it worked, what happens behind-the-scenes worked. I would think about the hours of preparation that went into those moments when you step in front of the floodlights," Will said. "When I get to direct, I feel fulfilled."

Growing up, the twins performed steadily, taking on dozens of roles in theater before they headed off to Boston College, together but with separate plans: Anthony was a broadcast communications major, and Will studied theater arts. They both landed roles in the school's production of "Godspell" their freshman year. Anthony was cast as Jesus, Will as Judas. But a real turning point came when they were asked to sing a duet with the Boston Pops. Their chorale director, John Finney, chose "Our Time," from Sondheim's "Merrily We Roll Along." Anthony remembers being on stage and singing lyrics that had a deep and distinct personal meaning:

"It's our time, breathe it in: Worlds to change and worlds to win.

"Our turn, we're what's new, Me and you, pal, Me and you!"

It somehow gave them the push they needed to pursue their dream of making a living performing together. At the same time, the brothers also realized how truly lucky they were.

"Our parents gave us so much love and support and taught us not to take anything for granted," Will says. "The first thing we did before even getting booked was make a point to go to a school to visit the music and theater departments to offer encouragement."

To make their commitment to young people official, the brothers started Will & Anthony's Arts Matter! Educational Outreach Program "to provide young people with the tools and encouragement to set and reach their goals in the arts." They conduct master class workshops for singers and actors in high school and college and give the kids constructive criticism. They hosted a class at the Arts Garage in Delray Beach when they were here in December.

"We've been given so much we knew we had to give back," Anthony says. "It's important to give people encouragement. We were lucky because our family believed in us. I tell kids, 'Find people who do believe in you. Keep on searching until you find someone.'"

"One message we try to get across: 'You're going to hear a lot of 'No's. There's a lot of pressure. Don't get discouraged,'" Will says. "Slow down, take a step back, and look within for the answers."

Good advice for anybody.

Anthony gets the last word: "Our mantra is to make people happy." ■

in the know

Will & Anthony Nunziata

>> **Where:** The Colony Hotel, 155 Hammon Ave., Palm Beach

>> **When:** 8 p.m. Thursday through Saturday, Jan. 18-20. Dinner is served at 7 p.m. Doors open at 6:30 p.m.

>> **Tickets:** \$100 for the show, \$75 for a three-course prix fixe dinner, or guests may order off the menu

>> **Contact:** 561-659-8100; www.the-colonypalmbeach.com

CHEUNG

From page 1

Inanimate single-color shapes hang flat, like pop art silkscreens, where, not long ago, an energetic Dutch floral masterpiece — bursting with intricacies and shadows — stood. This is a recurring dynamic in “Gordon Cheung: New Order Vanitas.”

On view through Feb. 4, the 27 prints making up the exhibition have a pulse one second only to have their subjects disappear before our eyes the next, like wind-blown sand. That’s Mr. Cheung’s computer algorithm at work.

“Although the invite to show at Ann Norton Sculpture Gardens was a year ago, it’s taken around three years to reach this body of work with first finding an open source algorithm that essentially re-orders pixels in a photograph without destroying or copying but simply repositions into complex patterns,” he said by email.

A floral arrangement is sliced up by what looks like metal blades or skyscrapers erupting from the ground in a print titled “Jan van Hyrum I.” Red fragments of a flower’s petals have left blood-like stains on a few of the sharp plates. It’s a struggle shared by many of the prints displayed. Objects fight off the impending, disintegration that forges ahead full speed only to end up blending with the background anyway or as ghostly strips of color, at best.

The fragility and temporary nature of human life happens to be the message behind a highly popular style of still life painting that emerged in the Netherlands during the 17th century. Drawn from a biblical verse — “vanity of vanities, all is vanity” — Vanitas paintings often contained emblems of meaningless earthly possessions to underline their uselessness against the inevitability of death and certainty of human mortality.

Mr. Cheung’s still lifes and floral bouquets follow along those lines one pixel at a time.

They depict decaying fruit, tulips, jugs, manuscripts, skulls and music scores and, as if a link were not already obvious, they are titled after Flemish and Dutch Golden Age masters, such as Hans Bollongier and Jacob van Walscappelle.

The British artist, who is based in London, has described his style as “a metaphor of our existence in a data-saturated era, an Ozymandian corrosion wrought with degraded memories and histories written by victors.”

“Everyday life, contact with people, feeling the existence of life, our histories and all the thoughts and emotions that come from that interaction, sparks inspiration from which it might ignite a profound and inspiring compulsion to show a path, to follow through into a work of art,” he said.

In some works, such as “Jan Davidsz. de Heem I” (2015), his digital mark is barely discernible. If it weren’t for the abstract shower of colors developing at the top of the frame, we might think we are looking at a high-quality photograph of a well-known masterpiece. The strikingly vivid bouquet features fully blossomed flowers in pale pinks, orange and red; the color growing gradually intense the deeper our eyes travel to the core of the flowers. Adjacent to it, a sibling piece titled “Jan Davidsz. de Heem II” shows the devastating effect of time. The petals have been stripped of their identity and been reduced to more primitive shapes. There is no sense of depth. No insect



“Vanitas Still Life” (after Jacques de Gheue, 1650) detail.



“Jan Davidsz. de Heem I” (2015)

life. No butterfly wings. Another pair of bouquets named after EJ Eelkema, and with a softer color palette, experiences the same fate in the same gallery room; it’s heartbreaking to watch.

“New Order Vanitas” is said to be partially inspired by our most recent economic crisis as well as the first financial bubble commonly known as Tulipmania, during which the price of tulip bulbs rose spectacularly high — with people giving their homes as collateral — before prices collapsed. Mr. Cheung also cites the British band New Order and the cover of its “Power, Corruption and Lies” album as inspiration behind his series. But these facts are not necessary to appreciate what he has done. In fact, the fleeting quality of his renditions invites various interpretations.

That he presents us with striking compositions and intentionally blurs them later, leaves room for a choice. We can choose to look at the glorious versions and ignore the decimated ones and, while doing so, pretend life is constant and complete, devoid of ugliness and mess. But that would be missing the point. ■

in the know

‘Gordon Cheung: New Order Vanitas’

- >> **When:** Through Feb. 4.
- >> **Where:** Ann Norton Sculpture Gardens, 2051 S. Flagler Drive, West Palm Beach.
- >> **Cost:** Free for members, \$15 for nonmember adults, \$10 for seniors (age 65 and older), \$7 for students, and children under 5 are free.
- >> **Info:** 561-832-5328 or www.ansg.org.

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FLORIDA WEEKLY
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SOCIETY

Opening of 'Jupiter Island Arts Exhibition,' Lighthouse ArtCenter



**Drama Dragon
and Janeen
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ANDY SPILOS / FLORIDA WEEKLY

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| 5. James Spoechel, Ron Spoechel and Elizabeth Spoechel | 10. Mindy Neisser, Penny Robb, Suzanna Bajger and Barbara Drtna |

SOCIETY

Opening of 'Gordon Cheung: New Order Vanitas,' Ann Norton Sculpture Gardens



1. Joan Lucier, Alfred Lucier and Kay Lyons
2. Deborah Pollack and Roger Ward
3. Gordon Cheung and Frances Fisher
4. Jim Staikos, Susie Staikos and David Cleaton-Roberts
5. George Stamas and Christy Pope
6. Natalie Alvarez and Sandra Close Turnquest
7. Scott Robertson, Jenny Garrigues and Jim Swope
8. Bill Soter and Sally Soter
9. Karyn Lamb and Mieke van Waveren
10. Sofia Maduro and Francisco Maduro

PHOTOS BY CAPEHART PHOTOGRAPHY

Mary Fisher to headline Armory show

FLORIDA WEEKLY STAFF

Mary Fisher made a name for herself in the 1990s as an AIDS activist, giving speeches at the 1992 and 1996 Republican conventions that were considered groundbreaking.

She also has made a name for herself as an artist.

"Textile Meditations: Mary Fisher & Friends," an exhibition spearheaded by Ms. Fisher, will be the Armory Art Center's first international textile arts show, opening on Jan. 19 and running through Feb. 10. Artist talks, a keynote speech, and two workshops are scheduled in conjunction with the exhibition.

"Mary Fisher is a fascinating and commercially successful artist with great passion, drive, and sensitivity. Like Mary, her friends and fellow artists are also accomplished experts, authors, and instructors in their fields. It's exciting to be able to feature a show like this with such a particular diversity of work in textiles," said Liza Niles, chief of exhibitions and education at the Armory.

Ms. Fisher has worked all her life in media as diverse as photography, pencil, handmade papers, sculpture, constructed fabrics and innovative stitching.

She gained recognition more than two decades ago as an AIDS activist, giving speeches and writing books that furthered public recognition of the crisis. She also has worked to establish her place as a distinguished artist who works in diverse media that include photography, sculpture, prints, beading and fiber art. She is known for combining and juxtaposing materials in mixed-media works that have earned critical acclaim.

Through the years, her art has revealed a soul that greets real-life agony with quiet grace while it has



PHOTO BY LUIS FABINI

Mary Fisher has worked all her life as an artist in a variety of media. She is spearheading "Textile Meditations: Mary Fisher & Friends," at the Armory Art Center.

earned the respect of global textile design leaders, including four of Ms. Fisher's friends whose work will be exhibited with hers in this one-of-a-kind show. Ms. Fisher will exhibit a body of work titled "Words to Silence"

COURTESY PHOTOS

Right: "Dreamscape," a 2016 fused serigraph on hand-dyed silk with appliqué and fiber embellishment, by Mary Fisher. Below: "Windfall," a 2016 serigraph and collage on fabric.



in this exhibition.

Exhibiting artists include Jan Beaney and Jean Littlejohn from London and American artists Jane Dunnewold and Marsha Christo.

The exhibition kicks off Jan. 19, with an opening reception 6-7:45 p.m. and artist talks from 7 to 9 p.m. At 5 p.m. Jan. 20, Ms. Fisher will give a keynote speech titled "Collaborative Creativity." Two workshops are offered by the Armory Art Center and taught by Jane Dunnewold, Jan Beaney, and Jean Littlejohn on Jan. 19-21.

"The timing of this show, in which the artists explore textile construction from five perspectives, perfectly complements the recent expansion of our fiber department," Ms. Niles said.

The Armory is at 811 Park Place, West Palm Beach. For more information, visit www.armoryart.org or call 561-832-1776. ■



FLORIDA WRITERS

Debut novel illuminates the boundaries of community, connectedness and identity



philJASON

philjreviews@gmail.com

■ **"The Other Side of Everything"** by Lauren Doyle Owens. Touchstone, 272 pages. Hardcover, \$25.

Lauren Doyle Owens, who lives in the Fort Lauderdale area and has set her first novel there, is someone to watch. Her stunning literary murder mystery debut is at once a nail-biter and a brilliantly nuanced evocation of how communities work and don't work. How proximity to others does not create a neighborhood, how aging in place can foster a misery of isolation as contemporaries pass away and new neighbors remain strangers.

Ms. Owens builds her novel around three major characters whose situations and perspectives rotate through the novel.

Bernard White, about to turn 80, has lived in the suburban community of Seven Springs for decades and witnessed its socio-economic changes. Since his wife's



OWENS

death, he has become increasingly withdrawn. When he sees smoke rising from his neighbor's house, he calls 911 and awaits the firemen, police and paramedics. The fire seems to have covered a murder. But why Adel? Who really knew her, anyway?

Bernard feels helpless in the situation, somehow responsible for what happened. The tragedy wakes up the neighborhood, leading Bernard to begin a tentative re-engagement.

Amy Unger, a cancer survivor, spots the fire on her way home. Once a promising artist, she thought briefly of photographing or sketching the scene. But she is not yet ready. She is still cowed by her husband's disdain for her avocation. The marriage has gone cold, and Pete's business trips are far too frequent and extended.

Suffering from her mother having abandoned the family, 15-year-old Maddie Lowe attempts to take care of her brother and works in a restaurant near school and home. She also attempts friendship with Charlie, a homeless man who comes into the restaurant regularly. Her need for respectful attention is met in part by a neighborhood college student whose advances flatter her. However, her sexual awakening has a raw edge to it. A child being pushed into adulthood way too fast, Maddie meets her challenges with a surprising degree of effectiveness.

Murders of elderly women in the neighborhood continue. These are not random. The killer has an agenda. What's his motive? Is he an outsider or someone in their midst?

The cluster of murders brings the neighbors together. The older residents, self-named "the originals," rediscover old, faded friendships. As they catch up with each other's lives, they form a kind of buddy system that has expected yet energizing consequences.

For Bernard, a close friendship with an attractive woman develops, as do memories of past infidelity.

Amy's artistic creativity is reborn and released in a series of paintings about the murders. She paints with confidence, fulfilling her deepest needs.

While the police suspect Maddie's boyfriend could be the murderer, she must deal with her unexpected pregnancy. She struggles to break the habit of piercing her thighs as a mechanism to relieve tension. The outer pains masked the inner ones.

Though this is not a particularly long novel, it has so much density of textured detail and psychological probing

that it covers much more and leaves readers absorbed in a much more profound vicarious experience than novels twice its length.

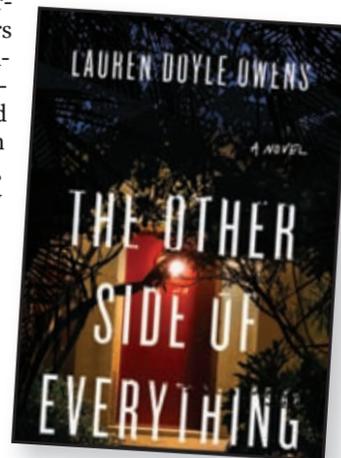
Through these three focal characters, whose lives hardly touch one another, Ms. Owens builds a vibrantly realized world spreading across three generations. She traces the ebbs and flows of individual and collective destinies, her narrative charged by a lyricism that is constantly evocative and revealing.

A large cast of well-drawn supporting characters reinforces the themes of connectedness and renewal.

This is a remarkable debut by a distinctive talent of great promise.

Originally from Maryland, Ms. Owens is a graduate of Florida International University's MFA program. ■

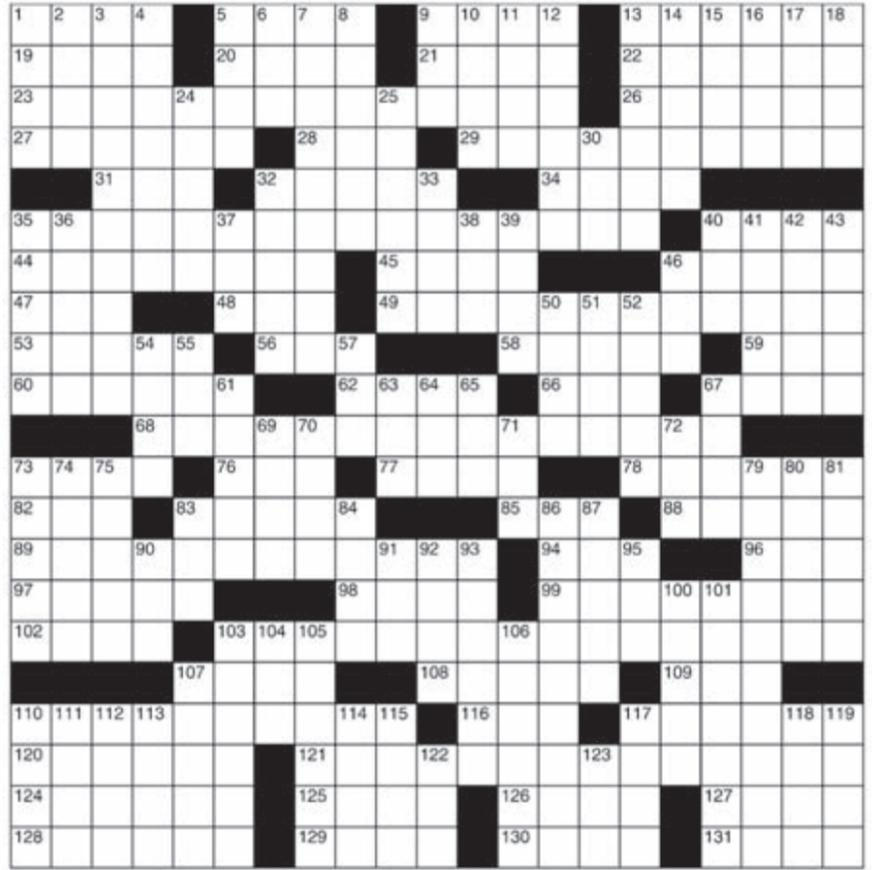
— Phil Jason, Ph.D., United States Naval Academy professor emeritus of English, is a poet, critic and freelance writer with 20 books to his credit, including several studies of war literature and a creative writing text.



PUZZLES

9 B.C.

- ACROSS**
- 1 Opera start
 - 5 "Yes, yes, Juan!"
 - 9 Take — (taste some)
 - 13 Cheeky type
 - 19 Road, in German
 - 20 Foretoken
 - 21 Lovett of country
 - 22 No longer surprised by
 - 23 Ram forcefully?
 - 26 Frito Lay chip
 - 27 December mall hirees
 - 28 Teeny
 - 29 Greeting sent by a cosmetics company?
 - 31 "Agnus —"
 - 32 Cache
 - 34 Southeast Kansas city
 - 35 Where lots of mail deliverers scuba-dive?
 - 40 Not at all high
 - 44 Most robust
 - 45 Kazan of film directing
 - 46 Hilo "hello"
 - 47 In days past
 - 48 "Lo-o-ovely!"
 - 49 Set crossword hints to music?
 - 53 Prefix with pathology
 - 56 The Big Apple, briefly
 - 58 Fissile rock
 - 59 Midday sleep
 - 60 Divide by type
 - 62 Contract out
 - 66 TV title alien
 - 67 Water whirl
 - 68 Required maintenance items?
 - 73 Face cover
 - 76 From — Z
 - 77 Big fair
 - 78 Character
 - 82 "Scatt!"
 - 83 Prologue
 - 85 Upsilon's follower
 - 88 Qdoba treats
 - 89 Inelegant five-member band?
 - 96 Salt's "Help!"
 - 97 Muslim palace area
 - 98 Haul around
 - 99 Number of magazine subscribers, e.g.
 - 102 Writer Haley
 - 103 Long to look at a periodic table?
 - 107 Feng —
 - 108 Poetry Muse
 - 109 White-haired
 - 110 Library cubicle in which Chablis is served?
 - 116 Jackie O.'s "O"
 - 117 New York state prison
 - 120 Is wild for
 - 121 Writes hacky computer programs?
 - 124 Chemist's "I"
 - 125 Nursing school subj.
 - 126 Bit of help
 - 127 In awe
 - 128 Naval units
 - 129 Car-lot sticker abbr.
 - 130 Barley brews
 - 131 Guru's discipline
 - DOWN**
 - 1 Essentials
 - 2 "Fame" star Irene
 - 3 Very loud
 - 4 Alternatively
 - 5 — chef
 - 6 Unruly kid
 - 7 Fit for sailing
 - 8 Ready to be driven
 - 9 Pugilist Muhammad
 - 10 Harmony
 - 11 1942 role for Ingrid
 - 12 "The Dick Van Dyke Show"
 - 13 Ballet dancer Nureyev
 - 14 "Sitting on — ..." ("Mrs. Robinson" lyric)
 - 15 Blood bank fluids
 - 16 Nero's 404
 - 17 Quintillionth: Prefix
 - 18 "Crazy" bird
 - 24 Aristide's land
 - 25 Eagles' nests
 - 30 Female deer
 - 32 Is sporting
 - 33 Hoagie shop
 - 35 Its capital is Accra
 - 36 Is very angry
 - 37 Co. kahuna
 - 38 — Tin Tin
 - 39 Tatty cloths
 - 40 Exclusively
 - 41 Ran across
 - 42 In the future
 - 43 Harsh-toned
 - 46 Top gun
 - 50 Spicy cuisine
 - 51 Stop moving
 - 52 Pixieish
 - 54 Stone
 - 55 — pro nobis
 - 57 Amigo of Fidel
 - 61 Sedative drug, informally
 - 63 Berg stuff
 - 64 Stout of mysteries
 - 65 Seer's skill
 - 67 This, to Pedro
 - 69 Dying rebuke
 - 70 "Me neither"
 - 71 Sponge up
 - 72 Scarf down
 - 73 Coffee flavor
 - 74 Auditory
 - 75 Rubberneck
 - 79 West Coast coll. in La Jolla
 - 80 Hen's perch
 - 81 Swirly letters
 - 83 Suffix with 90-Down
 - 84 Being aired, in a way
 - 86 Like religious dissenters
 - 87 Writer Calvino
 - 90 Gender
 - 91 Tip of a sock
 - 92 Suffix with major
 - 93 Azadi Tower locale
 - 95 Holy Fr. woman
 - 100 Ham it up
 - 101 City-circling route
 - 103 Goes after
 - 104 1921 Karel Capek play
 - 105 Stability-improving auto part
 - 106 Vocalist Kitt
 - 107 Hound's trail
 - 110 Homeless kid
 - 111 Sacred cow
 - 112 Center point
 - 113 The "E" of HOMES
 - 114 Practically forever
 - 115 Jet name
 - 117 Gets the total
 - 118 Stop up
 - 119 Kelp, e.g.
 - 122 Brand of motor oil
 - 123 A single



SEE ANSWERS, B3 ▶

HOROSCOPES

CAPRICORN (December 22 to January 19) While few can match the Goat's fiscal wizardry, you still need to be wary in your dealings. There might be a problem you should know about sooner rather than later.

AQUARIUS (January 20 to February 18) Easy does it when it comes to love and all the other good things in life. Don't try to force them to develop on your schedule. Best to let it happen naturally.

PISCES (February 19 to March 20) A surprise decision by someone you trust causes some stormy moments. But a frank discussion explains everything, and helps save a cherished relationship.

ARIES (March 21 to April 19) You're eager to take on that new opportunity opening up as January gives way to February. Now all you need to do is resist quitting too early. Do your best to stay with it.

TAURUS (April 20 to May 20) Doff a bit of that careful, conser-

vative outlook and let your brave Bovine self take a chance on meeting that new challenge. You could be surprised at how well you do.

GEMINI (May 21 to June 20) You might not want to return to the more serious tasks facing you. But you know it's what you must do. Cheer up. Something more pleasant soon will occupy your time.

CANCER (June 21 to July 22) As you dutifully tidy up your end-of-the-month tasks, your fun self emerges to urge you to do something special: A trip (or a cruise, maybe?) could be just what you need.

LEO (July 23 to August 22) Your achievements are admirable as you close out the month with a roar. Now you can treat yourself to some well-earned time off for fun with family or friends. (Or both!)

VIRGO (August 23 to September 22) Be sure you know the facts before you assume someone is holding back on your project. Try to open

your mind before you give someone a piece of it.

LIBRA (September 23 to October 22) You might feel comfortable in your familiar surroundings, but it might be time to venture into something new. There's a challenge out there that's just right for you.

SCORPIO (October 23 to November 21) Your love of things that are new gets a big boost as you encounter a situation that opens up new and exciting vistas. How far you go with it depends on you.

SAGITTARIUS (November 22 to December 21) That recent workplace shift might not seem to be paying off as you expected. But be patient. There are changes coming that could make a big difference.

BORN THIS WEEK: Sometimes you forget to take care of yourself, because you're so busy caring for others. But you wouldn't have it any other way. ■

SUDOKU

Difficulty level:



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

By Linda Thistle

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

SEE ANSWERS, B3 ▶

THIRD ANNUAL
Comedy Night
 at Temple Beth El WPB
 February 1, 2018 • Dinner 7pm • Show 8pm

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Call Temple Beth El for tickets at 561-833-0339 or order tickets online at WWW.bethelwpb.com/make-a-payment
 Temple Beth El, 2815 N. Flagler Drive, West Palm Beach FL.33407

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Feb. 3, 7:30 p.m., Eissey Campus Theatre
 Feb. 10, 7:30 p.m., Duncan Theatre (Limited Availability)
 Tickets: \$20 ☎ 561-832-3115 🌐 www.SymphonicBand.org

HAPPENINGS

From page 1

at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach.

Two special "Beyond the Stage" events are planned: A musical performance featuring by the Lake Worth Middle School Choir takes place in the Dreyfoos Hall lobby at 7:15 p.m. Jan. 19 and a free pre-performance talk by Steven Caras takes place at 6:45 p.m. Jan. 20 in the Cohen Pavilion.

For tickets, call 561-832-8469 or visit www.kravis.org.

Share urban stories

Storytellers, get ready to howl!

Join others who love the art of the story for West Palm's Howl at the Moon Urban Stories Festival Jan. 27 and 28 at locations around Clematis Street, the West Palm Beach Waterfront and the Mandel Public Library.

The goal of the festival is to celebrate our diversity, find our common ground, support literacy and have a good time doing it.

Some of the activities planned include story circles, speakers, story workshops, oral history and spoken word performances, photography and other visual arts, as well as shopping, food trucks and music.

Highlights include:

- Stories on stage: Leslie Gray Street-er, Michael J. Pagan and Victoria Fedden share their work Sunday, Jan. 28, at Mandel Public Library.

- Youth Speak: Poetry with Dreyfoos School of the Arts & Prose with Lake View Middle School on Saturday, Jan.

27, at the Waterfront.

- Children's Storytime in English, Spanish, Creole: Kids can enjoy stories both Saturday and Sunday at the Mandel Public Library.

- Demetrius Klein Dance Company DIY Projects will present an immigrant's story through dance on the main stage at the Waterfront on Saturday, Jan. 27.

- Kids and Cops: The Kids & Cops Workshops provide an opportunity for youth to express their thoughts and feelings about their relationships with law enforcement, opening an important line of communication that goes both ways.

For more information, call 561-222-5309 or visit www.urbanstoriesfestival.com.

Say 'Amen'

Palm Beach Atlantic University will host the annual Festival of Hymns featuring the PBAU Concert Choir directed by Geoffrey Holland and accompanied by guest organist Aaron David Miller at 4 p.m. Sunday, Jan. 28. The free concert takes place in DeSantis Family Chapel, 300 Okeechobee Blvd., West Palm Beach, is co-sponsored by the Palm Beach County Chapter of the American Guild of Organists. 561-803-2970.

A ride on the Eye

Even if you're not a fan of the South Florida Fair, the Midway Sky Eye is something special.

Manufactured in the Netherlands, this giant wheel debuted at the Florida State Fair before coming to Palm Beach County.

The wheel reaches a peak height of 155 feet, so high that it requires FAA clearance. But this is no open

air-exposed-to-the-elements Ferris wheel experience. There are 36 gondolas, which each hold six riders. Riders might even be able to see the ocean — about 11 miles away — depending on visibility, so bring your binoculars.

The wheel weighs more than 400,000 pounds and has more than 500 pieces. (Let's hope they didn't have anything left over when they finished assembly!)

Tickets for the Sky Eye are \$5 and are not included in wristband ticketing. The South Florida Fair runs through Jan. 28 at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. 561-793-0333; www.southfloridafair.com.

Sunset Lounge begins renovations

The historic Sunset Lounge closed for renovations on Jan. 15. It's part of the West Palm Beach CRA's work to revive the Northwest District of West Palm Beach and return the Sunset Lounge to its former glory as a destination for jazz and an African American cultural center. In the '40s and '50s, the Sunset Lounge hosted notable artists including Ella Fitzgerald, Count Basie and Louis Armstrong.

Cooper Construction Management landed the rehabilitation project and Hedrick Brothers Construction will provide historic restoration consulting. The plan is to convert the structure back to a ballroom with a large elevated stage and a third-floor mezzanine. The new venue will have a full-service restaurant and a new bar.

For more about the Community Redevelopment Agency, www.visitwpb.org/cra.

How's West Palm Beach doing?

Mayor Jeri Muoio will deliver her

2018 'State of the City' address at the January breakfast meeting of the Chamber of Commerce of the Palm Beaches on Jan. 24 at the Palm Beach County Convention Center; 650 Okeechobee Blvd., West Palm Beach. The mayor will lay out the blueprint for her final year in office. Arrive at 7 a.m. for check-in and networking. The program begins at 7:30 a.m. Tickets are \$50. Call 561-833-3711, Ext. 231 or register online at <https://palmbeaches.chambermaster.com/eventregistration/register/19091>.

Kids and Kravis Center

The Kravis Center is making its programming more accessible for students through Michael Feinstein's Youth Ticketing Fund, a new program that pays the way for students from underserved communities to attend these popular concerts featuring American classics performed by Michael Feinstein, featured performers and the Kravis Center Pops Orchestra. For more information about the Michael Feinstein Youth Ticketing Fund and how students from local schools can participate, call 561-651-4251 or visit www.kravis.org.

The eligible concerts are:

- Michael Feinstein Conducts the Kravis Center Pops Orchestra: An Evening of Cole Porter, on Jan. 31.

- Michael Feinstein With the Kravis Center Pops Orchestra Big Band: Sinatra and Friends, on Feb. 28

- Michael Feinstein Conducts the Kravis Center Pops Orchestra: First Ladies of Song including Judy, Peggy & Ella, with a Special 90th Birthday Celebration for and starring Marilyn Maye and featuring Storm Large, on March 13. ■

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FLORIDA WEEKLY CUISINE

Chrissy Benoit to take over kitchen at Riviera's Johnny Longboards



Johnny Longboards, a venerable Riviera Beach oceanfront casual restaurant, is about to get a makeover with its new owner.

It won't be a total redo, however, according to the new chef-manager, **Chrissy Benoit**.

The former owner at **The Little House** in Boynton Beach and the Lake Worth meet-up favorite, **Havana Hideaway**, Ms. Benoit said she's excited about the chance to "give it T.L.C. That's what it needs."



BENOIT

Her plan is to tweak things already in place rather than totally remake the restaurant. "I'm so excited. It's such a great spot. It has a great atmosphere — flip-flop friendly. I

plan to play with the menu, but keep it beachy and casual."

The problem is it's somewhat dated and hasn't been renovated in a long while, even after the **Ocean Mall** was rebuilt on the Singer Island beachfront in 2009, she said.

The mall was sold in May 2017, and spaces are now renting out to new shops as well as one new restaurant: Mulligan's.

Negotiations for Johnny Longboards had been in the works for a year, she said; the deal closed a week ago. **Gerard Hansen** is the new owner. An investor with several interests in Palm Beach County, he has experience in restaurants in New Jersey, she said. His goal is to keep the bones of the restaurant intact while giving the chef room to improve it.

It's past time, she said. "No one is dazzled by it," the chef said. She would like to see it become a hub once more for beachside gatherings, and plans on bringing in live music, and tightening up the front of the house with new managers bringing professional experience from some of the bigger chains.

A deep cleaning comes first, she said, then some menu tweaks. "I will put my fish tacos and ceviche, and a few other things that are a good fit. We want to put in a raw bar.

"I just want to really wake up the flavors, use things like compound butters and make our own in-house dressings.



COURTESY PHOTO
Loaves of sourdough bread line the racks at Aioli in southern West Palm Beach. The breakfast and lunch spot plans to open a second location, in downtown West Palm Beach.

We want to work with local producers to get in local produce, local fish. I want to keep it fun and approachable, but up the game on food. Bring in some local beers."

Her goal is 90 days to turn things around. "I'm focusing on service and will follow through with menu tweaks in the next couple of months. It'll take some time."

As for the title, the chef says the restaurant will have the "same name, new life."

In brief

Downtown West Palm Beach will see **Aioli**, the popular sandwich shop and bakery owned by **Michael** and **Melanie Hackman** near the Lake Worth line, open its second shop on Olive Avenue south of Clematis.

They bring sourdough breads, and hand-crafted sandwiches, soups and salads to the lunch crowd. It's expected to open quietly next week. ... Also new downtown is the week-old brewery, **West Palm Brewery and Wine Vault**, at 332 Evernia St.. Craft brews — glycol chilled "core" beers without "silliness" are on its chalkboard. Food and wines also are served; it's a happening spot so far. ... **Avocado Grill** from downtown West Palm opened its second restaurant last week in **Downtown at the Gardens**. Big crowds were on hand for the grand do. ■



JAN'S THREE FOR 3 Places for soup

A trio worth noting

1 2 CHEF'S SOUPAREE

6338 Lantana Road, Lake Worth; 561-432-2477

This mom-and-pop spot tucked in the corner of a plaza (too low-tech to have a website) is the maddaddy of soup shops in the county. At least 20 soups are simmering daily here — classics and unique recipes — with extras on chilly days. Can't decide? Then taste before you buy; the friendly staff offers tiny tasting cups. Artisan bread slices come with your cup or bowl. Make the trek: You won't be sorry.

2 PHO AND HOT POT VIETNAMESE

826 Park Ave., Lake Park; 561-842-3443; www.phoandhotpot.com

At the Hot Pot, the dish called *lau* in Vietnamese is presented for you to create your own soup in a simmering broth from variety of fresh ingredients right at the table. Choose from a meat or vegetarian broth bubbling away, and add seafood, vegetables, noodles, dumplings or other foods on hand to customize your dish. It's communal dining at its best in this strip mall friendly charmer.

3 WHOLE FOODS MARKET

Palm Beach Outlet Mall, 1845 Palm Beach Lakes Blvd., West Palm Beach; 561-471-3800; www.wholefoodsmarket.com/stores/westpalmbeach

If you haven't been to this Whole Foods Market, you're missing out on several things, not the least of which is a serious soup selection — vegan, vegetarian, meat — and an express line to pay for it. With the salad bar nearby, this is dinner waiting to happen at all hours — it's open till 10 p.m. A wine bar and craft beer bar make it a meet-up spot; have a cup of soup as you wait for your buds to show. ■

— Jan Norris

THE DISH: Highlights from local menus

The Dish: Italian Omelet

The Place: John G's, Plaza Del Mar, 264 S. Ocean Blvd., Manalapan; 561-585-9860 or www.johngs.com.

The Price: \$10.25 (cash only).

The Details: I've loved John G's since the first time I stood in a line that snaked around the old Lake Worth Casino.

There's still a line, even though John G's moved a few years ago to slightly larger digs in Manalapan. But it's worth the wait — trust me.

This Italian Omelet was fluffy, but

packed with sausage, pepperoni, green peppers, mozzarella, onions and mushrooms, and topped with a tangy red sauce.

I've also enjoyed the fresh blueberry pancakes, and at lunch, the gazpacho, served over an icer and garnished with hot peppers, is some of the best anywhere.

Just bring cash — they don't accept credit cards. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

ADVERTORIAL

Come see what's new at TooJay's Deli as they unveil a new look in Lake Worth

TooJay's newly remodeled restaurant in Lake Worth reflects its culinary tradition in a fresh environment of bright tiles, flooring and comfortable booths. The famously tempting bakery counter figures prominently in the updated design and welcomes guests with an enticing selection of freshly baked pastries reminding guests as they enter the restaurant to leave room for dessert! The deli area has been

turned to allow guests to watch their sliced-to-order meats being cut. With consumers spending increasingly more time online and with technology taking convenience to new heights, TooJay's has recently launched an online ordering platform for all 27 restaurants. Guests can seamlessly order and pay online on the restaurant's website, www.toojays.com, and on TooJay's mobile app, available for iOS and Android devices.

"We understand that for our guests, time is valuable and convenience is key, especially for busy professionals and families needing quick meal solutions," said Piet. "Connecting with our guests continues to be a top priority and our new online ordering platform and integrated loyalty program, provides multiple ways to get our delicious New York style deli food."

"Connecting with our guests continues to be a top priority and our new online ordering platform and integrated loyalty program, provides multiple ways to get our delicious New York style deli food."

"We have proudly served Lake Worth since 1984 and are excited to welcome guests to enjoy our fresh contemporary new look with the same TooJay's menu of cravable food" said Maxwell Piet, President and CEO of TooJay's. "Whether it's traditional brisket or pastrami-on-rye that you crave or a creative salad or small plate,

everything on our menu is freshly prepared. Whether breakfast, lunch, dinner or catering, we take great pride in serving simply great food with simply great experiences."

There are plenty of reasons why TooJay's is Florida's favorite deli. The restaurant consistently wins 'Best of' Awards across the state but their secret is in the details. TooJay's passion is combining traditional, made-from-scratch food with a modern deli experience. Trusted recipes and time honored traditions are always served with amazing hospitality and modern convenience. Guests come in for those 'must have' classics like matzo ball soup, a piled-high Reuben sandwich, the Banana Dream cake or to try the newest seasonal menu offering.

In addition to the ease of online ordering and payment, guests who join the restaurant's Delicious Rewards program on TooJay's mobile app earn

points for their online orders. TooJay's sweetens the offer with a free dessert or small plate upon signing up for Delicious Rewards program. Guests also receive a birthday treat, hear about the latest news and offer and earn points for every purchase. It's one of many ways TooJay's shows guests how much they appreciate your business.

TooJay's takes pride on being a celebration of big plates and big tastes in a warm and inviting atmosphere that leaves guests feeling right at home. When you've done things the right way for more than 35 years, it's just that simple.

Located at 419 Lake Avenue, Lake Worth, **561.582.8684** and open daily from 8 a.m. to 9 p.m. toojays.com



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TRUMP NATIONAL, JUPITER



Overlooking 5th Hole | 5BR/6.2BA | 5,858 SF | \$2.75M

THE BEAR'S CLUB, JUPITER



2 Contiguous 1-Acre Lots on the Golf Course | From \$2.7M

TRUMP NATIONAL, JUPITER



Overlooking 8th Hole | 6BR/6.2BA | 5,614 SF | \$2.69M

BEACH FRONT 407, SINGER ISLAND



\$25,000 Bonus To Buyer's Broker

Directly on the Sand | 3BR/3.1BA | 3,950 SF | \$2.149M

OCEANFRONT 902, JUNO BEACH



Largest Condo Avail in Juno Beach | 3,995 SF | \$1.95M

LAKE POINT TOWER, OLD PORT COVE



Panoramic Ocean to ICW Views | 3BR/3.1BA | 3,475 SF | \$1.495M

BAY HILL ESTATES, WPB



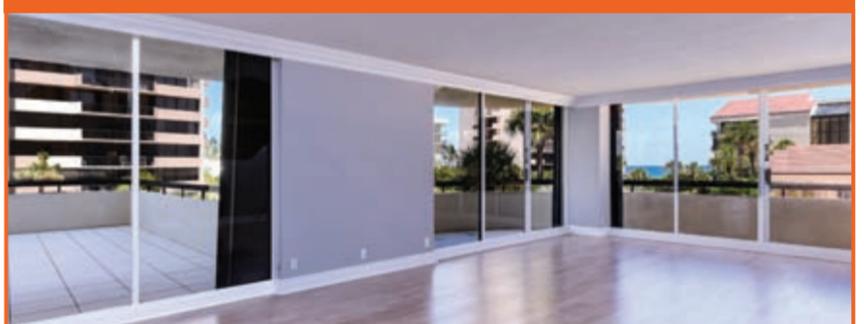
Golf & Water Views | 4BR/4BA | 4,501 SF | \$1.049M

EASTPOINTE 18-C, SINGER ISLAND



Updated and Open Kitchen | 2BR/2BA | 1,710 SF | \$595,000

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JANUARY 2018

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

Improve your smile | 2
The healing power of acupuncture | 5
Nonsurgical skin-tightening | 8

Living in the
moment

Finding inner peace through the practice of mindfulness

For many of us, there is the constant pressure to do more, move faster, respond sooner. It can be exhausting and stressful, and as a result you can feel as if you are moving through life on autopilot, devoid of pleasure and joy, simply reacting to obstacles.

What if you were given the tools to embrace each moment and take the time to be truly present in your life? And what if those tools helped you reduce stress and improve your overall health and well-being? Through the practice of mindfulness, individuals learn to actively engage in self-care, finding a greater balance and peace of mind.

Mindfulness was formalized as a practice for stress reduction in 1979 by Dr. Jon Kabat-Zinn. He initially developed an eight-week course, now known as Mindfulness-Based Stress Reduction (MBSR), as an outpatient program to treat patients suffering from chronic pain. Since that time, thousands have benefited from participating in the program.



Sheila Griffin

Program Manager and Instructor

Calcagnini Center for Mindfulness at Jupiter Medical Center

SEE JMC, 3 ►

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment."

—Jon Kabat-Zinn, mindfulness expert

This Valentine's Day, give your failing teeth some 3D love

In the past, placing dental implants involved a lot of guesswork. Dentists used to rely on traditional black-and-white X-rays, which displayed only two-dimensional images, inaccurate in size and detail.

The dentist could not see the bone, soft tissues or surrounding vital structures beneath the gums, so he would have to approximate the location of surgical implant placement.



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

PGA Center for
Advanced Dentistry
7100 Fairway Dr., Suite 59
Palm Beach Gardens
561-627-8666
PGAdentistry.com

X-rays are fine for finding decay in teeth, but for dental implant surgery, 3D CT scans are now considered the standard of care in modern dentistry.

A CT scan is a volumetric image of a patient's teeth, jaws, and surrounding vital structures. It shows, in high resolution and unparalleled detail, structures not visible with traditional X-rays.

The 3D CT scans provide both three-dimensional and cross-section views that are much more accurate than traditional two-dimensional X-rays.

These 3D computerized images provide detailed views of the facial structures that enable a qualified dentist to determine the quantity and quality of bone as well as bone density where

the implants will be placed. Vital structures such as nerves and sinuses are precisely located to add a great measure of safety not offered with traditional X-rays.

With this information, the dentist can determine the proper treatment approach for each individual patient, including the correct implant type, size and position for optimal implant placement.

These scans make implant placement more efficient and predictable while dramatically reducing the time a patient spends in the dental chair.

The cone beam CT technology used emits very small amounts of radiation during the CT scan. In fact, the imaging requires less radiation than a traditional X-ray and the cone beam technology emits 80 to 100 times less radiation than a traditional medical grade CT scan of the same area.

You are seated in an open area unlike an MRI scan-and the CT scanner moves around your head. The scan will take place in the dentist's office and takes only 19 seconds.

With a 3D CT scan, the doctor can properly assess your specific case to determine if you're eligible for dental



BEFORE



AFTER

Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry. Dr. Ajmo has been awarded Diplomate Certification from the International Congress of Oral Implantologists, Diplomate from the American Dental Implant Association and a Mastership from the Misch International Implant Institute. He is an active member of The American Academy of Oral Implantologists.

Dr. Ajmo is Board Certified in IV sedation and maintains an active membership with the American Society of Dental Anesthesiology.

He focuses his practice on complete dental restoration, surgical placement of dental implants, cosmetic smile design and sedation dentistry. Dr. Ajmo has

implants, whether bone grafting is necessary and can plan precisely where to place the implants.

been serving patients in his Palm Beach Gardens office since 1987. ■

About Dr. Ajmo

Dr. Jay Ajmo earned his Doctor of

— Dr. Jay L. Ajmo is at PGA Dentistry, 7100 Fairway Drive, Suite 59, Palm Beach Gardens. Phone 561-627-8666; www.pga-dentistry.com.

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JMC

From page 1

Today, mindfulness is used to treat much more than chronic pain. It can serve as a complement to treatment by helping to lower stress levels that are often a contributing factor to various conditions, including: cancer, high blood pressure, heart disease, asthma, gastrointestinal problems, psoriasis, and auto immune disorders. Doctors also recommend mindfulness to patients dealing with a variety of psychological issues, ranging from sleep and eating disorders to anxiety and depression.

The reality is that there is something in the practice of mindfulness for everyone.

It can help ameliorate the daily stressors that arise through work, school, family, financial concerns, aging, and more. While mindfulness has proven effective in reducing stress and improving overall well-being, research has also begun to demonstrate how practicing mindfulness can possibly increase grey matter in the brain, improving memory and learning. There has also been research examining the ways in which mindfulness can strengthen the brain's ability to reorganize itself by forming new neural connections.

Jupiter Medical Center, in collaboration with the University of Massachusetts Center for Mindfulness, is pleased to offer MBSR training in the Calcagnini Center for Mindfulness on the medical center campus. The Winter 2018 session begins on January 23. It consists of eight classes and one all-day session designed to teach

people to be more mindful and to manage the tension of everyday life.

This eight-week intensive course will help students:

- Learn to practice self-care
- Feel a greater sense of balance
- Become more creative
- Experience greater happiness

Like most things, the benefits of mindfulness are enhanced through ongoing practice and maintaining a daily commitment. Students discover by the end of the training, that mindfulness has become a way of life that they want to continue, long after the classes end. As such, the Calcagnini Center for Mindfulness offers monthly drop-in sessions for graduates so they can reconnect and reaffirm their commitment to the practice.

In addition to Mindfulness-Based Stress

Reduction (MBSR) classes, the Calcagnini Center offers meditation sessions, workshops and a variety of Integrative Medicine practices and lectures.

Since things in our world don't seem to be getting any calmer and the stress continues to build, why not take the opportunity to do something for yourself and your own well-being? As Dr. Kabat-Zin eloquently explained: "Give yourself permission to allow this moment to be exactly as it is, and allow yourself to be exactly as you are."

The Mindfulness-Based Stress Reduction class fee is \$500. Scholarships are available, based on students' income level and income verification. A six-month payment plan is also available. To register for the program, or learn more about our services, please visit jupitermed.com/mindfulness or call 561-263-MIND (6463). ■

Stress Less, Live More



Enroll in classes at the new Calcagnini Center for Mindfulness

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

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

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

Winter 2018 Session – Includes eight classes and one all-day session.

Orientation

Tuesday, January 23 | 10 a.m. – 12:30 p.m. or 6 – 8:30 p.m.

Classes

January 30, February 6, 13, 20 & 27, and March 6, 13 & 20
10 a.m. – 12:30 p.m. or 6 – 8:30 p.m.

Retreat

Saturday, March 10 | 8:45 a.m. – 4:30 p.m.

Location

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

Reservations are required. Space is limited to 30 participants per session. Class fee is \$500. (Please utilize the complimentary valet parking located at the main entrance – south side of the hospital.)

For more information or to register, please visit jupitermed.com/mindfulness or call 561-263-MIND (6463).

Learn more at jupitermed.com/mindfulness

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UMASS Medical School



Shopping smart: Grocery store tips

PALM BEACH GARDENS MEDICAL CENTER

Saving money at the grocery store is something everyone wants to do. Many people feel like they don't know how to do it. Here are some tips that can save money and time.

Think BIG

Buy fruits and vegetables when they are on sale and buy small amounts more often so it doesn't get thrown away. Reusable produce bags are designed to keep produce fresher longer and are worth investing a few dollars into. Fruits and vegetables can be bought already frozen and last longer! To freeze fresh vegetables, blanch them first. Freeze the extra fruits if you can and use them later.

When more expensive products like meats are on sale, buy in bulk. Separate them out into serving sizes and freeze what you will not use right away. It may cost more at the time, but it will save money in the long run.

Switch it up

Plan your meal around a fruit or a vegetable instead of a meat. Meat is the most expensive part of the meal! Eating more fruits and vegetables gives the

body more energy for less money. You can substitute beans, brown rice, or a grain for meat to save money; it costs less, gives the body protein, and will help keep the feeling of fullness longer! Plan at least one meal without meat each week.

How do we get enough protein without meat? Add other healthy foods! Eggs and low-fat milk are a good way to get protein. Soy milk is a great choice for lactose intolerance. Low-fat cheese can be added to dishes, but not to smother them. For those of us feeling brave, tofu is easy to use, has a lot of protein, and takes on the flavor profile of the seasonings used on it! Some vegetables like broccoli and spinach have protein too!

Read signs and ads

Call the stores or check their websites and ads to see what day of the week they usually change their store specials. Shop on the days the specials come out! Just because a sign says 2 for \$6 doesn't always mean you have to buy 2 to get it at the discounted prices. Ask a salesperson if you just buy one item if it will still be discounted. If the item happens to be a pantry staple, go ahead and stock up on it! Cutting coupons from ads can be very helpful. You don't have to go "coupon wild," but if there is an item already on your list, it's worth the

few extra minutes to look through the daily ads to find a coupon.

Compare prices

Compare prices and the number of servings for canned versus fresh or frozen fruits and vegetables. This makes sure you get the most for your money when stocking up. Look at the unit price on the store shelf label to help you compare. A bigger package isn't always the best deal. Look at the labels that have the price per ounce to see what the best deal is. The smaller the price per ounce, the better.

Store brands usually have the same ingredients as the big name brands. Check the labels and save money with the store brands. If your local store has a discount or a club card, sign up for it. Most discount cards only require an address or telephone number to get started.

Don't get into a trouble zone

Make a list and stick to it. Planning meals ahead makes a list easy to put together. Sticking to the list saves you money. Only buy what you need to make the meals you planned.

Don't go to the grocery store hungry or you will load up with junk! This costs you more money!! Eat a light snack

before you go, otherwise it's very hard to stick to your list.

Be careful with convenience products, such as single serving sizes, pre-made meals, or pre-cut vegetables. These cost more because the work has already been done for you. The time you spend to make these items is less than the extra money you are spending on them.

Buy local food

Check out the local farmers markets. They accept food stamp cards and have cheap local produce. You can also bargain with most vendors. Try getting better deals at the end of their work day. Always buy produce in season to get the most for your money.

If you have been advised by your physician to follow certain dietary restrictions to improve your health and well-being, we can help.

Our Outpatient Nutrition Counseling Service at Palm Beach Gardens Medical Center's Outpatient Rehabilitation Center is designed to provide comprehensive nutrition assessment and education, including individualized nutrition consultation for individuals who require medical nutrition therapy. Nutritional outcomes are monitored and optimized through periodic visits with our Registered Dietitians. For more information, go to our website at www.pbgmc.com. ■

Acupuncture and the opioid crisis in Florida

We all see the opioid crisis all over the news but I think very few people truly realize the impact it is having on our entire nation. Florida is a hub in the opioid crisis. In a report published by the Florida Department of Law Enforcement in November 2017, it states 5,725 opioid-related deaths were reported, which is a 35 percent increase (1,483 more) over 2015. The opioids were identified as either the cause of death or merely present in the decedent. This is an epidemic, a disease that does not discriminate. It does not care about your education level or the balance in your bank account. Does not care if you are gay or straight. Religion not an issue, it affects Christians, Muslims, Jews and anyone in between. Whether you are a Trump supporter or a Never Trumper it can affect you and your family.

Many will recall a coach or a college professor telling you to look to your left or right and one of those people won't make the team, pass the class or will drop out. The same principle applies to the opioid crisis. Look to your left, look to your right one of these persons will either have a problem with opioids or a family member or close friend. It is that prevalent. Statistics show that in 2016 there are close to 64,000 opioid related deaths in the United States. It's estimated that 23 percent of heroin users develop an opioid addiction, according to the National Institute on Drug Abuse.

Acupuncture to prevent opioid addiction

So where does acupuncture come into play with the opioid crisis? It can come in on the front end to avoid the addiction

ever starting and on the back in to treat an ongoing addiction. Many abusers of opioids start out as patients with pain. Either pain from an injury or illness. Opioids are shown to actually change the receptors in the brain to create the addiction. So addiction sets in very easily and most people do not intentionally abuse the drug but they are driven by the addiction and the firing of nerve receptors in the brain. WHO, World Health Organization, recognizes acupuncture as an effective means to treat both chronic and acute pain. The United States is well behind European countries in the accepted use of acupuncture. It should be the first go to for acute pain to prevent chronic pain ever occurring. There is no addiction to acupuncture or adverse side effects when performed by a properly trained licensed Acupuncture Physician that is certified by NCCAOM.

Many patients come into my office that have been on opioids for 10-plus years, and while they are not an addict, they also do not get the pain relief from the opioids any longer and therefore dosages must be increased. These chronic pain sufferers are amazed to find that after a few months of consistent acupuncture treatment they have more pain relief than years of opioid use. Most will experience a 75 percent to 90 percent decrease in pain.



There is a nationally recognized program, NADA, which is used in many treatment centers to augment western treatment. However, it is underutilized especially here in Florida where many insurers do not cover the treatment. Acupuncture treatment for opioid addiction focuses on the physical aspect of the addiction along with the emotional component. Opioid addiction is multileveled. Depending on how long the addiction has been present and how much of a toll it has taken on that individual's life will determine the level of treatment needed. Regardless, acupuncture is a much-needed and effective tool in the treatment of opioid addiction and in the prevention.



Wendy Miller
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Diplomate of Oriental
Medicine



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Acupuncture Physician
Diplomate of
Oriental Medicine
Holistic Health Coach

Acupuncture in the treatment of opioid addiction

Once opioid addiction has set in, it is one of the hardest addictions to break. Everyone's fight with the addiction is different and no blanket treatment or program has proven to be effective. Acupuncture focuses on the individual and treats each individual based on the way the addiction has affected that person.

— *fdle.state.fl.us 2016 Annual Report Drugs Identified in Deceased Persons by Medical Examiner National Institute on Drug Abuse. (2014). Drug Facts: Heroin. Bethesda, MD: National Institute on Drug Abuse. Available at www.drugabuse.gov/publications/drugfacts/heroin. Center for Behavioral Health Statistics and Quality. (2016). Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series H-51). Retrieved from www.samhsa.gov/data/.*

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Run, don't walk, to the DASH diet for help preventing and treating high blood pressure

NATIONAL INSTITUTES OF HEALTH

For the eighth consecutive year, *U.S. News and World Report* has ranked the DASH Diet developed by the National Institutes of Health as the best overall diet among nearly 40 it reviewed. The announcement came just as new research suggests that combining DASH, or Dietary Approaches to Stop Hypertension, with a low-sodium diet has the potential to lower blood pressure as well as or better than many anti-hypertension medications.

With its focus on vegetables, fruits, whole grains, low-fat dairy and lean proteins, DASH tied this year for best overall diet and was ranked No. 1 in the healthy eating and heart disease prevention categories.

According to the World Health Organization, hypertension, more commonly referred to as high blood pressure, is the most common chronic condition worldwide. It is a major risk factor for heart disease, affects 1 billion people and accounts for 1 in 8 deaths each year.

Researchers funded by NIH's National Heart, Lung and Blood Institute developed DASH to prevent and treat high blood pressure, but the diet also has proven highly effective in lowering blood cholesterol.

"The consistent high rankings of DASH over the years bode well for the way the diet is received and adopted, not just by health professionals, but also by the public at large," said Janet de Jesus, registered dietitian and program officer at NHLBI's Center for Translation Research and Implementation Science. "This is especially gratifying now that new research underscores the significant blood-pressure lowering effects of a reduced intake of sodium in combination with the DASH diet."

Previous research has shown that people who follow the DASH diet may be able to reduce their blood pressure by a few points in just two weeks. Over time, their systolic blood pressure (the top number in a blood pressure reading)

could drop by eight to 14 points, which significantly reduces the risk of cardiovascular disease.

The positive health effects could be even greater if DASH is combined with a low sodium diet. An NHLBI-funded study of more than 400 adults with prehypertension, or stage 1 high blood pressure, found that the combination of a low-salt diet with DASH substantially lowers systolic blood pressure. Overall, participants who started out with the highest blood pressure achieved the

greatest reductions.

"An interesting aspect of the DASH diet is that the effects are greater in people with hypertension or higher blood pressure at baseline, which is comparable to anti-hypertensive medications," said Dr. Stephen Juraschek, an adjunct assistant professor at Johns Hopkins University and an instructor of medicine at Harvard Medical School. Dr. Juraschek is the study's first author.

"Our results add to the evidence that dietary interventions can be as effective

as, or more effective than, antihypertensive drugs in those at highest risk for high blood pressure," he said. "Such interventions should be a routine first-line treatment option for such individuals."

DASH is not a fad diet, but a healthy eating plan that supports long-term lifestyle changes. Low in saturated fat, trans fat and cholesterol, it emphasizes fruits, vegetables and low-fat dairy foods, and includes whole grains, poultry, fish, lean meats, beans and nuts. It is rich in potassium, calcium and magnesium, as well as protein and fiber. However, it calls for a reduction in high fat red meat, sweets and sugary beverages.

The DASH diet was one of 38 diets reviewed and scored by the *U.S. News and World Report's* panel of health experts. To receive top ratings a diet must be relatively easy to follow, nutritious, safe, effective for weight loss and protective against diabetes and heart disease.

DASH tips for gradual change

Make these changes over a couple of days or weeks to give yourself a chance to adjust and make them part of your daily routine:

- Add a serving of vegetables at lunch one day and dinner the next, and add fruit at one meal or as a snack.

- Increase your use of fat-free and low-fat milk products to three servings a day.

- Limit lean meats to 6 ounces a day (3 ounces a meal), which is about the size of a deck of cards.

- If you usually eat large portions of meats, cut them back by half or a third at each meal over a couple of days.

- Work two or more meatless meals into your diet each week.

- For snacks and desserts, use raw vegetables or fruits; unsalted rice cakes, nuts or seeds; raisins; graham crackers; fat-free or low-fat frozen yogurt; or popcorn with no salt or butter added.

- Use fresh, frozen or low-sodium canned vegetables and fruits. ■



Nonsurgical facelift and skin tightening/lifting procedure with PDO threads

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



Jennifer Nicholson
Nurse Practitioner
Youthful Balance

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Thread Lift is one of the most effective ways to lift the loose skin without surgery. As we age, the effects of gravity become more noticeable on our faces, especially as our facial support structure weakens and we lose facial fat. The areas

that are generally affected are the eyebrows, areas around the eyes, the cheeks, the jowls and the neck. The result is a longer, more square-shaped and older-looking face.

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

PDO (polydioxanone) sutures are surgical sutures that are used to perform cardiac surgery. All sutures are FDA-approved and PDO sutures are one of the safest materials that can be used in the body. Your skin will fully absorb the thread within four to six months without leaving any scar tissue.



While the sutures are underneath the skin, however, your skin gently reacts to the skin creating a selective inflammatory response to produce collagen to create a longer-lasting result.

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

The best part of this entire treatment is that the body naturally absorbs

the threads, lasting in 12 to 24 months of results.

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

We look to manage treatment discomfort as much as possible and use special creams that dramatically reduce the pain of injections. In addition we use

anesthetics injected locally. Most patients don't consider it to be a painful treatment however we do advise patients that it may be uncomfortable.

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

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



10 ways to burn more calories through exercise

MEDI WEIGHT LOSS

If you've ever wished you could burn more calories during your workout without having to exercise longer, here are 10 easy changes you can make to rev up the calorie burn.

More, more, more. The more of your body you use in an exercise the more calories your body will burn. Try using your arms more when walking and running, find a cross trainer with moving arms, or get on a rowing machine.

Up the ante. Every time you make a change in your workout your body has to adjust and work harder. If you've been walking the same 2 miles at the same pace and incline for the past two years, it's time for a change. Adding even 30-second bursts of intensity can boost your calorie burn.



Pump up the beat. Music has a way of pushing you and motivating you to keep going.

Have you ever noticed how your pace reflects the speed of the music you're listening to during exercise? The more upbeat your music the more energy you will bring to your workout.

Show up. You see it all the time in the gym. The lady on the treadmill is texting. The man on the stationary bike is reading the paper. The teen on the rowing machine is just bidding time. Stay focused and present in your workout. The more you show up the harder you can push and the more you will get out of it.

Cardio first. A small study published in the *Journal of Strength and Conditioning Research* examined four groups: running only, strength training only, running followed by strength training, and strength training followed by running.

Researchers found that while all exercisers experienced a strong after burn (a higher rate of calories burned when at rest after exercise) for the two hours after working out, the strength training

and run/strength training groups had the highest exercise after burn.



Healthy competition. A study by Kansas State University researchers found that young women who trained with a teammate they perceived to be a better performer were able to quadruple their workout time and intensity. Working out with someone stronger and faster than you often helps you push through barriers.

Jump for joy. As kids we just couldn't keep still. As adults we rarely have both feet off the ground unless we're lying down. Jumping exercises, known as plyometrics, are high intensity and get your heart rate up quickly, increasing your calorie burn. Proper form is essential when performing plyometrics to reduce the risk of injury. Consider taking a boot camp class or consulting a personal trainer on correct form.

Cold, hard facts. A British study showed that individuals who drank refrigerated water (39 degrees F) worked out 25 percent longer than those who consumed the same amount of warmer water.

Smell the roses. Changes in terrain and weather make outside the better choice for exercise. Research shows that individuals burn 10 percent more calories when walking or running outdoors rather than on a treadmill at the same speed.

The homestretch. Stretching not only helps your muscles recover but it also helps prevent overuse injuries and tight muscles. Taking the extra 5-10 minutes to stretch can help you work out longer and harder during your next session. ■



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Dr. Joseph Russo is one of only 380 dentists worldwide to achieve Accreditation by the American Academy of Cosmetic Dentistry (AAACD). He also instructed other dentists in leading edge cosmetic procedures with the Rosenthal Institute for Aesthetic Dentistry.

Dr. Russo has extensive training in restoration of extremely worn dentition and the treatment of Temporomandibular Joint Disorder (TMJD). Dr. Russo is certified by the



Dental Organization for Conscious Sedation (DOCS) allowing him to comfortably treat patients who experience stress or anxiety while undergoing dental treatment.

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