

PALM BEACH FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF FEBRUARY 15-21, 2018

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COURTESY PHOTO

Dan Millstone, County Commissioner Mary Lou Berger, Chief Deputy Michael Gauger and Lake Worth Vice Mayor Scott Maxwell volunteer at Meals on Wheels.

Meals on Wheels rolling forward

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

The folks at Meals on Wheels of The Palm Beaches have been doing some number crunching lately. They found that the number of meals served has been steadily increasing since the organization began making deliveries in 2011.

"We're up 35 percent for 2017 over the previous year," said Pam Calzadilla, executive director. "We delivered 45,000 meals last year, included Saturday meals," something new in 2017. "We serve 436 clients, unduplicated, up from 319 last year."

Meals on Wheels feeds the homebound, mainly senior citizens, people who need food but can't get out. Clients, who pay between \$1.50 and \$6 per meal (with an average of \$3), receive Saturday meals with their Friday lunch delivery.

"With the government program lacking in funding and the number of seniors on the rise, we need people to volunteer and/or donate," said Ms. Calzadilla, who has been the organization's leader since 2015. "We need more volunteers as our numbers steadily increase." There are currently 190 volunteers.

All volunteers — people who work in the kitchen or those who deliver meals to clients — are background-checked.

More clients are needed, too.

"With people living longer, we

SEE WHEELS, A12 ►



CREATING a SPLASH

New name, attractions on tap for 2018
ArtiGras

BY AMY WOODS

awoods@floridaweekly.com

ONE OF THE MOST-ANTICIPATED art shows of the season returns to Abacoa in Jupiter this weekend, providing patrons with a proverbial palette of paint that will please and provoke.

The ArtiGras Fine Art Experienced Festival, previously known as the ArtiGras Fine Art Festival, intends to immerse individuals in a cauldron of creativity that the 300 exhibiting art-

SEE SPLASH, A12 ►

INSIDE



Purloined letters

Jackie Kennedy's correspondence a highlight of antiques show. B1 ►



Stepping back

Jack Nicklaus is handing over the day-to-day operations at his companies. A21 ►



Collector's Corner

When life gives you lemons, you need a lemon fork to spear them. B2 ►



Behind the Wheel

The new Jaguar F-type has a smaller engine — and price. A20 ►

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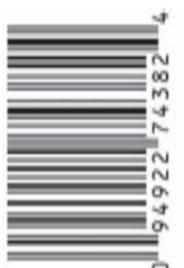
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COMMENTARY

The weather situation



Let's review the weather situation, on which many other situations rely.

Enough sun and enough rain: joy. Too much or too little sun or rain: despair.

So as President Trump introduces his \$1.5 trillion infrastructure plan this week to "build gleaming new roads, bridges, highways, railways and waterways all across our land," I'll be wondering about weather.

Florida happens to have weather, as you may have noticed. It happens to have significant and challenging infrastructure needs that Mr. Trump's plan may help address as well. And it even has a governor, Rick Scott, not only favored by the president but seemingly in similar denial of this little weather thing called "climate change." So maybe Florida will get a bigger helping of the federal money.

Both President Trump and Gov. Scott have done their level best to ignore the concept and the demonstrable realities of climate change, weakening the federal Environmental Protection Agency and the state Department of Environmental Protection while encouraging and supporting growth in and out of places where climate change could be a factor.

As it turns out, climate change can seriously affect infrastructure that wasn't planned to accommodate it. If you build a gleaming new road along South Florida's

Atlantic coastline tomorrow, for example — or a couple of hundred new condominium complexes near the water in Miami-Dade County, as developers have been permitted to do in the last couple years — it's a decent bet portions of the road and perhaps the entrances to some of those condos will be underwater or frequently inaccessible by midcentury.

Lefty scientists have been yelling about this climate change thing for a few decades now, but we all know it's just a natural condition: a natural condition given a big boost by humans, with 8 billion of us clinging to the planet by 2024.

Dr. Harold Wanless, for 19 years the head of the Department of Geological Sciences at the University of Miami, put it this way about a Florida with 35 million residents in the mid- to late century: "Every barrier island will be lost. Every low-lying coastal area will be inundated, just like Miami Beach will be."

Eight times in the last 800,000 years, he noted — every 100,000 years — carbon dioxide levels have risen from about 180 to 280 parts per million in the atmosphere (this is easy for geologists to trace back through time, like following a bear track through snow). Sea levels in warming oceans where most of the atmospheric heat ends up have risen accordingly, by about 100 meters. Those cyclic climate-change events occur because of slight variations in the Earth's orbit, from circular to elliptical and back.

When the Industrial Revolution began in the 1830s or '40s, Dr. Wanless said, carbon dioxide counts and sea levels had

reached their maximum in the 100,000-year cycle. Previously, those levels had always declined again.

Now, however — just in the short space of 170 or so years — the cycle has been broken, Dr. Wanless explained. Carbon dioxide is up to 405 parts per million and the sea level is rising significantly above the 100-meter maximum that characterized climate change for almost the last million years.

Unfortunately, not just federal and state political ostriches are ignoring this fact, or a number of other facts. Local government leaders in vulnerable areas are sticking their heads in the sand as well.

When you couple the certainty of rising water levels and greatly increased Florida flooding in the next few decades with decisions not only to avoid finding new funding sources that can keep our children above water, but that actively work to decrease the funding sources we have to pay for infrastructure, you've not only stumbled into quicksand, you've thrown yourself headfirst into it.

Not everybody in Florida is this foolish, but a model of such misjudgment — a model of what not to do as the weather this century changes — is Lee County. In 2013, the board of commissioners cut impact fees by 80 percent — fees recommended by the independent consultants it hires to analyze the cost of new growth.

Then in 2015 those commissioners — still on the board today — decided developers and new home buyers should only have to pay 45 percent of the original enacted fees.

Four of the five commissioners claimed their decision would encourage growth and make life easier for "hard-working" men and women struggling to buy new homes or build new commercial properties.

In fact, the move pleased Lee's builders and developers so much they contributed heavily to the campaign war chests of those commissioners. But the move had little effect on growth.

In Collier County or in two Lee County cities, Bonita Springs and Estero, where officials maintained impact fees at 100 percent — and in Palm Beach County where officials increased fees in 2014 and may do it again this year — growth has been significantly more robust than in Lee County, in spite of higher impact fees.

Meanwhile, Lee has lost tens of millions of dollars in fees newcomers traditionally paid to help defray their own impacts — the cost of roads, schools (Lee's are now in desperate economic straits) and emergency medical care, for example.

On Tuesday, Feb. 20, beginning at 9:30 a.m. the Lee commissioners will meet again to decide whether an underfunded life for 1 million Lee County residents 25 years from now could become a reality as commissioners have sketched it out for them so far, or not.

For roads alone, the county's current planning falls \$1.2 billion short of what those future citizens will need to drive, walk or bicycle safely around.

And guess what? It's going to be wetter, too — a lot wetter in some places. The weather is changing. ■



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FEBRUARY

COMMUNITY EVENTS & LECTURES



FREE Community Chair Yoga Class

Class taught by Sara Chambers, RN, BSN, CYT

Please choose one class option:

**Wednesday, February 7 or
Wednesday, February 21, 6-7pm**

Palm Beach Gardens Medical Center // Classroom 4

Palm Beach Medical Center now offers a chair yoga class for the community. The class will be taught by the assistant nurse manager of cardiac rehab, Sara Chambers, who is also a certified yoga instructor. Using the same techniques as traditional yoga, the class is modified to allow for gentle stretching, designed to help participants strengthen their muscles and work on their balance.

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



Cardiac Interventions – Mended Hearts Program

Lecture by Edward Mostel, MD – Interventional Cardiologist on the medical staff at PBGMC

Tuesday, February 13 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

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

*\$5/year will be collected solely by the local Mended Hearts Program to provide educational materials for members. \$20/year will be collected solely by the Mended Hearts Program if participants would like to become a national member.

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



Smoking Cessation Classes

**Wednesday, February 21, 28 &
March 7, 21, 28 & April 4 @ 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.



Give Yourself the Gift of Heart Education for Valentine's Day

Lecture by Sara Chambers – Assistant Nurse Manager of Cardiac Rehab at PBGMC

Thursday, February 15 @ 6-7pm

Palm Beach Gardens Medical Center // Classroom 4

Did you know, heart disease is the leading cause of death for men and women? During the month of Valentine's Day, give yourself the gift of heart education. Join Sara Chambers, assistant nurse manager of cardiac rehab, and her team to discuss cardiac rehab/lifestyle changes for heart health.

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



Hands-Only CPR Class

Tuesday, February 20 @ 6:30-7:30pm

Palm Beach Gardens Fire Rescue // Station 1
4425 Burns Road, Palm Beach Gardens

Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival. Palm Beach Medical Center has teamed up with Palm Beach Gardens Fire Rescue to provide free monthly CPR classes for the community. Local EMS will give a hands-only, CPR demonstration and go over AED (Automated External Defibrillator use). Participants will practice their new skills using CPR manikins. Certification is not provided.

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



Epilepsy Support Group

Monday, February 26 @ 6-8pm

Palm Beach Gardens Medical Center // Classroom 3

PBGMC 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

Wednesday, February 28 @ 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.

Reservations are required.



FREE COMMUNITY SCREENINGS

Valentine's Day Heart Attack Assessment Screenings

(blood pressure, BMI, glucose and cholesterol)

**Wednesday, Feb 14 @ 7am-11am
Classroom 3**

Osteoporosis Screenings

**Thursday, Feb 15
@ 9am-1pm**

Outpatient Entrance

All screenings held at: Palm Beach Gardens Medical Center

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Publisher

Melissa Barton
melissa.barton@floridaweekly.com

Editor

Scott Simmons
ssimmons@floridaweekly.com

Reporters & Contributors

Roger Williams
Evan Williams • Janis Fontaine
Jan Norris • Myles Kornblatt
Mary Thurwachter • Amy Woods
Steven J. Smith • Gail V. Haines
Andy Spilos • Larry Bush
Ron Hayes

Presentation Editor

Eric Raddatz
eraddatz@floridaweekly.com

Assistant Presentation Editor

Hannah Kruse

Production Manager

Alisa Bowman
abowman@floridaweekly.com

Graphic Designers

Chris Andruskiewicz
Paul Heinrich
Linda Iskra
Meg Roloff
Scott Sleeper

Sales and Marketing Executives

Debbie Alpi
debbie.alpi@floridaweekly.com

Maurice Bryant
maurice.bryant@floridaweekly.com

Misha Kiep
misha.kiep@floridaweekly.com

Sales and Marketing Assistant

Betsy Jimenez

Circulation

Giovanny Marcelin
Evelyn Talbot

Published by

Florida Media Group LLC

Pason Gaddis

pgaddis@floridaweekly.com

Jeffrey Cull

jcull@floridaweekly.com

Jim Dickerson

jdickerson@floridaweekly.com

Street Address:

11380 Prosperity Farms Road, Suite 103
Palm Beach Gardens, Florida 33410
Phone 561.904.6470 n Fax: 561.904.6456

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OPINION**Fake Nunes****bobFRANKEN**

Special to Florida Weekly

I covered Capitol Hill during my CNN phase, which was quite a while ago, but to this day, I have friends who are veteran members of Congress and, more importantly, members of the House and Senate intelligence committees. These are Washington “friends,” which is to say that when I’m reporting on them, they’re often adversaries.

In return, they don’t give me any sort of favored treatment, particularly those on the two intelligence committees. Any conversation about the super-classified material they routinely see as they conduct their oversight of various national security operations is strictly off-limits. Since the committees were formed in the 1970s, their tradition has been proudly nonpartisan for obvious reasons, relative sanctuaries of harmony in the dissonant screech of politics.

Until now.

On the Senate side, that still seems to be the approach, but certainly not at House Intelligence, which is chaired by Republican Devin Nunes. As Donald Trump’s hand puppet, Nunes has thrown out any pretense of collaboration. He has repeatedly tried to muddy the waters of an investigation into Donald Trump’s murky relationship with the Russian government and into whether Vladimir Putin colluded with Trump and/or associates to influence the precious election for the president of the United States. That investigation is being conducted, of course, by special counsel Robert Mueller.

Now Nunes, or his staff, has released a memo that attempts to selectively contrive a case that all the Russia probes are somehow tainted by partisanship. He did so over the strenuous objections



of the FBI and Justice Department that it gives away secrets. It was released to much fanfare, but frankly, it divulged nothing of consequence, unless you count revealing the desperation that Trump and his cohorts (accomplices) might be feeling as Mueller starts tightening the vise.

Nunes has done this kind of clumsy thing before, obliterating any separation between his committee’s jealously guarded oversight role, and his unsightly willingness to do whatever the Trumpsters want.

Democrats predictably were bent out of shape, their twaddle flapping in outrage. But many Republicans were equally steamed. Rep. Trey Gowdy, as partisan as they come and a GOP member of House Intelligence: “The contents of this memo do not — in any way — discredit his investigation.”

As he so often does, Sen. John McCain kicked it up a notch: “The latest attacks on the FBI and Department of Justice serve no American interests — no party’s, no president’s, only Putin’s.” So

now we have Bob Mueller and the FBI plodding along with the investigation, and Donald Trump commissioning several actions to sabotage it. His tactics, and those of the ones who have cast their lots with him, involve building a case against those who are building a case against him.

The question is how far he’ll go in that effort, and what happens if he ends up being officially accused of being the Moscovian candidate. Will the politicians ramp up the courage to take action against him, or will they, like Nunes, continue to be his hand puppet while he serves the same function for Vladimir Putin? What an image!

The Democrats had been agitating to put out their response to Nunes’ memo, their alternative version of the issue. Considering how little impact the GOP hucksters had, why bother? ■

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

Robert Mueller is no Ken Starr**richLOWRY**

Special to Florida Weekly

No matter the criticisms directed his way by Republicans, Robert Mueller should count himself lucky: He’s not Ken Starr.

The punctilious, mild-mannered independent counsel appointed by a three-judge panel in the 1990s, Starr investigated all manner of Bill Clinton scandals, most spectacularly the Monica Lewinsky affair.

As a former D.C. circuit judge and U.S. solicitor general in the first Bush administration, he had struck no one as a goose-stepping lieutenant in the sex police, or a partisan fanatic likely to be driven by sheer hatred to attempt to destroy a Democratic president.

Starr became all of these things for Clinton’s defenders, who thought a good offense was the best defense of a president caught lying under oath.

A former Clinton adviser said Starr’s investigation “smacks of Gestapo” and “outstrips McCarthyism.” The estimable historian Garry Wills mused that it shouldn’t be Bill Clinton, but Ken Starr

who should be impeached.

On and on it went. It was trench warfare over Starr’s every move.

This history is relevant because it shows the forgetfulness of Donald Trump’s critics, who seem to believe that it’s unprecedented for a special counsel to attract the ire of a president’s defenders.

Robert Mueller may be motivated by a disinterested pursuit of the truth (tempered, one hopes, by an appropriate sense of limits), but his most ardent fans are rooting for any criminal infraction that, in their fevered dreams, will lead to President Trump getting frog-marched from the White House.

The persistent fantasy that Trump can somehow be leveraged from office is behind the push to criminalize any blameworthy conduct on his part or that of his associates.

It wasn’t just bad form in pursuit of a foolish policy for incoming national security adviser Michael Flynn to talk to Russian ambassador Sergey Kislyak about sanctions; it was a violation of the Logan Act.

Don Jr.’s notorious meeting with Russians wasn’t just amateurish and ill-considered; it was a violation of a law against taking an in-kind contribution from a foreign national.

Trump’s withdrawn directive to fire

Mueller wasn’t merely a potentially catastrophic decision that he got talked out of; it was evidence of obstruction of justice.

Very little can’t be made to fit under this rubric. In his rebuttal to the Nunes memo, New York Democrat Jerry Nadler alleged that the document made Republicans an accessory to a crime — “part and parcel” of Trump’s effort “to obstruct the Special Counsel’s investigation.”

Even in the worst case for Trump, Mueller is unlikely to charge him with a crime. There is longstanding Office of Legal Counsel guidance that it’s unconstitutional to indict a president while he’s in office. The worst case for Trump is probably a report by Mueller that could become, in effect, an impeachment referral.

Much will depend on the facts; on whether Mueller is willing to stand aside if he doesn’t find anything to justify continued investigation; and who wins Congress this year and, if it’s the Democrats, by how much. But there can be little doubt that, in their hearts, most Democrats have decided for impeachment. The fighting now may be mere skirmishing compared with the larger political war to come. ■

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



COURTESY RENDERING

Construction was scheduled to begin on the \$50 million Anderson Family Cancer Institute at Jupiter Medical Center.

Jupiter Medical Center announces \$6 million in gifts

FLORIDA WEEKLY STAFF

Jupiter Medical Center was created to treat the ill.

But it recently has been the recipient of some rather healthy donations.

The hospital's foundation has announced a \$5 million gift from retired Sprint Nextel executive Tim Donahue and his wife, Jayne Donahue, to support the hospital's \$300 million "Vision. Innovation. Impact." campaign.

In December the foundation announced a \$1 million gift from Admirals Cove Foundation, a core philanthropic partner of Jupiter Medical Center Foundation.

Those came on the heels of an anonymous \$5 million donation the hospital received last year.

The Donahues' pledge will support Jupiter Medical Center's move toward open-heart surgery by fall 2018. Their gift will be recognized as the Timothy and Jayne Donahue Cardiac Surgery Program at Jupiter Medical Center.

Jupiter Medical Center — currently a Center of Excellence in cardiac care — has invested heavily in expanding its interventional cardiac capabilities over the past three years. Since 2015, the hospital has forged an innovative clinical partnership with Mount Sinai Heart New York and added two interventional cardiac catheterization labs for procedures such as balloon angioplasty and coronary stents, increasing by 300 percent the number of coronary interventions Jupiter Medical Center performs. By April 2017, the hospital had achieved the 1,100 procedural volumes required for open-heart attestation by the state of Florida. The next critical step is becoming a Level II Cardiac Surgery Program.

This gift from the Donahues jump-starts a \$10 million fundraising goal for the Cardiac Surgery Program, which will allow the hospital to deliver advanced cardiac procedures for patients with heart and vascular disease.

New operating rooms, technology, labs, and more will make the Cardiac Surgery Program "open-heart ready."



COURTESY PHOTO

Jayne and Tim Donahue donated \$5 million to support Jupiter Medical Center's \$300 million "Vision. Innovation. Impact." campaign.

"Our goal is to improve the high level of cardiac care we already offer at Jupiter Medical Center," Dr. Gonzalo J. Loveday, medical director, Mount Sinai Heart New York at Jupiter Medical Center, said in a statement. "It's crucial to have top-quality cardiac care minutes from home when seconds really count."

Jupiter Medical Center's affiliation with Mount Sinai New York encompasses all areas of cardiac care: wellness and preventive cardiology, noninvasive diagnostics, interventional cardiology, congestive heart failure, cardiac rehabilitation, electrophysiology, research and education, and the seamless continuity of care.

The \$1 million gift from The Club at Admirals Cove, a 850-household private community, will go toward the \$50 million Anderson Family Cancer Institute, where patients will have direct access to the science-driven diagnostics and therapies found at the nation's most renowned health care institutions in one state-of-the-art facility. More than \$41 million has been raised to date.

"Thanks to investments in the health and vitality of the community, like this one from Admirals Cove Foundation, the Anderson Family Cancer Institute will expand access to world-class health care across the region," Liv Vesely, president of Jupiter Medical Center Foundation, said in a statement. She added, "It is a true investment in the future of our community." ■

TurtleFest seeks volunteers, artists, vendors

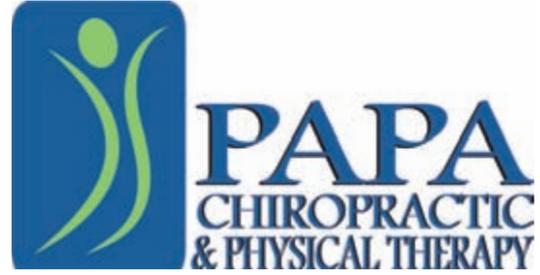
Loggerhead Marinelife Center is seeking volunteers for its 15th annual TurtleFest, Palm Beach County's largest ocean conservation festival. The event will be held from 10 a.m. to 6 p.m., Saturday, March 24, at Loggerhead Marinelife Center and the surrounding park in Juno Beach. The event is anticipated to draw more than 10,000 people who want to learn about ocean conservation.

The center is recruiting volunteers to work 4.5-hour shifts in the morning or afternoon. Each volunteer will receive a free meal and TurtleFest T-shirt.

TurtleFest features local vendors and art, games, conservation-friendly activities, live music, craft food and beer, and up-close interactions with sea turtle patients.

Artists interested in exhibiting at the festival and vendors who sell eco-friendly, coastal-inspired merchandise are invited to visit marinelife.org/turtlefest or email csparks@marinelife.org.

To learn more about volunteer opportunities or to fill out an application, visit marinelife.org/turtlefest. For other inquiries, email enader@marinelife.org. ■



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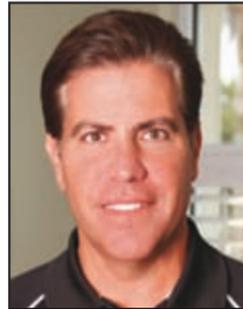
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PET TALES

Down for the count

BY KIM CAMPBELL THORNTON
Andrews McMeel Syndication

When Rosemary George had a hip replacement five years ago, she sent her three collies and 15-year-old terrier-mix to stay with various people, expecting to have them back home within a few weeks of surgery. Instead, a serious postsurgical infection kept her hospitalized for weeks, culminating in five additional surgeries. She was finally able to go home, although she was still sick and weak, unable to drive for months.

Sherman, her terrier-mix, boarded with a pet sitter for three months while she recuperated. A friend was finally able to bring him home to her, but the prolonged stay was the beginning of a downward spiral for the geriatric dog. Her collie Bridget was away from home for six months, Shayna for nine months and Mick for nearly a year.

George's experience is an extreme example of what can go wrong when pet owners get a bad case of the flu, break a bone or develop complications after surgery. Without a plan and friends who can pitch in, it's all too easy for pet lovers to be stymied in caring for their animals.

"I could never have managed to get through this horrible time, which is known to family and friends as 'the hip replacement from hell,' without the help of so many, many kind and generous dog friends," George says. "And you know what? As horrible as the experience was, the worst part was being separated from my dogs for so long. I'll never get that



It can be hard on pets and people when human injuries or illness cause separation or downtime.

time back."

It's easier with cats, but their care in a postsurgical situation still requires planning and preparation. Barbara Cole Miller, who recently underwent knee-replacement surgery, left her cat Piper at home with plenty of food and water during the day and night she was hospitalized. She knew from past experience that Piper didn't do well being boarded. The amount of food and water she left out ensured that she didn't have to worry about getting around to feed Piper for more than a week.

"My primary concern when I came home was scooping the litter box," she says. Knee replacement patients are warned to reach only between knees and shoulders. Miller was able to scoop Piper's box almost

immediately but was still concerned about the possibility of falling. Visiting friends helped as well.

Young and highly active dogs pose a different problem for injured or ill people who aren't able or willing to have their dogs stay somewhere else. Tracy Weber, a yoga teacher in Seattle, broke her collarbone recently, which has put her in a sling for a couple of months. Because of the high risk of falling, it will be another three months before she can take her 18-month-old German shepherd, Ana, for walks. The experience is taking a toll on both of them.

A friend comes over and plays with Ana, but Weber is reluctant to hire a dog walker because Ana is skilled at slipping out of her harness and doesn't always come when called.

"I've been doing some clicker training with her to train her to do new things and make her focus more," Weber says. "My husband is taking her for a half-hour walk every night. I'm using treat toys so she has to play to get her treats out. I'm also using lots of chews, but it's not easy."

After a horse in a hurry for breakfast knocked down Gina Spadafori, causing her to fall and break her wrist, she called on a cast of friends and neighbors to help care for her four dogs, two horses, four goats and a dozen chickens; hired someone to clean the house; and had her dogs do tricks, play with puzzle toys and practice indoor heeling and long downs to keep their minds engaged.

"The key is not being ashamed or reluctant to ask for help, because you're probably going to need it," she says. ■

Pets of the Week



>> **Dillan** is a 3-month-old male kitten that enjoys cuddling and enjoys the company of other pets.



>> **Anastasia** is a 1-year-old female Guinea pig. She is one of five Guinea pigs available for adoption.

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



>> **Gatita** is a 6-month-old female cat that enjoys being petted and watching TV with her humans. She gets along well with dogs.



>> **Tom** is a large, 3- to 4-year-old male gray tabby that's pretty laid back and quiet, but very sweet and loveable - he loves cheek and chin rubs. He's good with other cats.

To adopt or foster a cat

Adopt A Cat is a free-roaming cat rescue facility at 1125 Old Dixie Highway, Lake Park. The shelter is open to the public by appointment (call 561-848-4911, Option 3). For additional information, and photos of other adoptable cats, see www.adoptacatfoundation.org, or on Facebook, Adopt A Cat Foundation. ■



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West Palm Beach Antique & Flea Market — 8:30 a.m.-2:30 p.m. Saturdays on Narcissus Avenue north of Banyan Boulevard. Free. www.wpbantiqueandfleamarket.com

The Green Market at Wellington — 9 a.m. Saturdays at 12150 Forest Hill Blvd., Wellington. www.greenmarketatwellington.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. 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, Lake Worth. 561-283-5856; www.lake-worthfarmersmarket.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 Veterans Park — 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, along the Intra-coastal Waterway in Harbourside Place. New vendors should email 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. 561-515-4400; www.palm-beachoutlets.com.

Jupiter Farmers Market at El Sol — 9 a.m.-1 p.m. Sundays, 106 Military Trail, Jupiter. 561-283-5856; 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. ■

A cocktail party to help kitties

Enjoy a cocktail with some “cool cats.”

Adopt A Cat Foundation will host a fundraising cocktail party from 5 to 7 p.m. Saturday, Feb. 24, at the home of one of Adopt A Cat's board members at the Island at PGA National, Palm Beach Gardens.

Requested attire is black and white party clothes.

There will be live music, an open bar, hors d'oeuvres and a silent auction.

Cost to attend is \$65 per person. For more information, or to request tickets, call Debbie at 561-351-1504 or Carol at 561-625-6052. ■

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John knew he had overreacted. Yes, he should have known that raging at his wife, Gail, when he opened the American Express bill was going to start a fight.

He'd called Gail a few choice names, even though she'd attempted to explain that there had been a lot of exceptional, but necessary, family expenses.

However, John felt justified in venting his frustrations. He was sick and tired of Gail's total disregard for the budget and was wracked with anxiety about saving for their children's college tuition.

Gail became furious at John — calling him names and storming out of the house in a fury. Gail returned home a few hours later, but angrily retreated to the den.

Lately, it seemed as if the smallest thing sets one or the other off. Both John and Gail hated the way they spoke to each other when things became heated. Each had begun to worry that, even though they were compatible much of the time, their relationship had become more distant.

Here's an observation about human nature:

When we are hurt, angry, worried,



sad and/or, feeling vulnerable or criticized, most of us will not show our best sides. In fact, we often may behave quite poorly.

At tough times, depending on the situation, the relationship, and our temperaments: We may call the other person the most hateful names we can think of. We may whine and complain. We may flee from the room in a rage. We may freeze, putting up walls to shut the other person out. Or else, we may drink or eat too much, or bury ourselves in work or outside activities.

All of the above may be our attempts to manage very difficult, confusing emotions. But, as we well know, none of these behaviors is effective in maintaining intimacy or goodwill in our relationships.

Couples in secure relationships may report that they have a predictably distressing way of getting upset with each other at stressful times, but note that, with some extra attention and sensitivity, they are usually able to restore harmony.

But other couples may report that, at times of disagreement or stress, they may find themselves struggling with a "negative cycle" — a repetitive pattern of negative behaviors and feelings that may escalate to a demoralizing cycle of despair. Each person may report that they react to the other's negativity with their own distressing behavior, both parties at times triggering the very

opposite reactions in the other from what they're seeking. Worst of all, these couples may report that their "negative cycles" are so protracted and virulent, they find themselves feeling estranged and pessimistic about their ability to restore the intimacy and cohesiveness for which they're yearning.

What can you say about how you and your partner handle the rough moments in your relationship?

Why do people who love each other, craving stability and warmth in their relationships, behave in ways that may paradoxically provoke the very worst in each other at times of stress?

According to Susan Johnson, an internationally acclaimed psychologist who developed the model of Emotionally Focused Therapy (EFT): Love is "the continual search for a basic, secure connection with someone else. Through this bond, partners in love become emotionally dependent on each other for nurturing, soothing and protection."

She further explains: "We have a wired-in need for emotional contact and responsiveness from significant others. It's a survival response, the driving force of the bond of security a baby seeks with its mother. This observation is at the heart of attachment theory. A great deal of evidence indicates that the need for secure attachment never disappears; it evolves into the adult need for a secure emotional bond with a partner. Although our culture has framed

dependency as a bad thing, a weakness, it is not. Being attached to someone provides our greatest sense of security and safety."

Let's consider the plight of John and Gail, in the fictionalized vignette above. John believed he was working hard for the well being of the family, and that Gail was not showing care or sensitivity for the pressures he was under. But his attacks on her communicate a very critical, demeaning message and shut down any possibility for a close, collaborative connection.

While Gail is defensively hurling expletives, inside she may be feeling something very different. Perhaps, she's thinking: "John doesn't understand that I really DO hear him, and that I try so hard to be mindful of his worries. It's so painful to know how disappointed he is in me."

When we understand that many of our negative behaviors are fueled by hurt, vulnerable feelings, we can potentially take a different step to restore closeness and harmony in our relationships.

One of the hallmarks of EFT is to help motivated couples delineate their own unique negative cycles — to not only identify the damaging interaction patterns — but to dig deep to understand the underlying vulnerabilities and fears that may fuel the destructive "dance" — often longstanding hurts from one's childhood or previous romantic, family or peer relationships that get triggered at upsetting times. Couples are taught how to reach out differently to each other, and to speak in gentler, more respectful ways. They are often able to change the destructive patterns by reaching for the softer, more powerful feelings underneath (that may foster greater understanding and emotional support). Ideally, by working together to push through the negative cycle and to create a warmer style of addressing differences, they are taking steps to shore up and secure their attachment bond. ■

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

Ask the Health & Beauty Experts



ACUPUNCTURE HEALTH AND HEALING

Christy Bongiovanni
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Acupuncture for Digestive Disorders

Question: Can Acupuncture and Chinese Medicine help with my digestion?

Answer: Absolutely! Digestive disorders come in many different forms; acid reflux, to IBS, and celiac disease all fall under the umbrella of digestive disorders. Conventional medicine utilizes pharmaceuticals and slight dietary changes to address these disorders; unfortunately, these solutions many times come with unwanted side effects.

Where conventional medicine is limited, Chinese Medicine and Acupuncture excel, which is why many people suffering with digestive disorders are turning to alternative medicine for treatment. The stimulation of specific acupuncture points on the body address each symptom while adjunctively treating the underlying cause of the disorder. Acupuncture can help rebalance and strengthen the function of the digestive system by regulating metabolism and decreasing or eliminating gastrointestinal pain.

Another part of treating digestive disorders involves the use of herbal formulas. Every patient is different; therefore, each formula is uniquely customized to treat the patient based on his or her specific symptoms and sensitivities. Proper nutrition is another essential component to regaining good digestive health. Often, the food a person is consuming on a regular basis can be doing more harm than good.

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AcuWellness Team: Wendy Miller: Acupuncture Physician, Diplomate of Oriental Medicine

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Depression campaign going 'country' to help adolescents

The 11th annual Young Friends "Gone Country" Dinner Dance to raise money to help teens with depression is scheduled for 7 p.m., Friday, Feb. 24, in West Palm Beach.

Tickets are \$150 and proceeds will help the Young Friends of the Ryan Licht Sang Bipolar Foundation under-

write the Adolescent Depression Awareness Program for Palm Beach County high schools. The program teaches high school students, their parents and faculty how to recognize depression and bipolar disorder.

The event will be held at Rybovich Marina, 4200 Flagler Drive. It includes

a barbecue dinner, a silent auction, raffle prizes and dancing to live Country Western music by Burnt Biscuit.

Attendees are encouraged to wear boots, blue jeans, bandanas and cowboy hats.

For tickets and information, visit <http://11thgonecountry.kintera.org>. ■

Alliance for Eating Disorders Awareness plans walk

The Alliance for Eating Disorders Awareness will hold its seventh annual "celebrating everyBODY" walk and honor one of its high-profile, long-time supporters.

The walk begins at 9 a.m., Saturday, March 3, at Tradewinds Park in Coconut Creek.

Registration will begin at 9 a.m., and speaking will commence at 9:30 a.m.

The alliance expects more than 800

walkers and hopes to raise awareness of eating disorders, positive body image and recovery.

U.S. Rep. Ileana Ros-Lehtinen, R-FL, will receive a Lifetime Achievement Award, from U.S. Rep. Ted Deutch, D-FL, for her endless advocacy on behalf of eating disorders education, early intervention and treatment.

In addition, bestselling speaker and author Jamie Tworkowski, founder and

CEO of To Write Love On Her Arm, will share stories of hope and recovery in regard to mental health and suicide awareness.

More than 30 exhibitors will be present, as well as a photo booth, kid's arts and crafts area, and more.

The 4GirlsFoundation is title sponsor of the walk. Participants can register before the walk online at www.allianceforeatingdisorders.com. ■

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SPLASH

From page 1

ists bring to the event. It runs Feb. 17-19.

"Take in the art, and take home the experience — that's where the name change came from," said Jeanne Ford, executive vice president and chief operating officer of the Palm Beach North Chamber of Commerce, producer of the festival. "It's an evolution of everything it provides and continues to provide."

The Young Art Collectors booth, a new attraction this year, encourages children to enjoy, interpret and potentially purchase fine art, then meet the maker. They can ask questions about the piece and explain why it appeals to them.

"It's all meant to kind of allow the child to experience fine art and expose them to something that they may have an interest in," Ms. Ford said.

The ArtiKids Zone will be more interactive than ever, with activities, games and a giant sand pit, as well as opportunities to draw, paint and work with clay. Parents are invited to express their artistic talents along with their children. The Recycling is an Art attraction also is aimed at children and welcomes a new partner, the Solid Waste Authority of Palm Beach County. Students from 15 participating schools will use a Styrofoam cooler as their canvas and decorate it with repurposed items in a contest for "Best Use of Recycled Materials in Overall Design."

"It made perfect sense," Ms. Ford said of the partnership with the Solid Waste Authority of Palm Beach County, which promotes recycling through its Recycle Right program. "You want to educate children about recycling so it becomes a habit early on."

Another added element to the festival is the Art By Nature Garden Center's Central Park area, featuring handmade crafts for the backyard. The selection includes fountains, furnishings and sculptures.

"Our patrons will have a whole new corridor to explore this year," Ms. Ford said. "It's part of our expansion and plan for growth in 2019, and beyond."

Art By Nature Garden Center, of Palm Beach Gardens, will offer its own products for sale and conduct mini-seminars about how to enhance at-home gardens.

"It's essentially to help patrons visualize how they can turn their backyard into a work of art," Ms. Ford said. "I'm



COURTESY PHOTO

Crowds are expected fill the aisles of ArtiGras, held each Presidents' Day weekend at Abacoa in Jupiter.



COURTESY PHOTO

Artist Frank Strunk stands with his exhibition at a past ArtiGras.

really excited."

The Chamber's Women in Business Council, realizing the festival's female demographic, will present the inaugural ArtiMonday in conjunction with the law firm Lesser, Lesser, Landy & Smith. Gary Lesser will address the topic "The Top Five Things Every Businesswoman and Entrepreneur Should Know About

Insurance" to ticketed attendees. The program takes place from 9 to 10:30 a.m. in the Hospitality Tent, where a continental breakfast will be served, mimosas will be sipped and complimentary admission to the festival will be given. Cost is \$25.

"It's a synergistic development between the Women in Business Coun-

in the know

ArtiGras '18
Fine Art Experienced

>> **What:** ArtiGras Fine Arts Experienced Festival

>> **Times and dates:** 10 a.m. to 6 p.m. Feb. 17 and 18, 10 a.m. to 5 p.m. Feb. 19

>> **Where:** Abacoa, Jupiter

>> **Cost:** \$11 in advance, \$13 at the gate, free for children 12 and younger

>> **Info:** 746-7111 or www.artigras.org

cil and ArtiGras," Ms. Ford said. "It's one of the ways they continue to move their mission forward and educate businesswomen."

The estimated 45,000 guests to the festival will find a fancier food menu that tempts the taste buds. Artisanal flat bread with chicken and caramelized onions or spinach and mushrooms, anyone? How about a poke bowl with diced, sushi-grade tuna, seaweed, rice and vegetables? Both are made to order and compliment this year's signature drink, ArtiPunch.

"We wanted to do something that was a little more reflective of the fine-art world," Ms. Ford said. "Again, it's about an experience." ■

WHEELS

From page 1

want to make sure they get fed," Ms. Calzadilla said. "We give people (family members) peace of mind if they live in another state because we do wellness checks five days a week."

Statistics show that the number of seniors nationally struggling with hunger is projected to increase by 50 percent when the youngest of the baby-boom generation reaches 60 in 2025. The food insecurity rate for all senior households was 7.8 percent in 2016, up from 5.5 percent in 2001.

"Meals on Wheel provides much more than a hot meal certified by a dietitian," she said. "It's a regular visit from someone who cares."

Even the most independent among us, if fortunate to live long enough, may experience mobility or health issues that can strip away our independence and diminish the quality of our lives, Ms. Calzadilla says.

Medical advances have extended the



COURTESY PHOTO

A typical serving delivered by Meals on Wheels.

average life expectancy to a record high of 78.7 years, but living longer means more time spent with the challenges that accompany old age.

"Meals on Wheel is a win-win for senior citizens and our communities," Ms. Calzadilla says. A meal a day for an entire year can be provided for a senior

for roughly the same cost as one day in the hospital.

Statistics also show that Meals on Wheels clients report fewer falls.

"Our meals are fresh, low sodium and dietitian approved," Ms. Calzadilla says. "The food gets rave reviews."

The organization shares a kitchen with The Triangle Club on Okeechobee Road in West Palm Beach. "We hope to have our own kitchen in the future," Ms. Calzadilla said.

Meals on Wheels of the Palm Beaches was founded in 2010 by Charles B. Ring (who retired as its first executive director in 2015). Delivery areas extend from Palm Beach Gardens south to Lantana Road and west to include Greenacres.

The nonprofit organization is supported by contributions from the community, including foundation grants, and donations from individuals, churches, corporations and local businesses. Among funders are The Quantum Foundation and Bank of America.

For more information on becoming a volunteer, donating, or becoming a client, visit call 561-802-6979 or visit www.mealsonwheelspalmbeaches.org. ■

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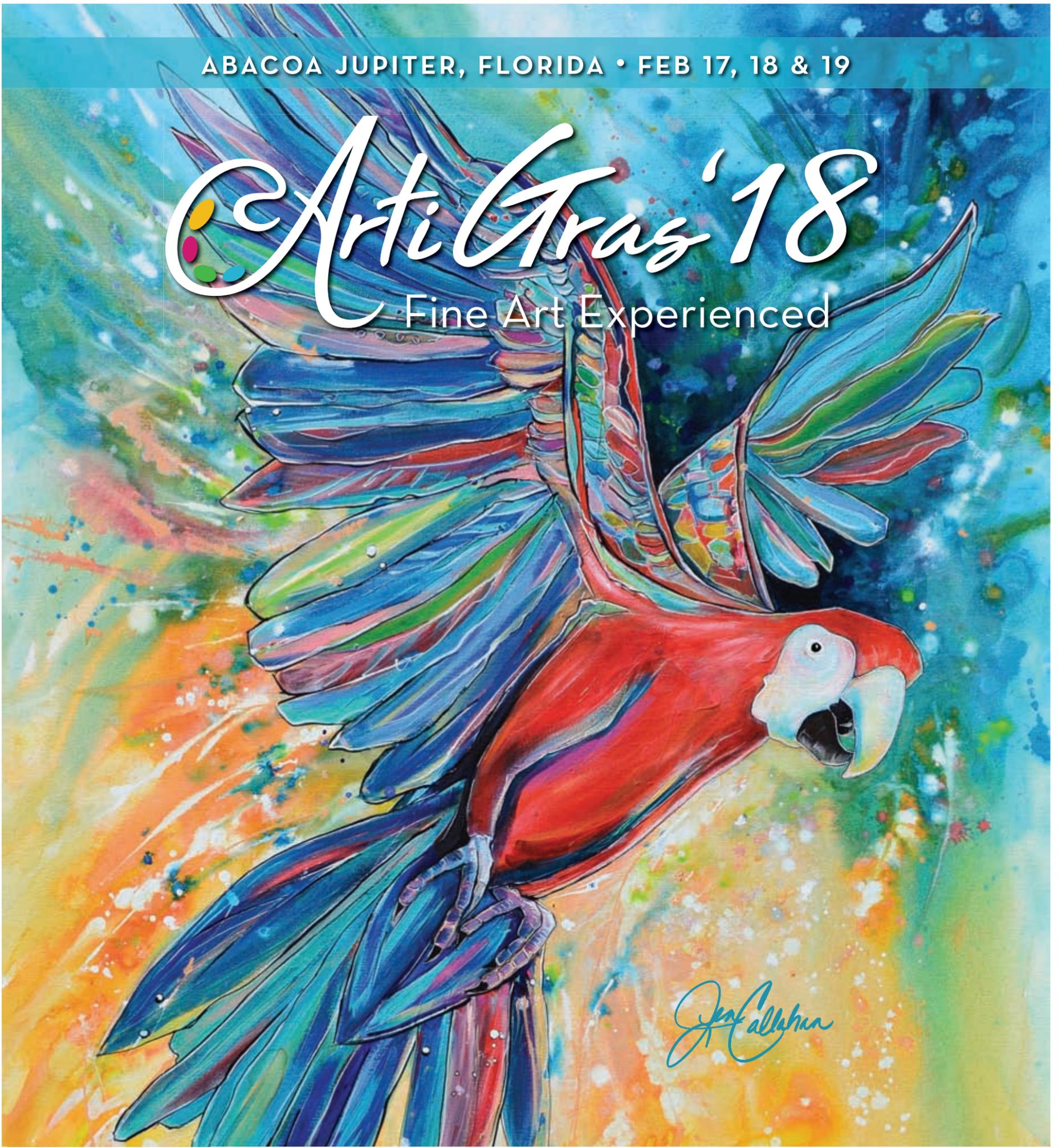
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8. Megan Veckman, Alana Brunoli and Julie Tyler
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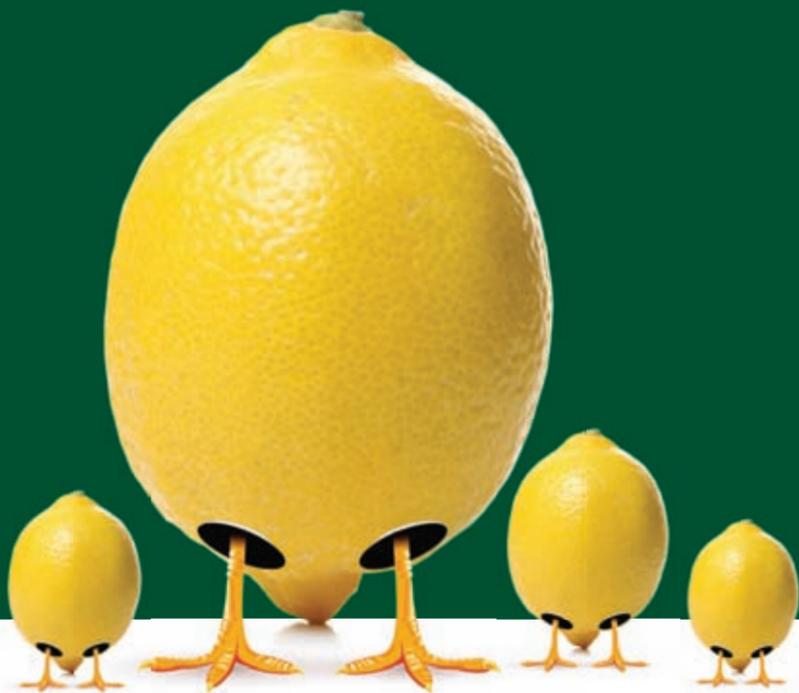


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new

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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?"

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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

Jupiter's Crosby to lead USA team at 2019 Walker Cup

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Between an invasion by most of the world's best vet-setters at the Broken Sound Club in Boca Raton last weekend and speculation whether Tiger Woods will play in his hometown tournament next weekend, the Honda Classic at PGA National, here's news you may have missed from the world of golf in the Golf Capital of the World.

Nathaniel Crosby of Jupiter will captain the USA team for the 47th biennial Walker Cup matches against a squad from Great Britain & Ireland. They're scheduled Sept. 7-8, 2019, at Royal Liverpool Golf Club in Hoylake, England.

Nearly two years later, May 8-9, 2021, Seminole Golf Club in Juno Beach will host the next Walker Cup. Sooner than later, the USGA Four-Ball will be played hereabouts in three months, May 19-23, at the Jupiter Hills Club.

Mr. Crosby won the 1981 U.S. Amateur at the Olympic Club in San Francisco and was the low amateur the following spring in the U.S. Open at the nearby Pebble Beach Golf Links. He also was a member of the USA's victorious World Amateur Team Championship squad in 1982 at Lausanne, Switzerland, and the '83 Walker Cup at Royal Liverpool.

A native of Hillsborough, Calif, Nathaniel, 56, is the son of legendary entertainer Bing Crosby. He graduated from U-Miami in 1984 with a degree in politics and public administration. He has been a partner and key executive of two local golf equipment companies, Toney Penna, which he owned before merging with Nicklaus Equipment Co. Nathaniel is currently chairman of the Apple Tree Golf Society, a network of small travel societies that are tied to golf clubs in vacation and second-home destinations. The younger Crosby and his wife, Shelia, have two sons, two daughters and two step-daughters, all in their 20s.

Recent winners:

North Carolinians Steve Harwell, Mooresville, and Brett Boner, Charlotte, won the 28th annual National Senior-Junior Amateur Team Championship with a tournament record 188, winning by seven shots at The Dye Preserve. Tied for fourth at 197 were Robbie Dew of Palm Beach Gardens and Ryan Howison of Jupiter.

The Southeast Chapter of the South Florida PGA Section won the 24th annu-

al Sam Smidt Cup matches at Wycliffe CC, beating the Palm Beach County GA squad 34-20. It broke a tie at 11 wins apiece with one halved match. The SEC also leads in total points in the Nassau format, 647.5 to 619.5.

Jerry Tucker of Stuart, co-founder of the Treasure Coast Senior Tour, and Cindy Gschwind of Trump International GC, West Palm Beach, won the fourth annual SFPGA Mixed Team Championship at Parkland CC. They edged Alan Morin, Royal Palm Beach, and Barb Scherbak, Palm Beach Gardens, 65-66.

Ryan Zytstra of Virginia won the PGA Assistants' Championship on courses at the PGA GC in Port St. Lucie. He totaled 277, one better than Washington's Derek Berg. Morin was the SFPGA's representative and tied for 12th at 286 on scores of 69-72-70-75.

PGA of America news of Palm Beach County members:

New Members — Ryan Heidinger, Gulf Stream GC; Chad Lauze, Bear Lakes CC; Hiroshi Matuso, The Dye Preserve; and Paul Rifenberg, Wycliffe CC.

Quarter Century Club — Daniel Baker, PGA Hq.; Pamela Elders, Boca West Club; Richard Gomes, Trump National GC; and Wanda Krolikowski, The Little Club.

Half Century Club — Jerry Doser, Boynton Beach; Herb Hooper, Palm Beach Gardens; and George McGowan, Lake Worth.

Certified Professionals — Jonathan Arthur, Jonathan's Landing GC, golf operations, and Michael Bove, Boca West Club, teaching and coaching.

Names to remember:

J.R. Reynolds of Palm Beach Gardens, a former Benjamin School and Duke University golfer, died Feb. 1 at the age of 51. Mr. Reynolds won the 49-under age group in the 2015 Palm Beach International, a Palm Beach County GA Stableford tournament.

Players of the Year for 2017 as chosen by the Golf Writers Association of America were Justin Thomas, PGA Tour; Lexi Thompson, LPGA; and Bernhard Langer, PGA Tour Champions.

Lorne Rubenstein of Jupiter and Toronto, Ontario, is the 2018 recipient of the PGA of America's Lifetime Achievement Award in Journalism.

Ryan White, new general manager and chief operating officer at Ballen-Isles CC, Palm Beach Gardens.

March dates to remember:

March 26, SFPGA Foundation Pro-Am, Fort Lauderdale CC.

March 30, PBCGA Pricey Par 3, Jupiter Dunes CC. ■

Clinics Can Help adds to board

Clinics Can Help, a West Palm Beach-based nonprofit organization that provides durable medical equipment for children and adults in need, has added new member David Stein of Jupiter to its board of directors.

Mr. Stein is a manager of assurance services at RSM US, LLP, in West Palm Beach. He has more than five years experience in public accounting, serving clients in RSM US' SEC practice, commercial manufacturing, real estate and other industries.

Mr. Stein is a certified public accountant who earned his M.S.A. in Accounting from the University of Florida and



STEIN

his B.S. in Accounting from the University of Central Florida.

Clinics Can Help accepts gently used and new durable medical equipment from individuals and companies and makes it available to patients who may not otherwise be able to afford it.

For more information about CCH, visit www.clinicscanhelp.org or call 561-640-2995. ■

BEHIND THE WHEEL

Smaller engine and smaller cost might be your ideal Jaguar



There's something new happening with the Jaguar F-Type, and it's all about providing you with less. The coupe and convertible are now available with fewer cylinders and a lower cost.

Jaguar's new Ingenium 2.0-liter motor is pointing the way to the company's future. It produces an impressive 296 horsepower from a turbocharged four-cylinder unit. The power plant might seem sacrilegious to some because there has never been a Jaguar offered with fewer than six cylinders. Forgoing the four-cylinder models built under Jag's predecessor, SS Cars, this first-ever four-banger is all about a performance motor for the modern world.

The new F-Type doesn't lose the exceptionally sleek styling that comes on the more expensive and larger-motor models. Inside, it still receives a long list of standard features, including 12-way power seats, power steering column, Meridian speakers and an eight-inch touchscreen infotainment system with satellite navigation and Bluetooth.

The real difference for this F-Type begins the moment the engine is started. The supercharged V6 and V8 models are angry machines. They fire up with a rumble that makes the driver feel intimidated into constantly going faster. The 2.0-liter turbo is less furious. It has a spirited exhaust note, but it doesn't sound like it wants to eat all the lesser machines on the road.

This tamer cat attitude is felt throughout the car. For example, the ultra-hot 575 horsepower SVR version of the F-Type can triple most legal highway speeds, but in urban traffic, it's more about keeping the beast controlled. Instead, the 2.0-liter needs more accelerator pedal travel to get the driver in trouble, and the experience feels less intense.

But this cat is also not fully domesticated. The turbocharged motor doesn't have the same immediate power as supercharged cars, but pegging the accelerator to the floor still releases the animal within. It growls like a Jaguar should, and the world begins to move in fast-forward. Holding up the lower end means the 2.0-liter model misses out on options like a manual transmission and all-wheel drive. Still, it receives what is arguably the F-Type's best



driving attribute — the torque vectoring technology that makes it feel nimbler in performance driving situations.

With a base price of \$60,895, the Jaguar comes close to the Porsche 718 Boxster/Cayman. It's also within 8 percent of the Chevrolet Corvette. The 455 horsepower Chevy will show the turbo Jag its taillights in any street race, but that's not the whole point. Part of a Jaguar sports car's allure comes from the sleek design and a little mystique from

a history of world champion racers. Never in modern times has this been so affordable.

In fact, the 2.0-liter coupe is half the price of the SVR model that represents the top dog in the F-Type lineup. While there is 279 hp separating these two bookends, not everyone is going to be able to discern the few visual differences.

So, is Jaguar diluting its sports car range by making a more affordable version of its flagship coupe and convert-

ible? Likely not. The Chevrolet Corvette is not only a competitor to the 2.0-liter Jaguar, it's also a good example of how the F-Type line will mature.

Fifty years ago, Chevy offered its sports car with both a big block and a small block V8. Multiple carburetor and transmission configurations meant there was a total of 11 ways to option from mild to wild. Just like the F-Type, these cars had few exterior visual cues to differentiate the power levels.

Today, a base 1968 Chevrolet Corvette 327 small block commands about half the price of a comparable L71 big block classic. It doesn't mean that in half a century the Jaguar F-Type will handsomely repay those who went for the powerful and exclusive SVR. But this does point to a vintage car market that knows how to distinguish engine size.

Thus, there is a place in the automotive world for a more entry-level F-Type without tarnishing the overall premium image. No one ever praises a sports car company for making the gentlest machine around. However, with the SVR firmly holding up the hardcore image of the F-Type, the 2.0 turbo is a tamer Jag built for more everyday appeal. This isn't the one that gets tucked away to bank a retirement savings, but it also won't cost you your 401K to purchase it. ■



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4 HOU 1:05pm	5 WAS 1:05pm	6 STL 1:05pm	7 WAS 1:05pm	8 MIA 1:05pm	9 BOS 1:05pm	10 MIA 1:05pm
11 NYY 1:05pm	12	13 STL 1:05pm	14 NYM 1:05pm	15 BAL 1:05pm	16 MIA 1:05pm	17 HOU 1:05pm
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1:05PM



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Getting a BOOST

Goodwill's MicroEnterprise Institute has provided training and helped secure start-up funds for an array of businesses

BY EVAN WILLIAMS

ewilliams@floridaweekly.com

MICRO-BUSINESSES, OR MICRO-ENTERPRISES, typically defined as those with five or fewer employees, including the owner, make up a growing sector in Florida that packs an economic wallop.

They number nearly 2,270,000 small businesses throughout the state that make up 28.8 percent of private, non-farm employment, says the Association for Enterprise Opportunity, an advocacy group.

"It's a huge part of the economy that gets very little press," said Javier Fuller, a volunteer instructor for

SEE BOOST, A22 ►

Nicklaus paring day-to-day role in companies

Jack Nicklaus has decided to step away from the day-to-day commitments of the Nicklaus Companies and re-prioritize his time and focus.

The foundations of the Nicklaus Companies were created almost 50 years ago, with the mission to promote the game of golf, preserve its great traditions and grow the game. Products and services include golf-course design, development of golf and real estate communities, and the marketing and licensing of golf products and services.

Earlier this year, the National Golf Foundation recognized the Nicklaus Companies as one of the Top-100 Businesses in Golf.

"I have spent my life building the Nicklaus Companies, and there has come a time in my life when I need to reduce my level of involvement and pursue

many other things I am very interested in, such as charity work — specifically efforts focused on children's healthcare — supporting the industry's initiatives to grow this great game, and being involved in many other things outside of my involvement in the Nicklaus Companies," Mr. Nicklaus said in a statement.

"I am 78 years old, and while my health is excellent, and I have a great deal of energy and enthusiasm, it became

apparent by last fall that it was time for me to spend more time on these other activities. I didn't want to make a big deal out of it, and there is no reason for

me to do so, because I will continue to support the Nicklaus Companies and I want the company to be successful. However, my life has changed and I wish to support my wife, as well as other family members, in any endeavor they are involved. I have said many times that Barbara spent much of her life supporting me and my career, and for the last few years, I have tried to dedicate my time and energies to supporting her and what she is involved in," he said in the statement. "I am enjoying that aspect and want to continue to devote my time to her and these other life-changing efforts, and to enjoy our lives together. I would like to thank Howard. He has enabled me to monetize what I have built in this company, take care of my family, and allowed me the time to focus on these other priorities in my life."

Jack Nicklaus will remain as co-chairman of the Nicklaus Companies, while Howard Milstein will assume the role of executive chairman. The Nicklaus family will continue to be the majority owner of the company, with Emigrant/Milstein being a significant investor, and Jack Nicklaus II and Gary Nicklaus continue to serve as members of the board. In addition, Jack Nicklaus II, who has active golf course design projects all over the world, including Malaysia and Vietnam, remains president of Nicklaus Design.

Mr. Milstein has acquired a number of golf-related businesses — such as True Spec, GolfLogix, Miura, and, just this week, GOLF Magazine and GOLF.com.

For more information on the Nicklaus Companies, visit www.nicklaus.com. ■



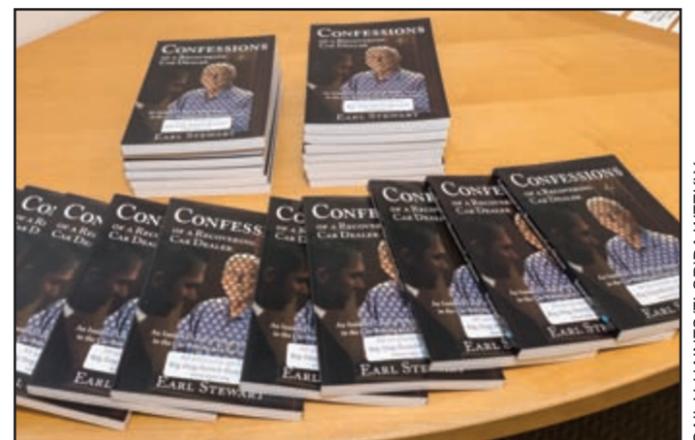
NICKLAUS

NETWORKING

Palm Beach North Chamber's CEO Connection, Earl Stewart Toyota



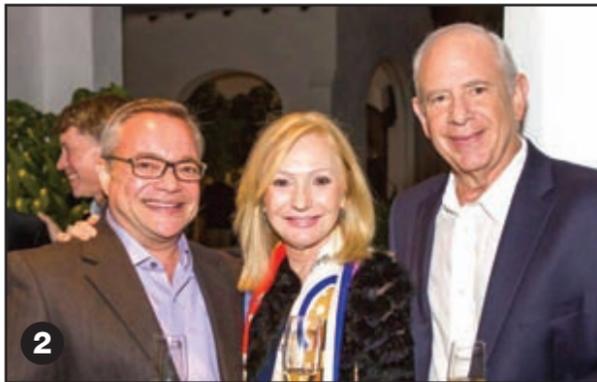
1. John Spoto and Kelly Spoto
2. Bob Goldfarb, Donna Goldfarb, Syndie Levien, Earl Stewart, Sharon Quercioli and Saul Cohen
3. Jill Mondo and Sharon Quercioli
4. Aimee Shaughnessy, Saul Cohen and Ann Inesedy
5. Angel Adams, Gavin McNally and Donna Goldfarb
6. Anthony Giacalone, Deborah Hill and Corey Goltz
7. Gavin McNally, Carlos Navarro and Sheriann Namer
8. Josh Stewart, Earl Stewart, Stu Stewart and Jason Stewart
9. Noah Tennyson, Ann Inesedy and Rafael Mejia
10. Melissa Barton and Earl Stewart
11. Brent Niblo, Ann Inesedy, Katie Newitt and Stephen Vonk
12. Earl Stewart and Nancy Stewart
13. John Martin and Dean Butters



Florida Weekly welcomes submissions for the Networking photo pages from business events, grand openings, professional association meetings, etc. We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@floridaweekly.com.

SOCIETY

Palm Beach County Human Rights Council Winter Fete, home of James Berwind and Kevin Clark



1. Jeri Muoio, Scott Veloze and Lois Frankel
 2. Don Todorich, Chris Kohn and Robert Kohn
 3. Charles Poole and Bruce Langmaid
 4. Nicole Marulli, David Marulli and Shanon Materio
 5. Victor Figueredo and Ross Meltzer
 6. David Thall, Don Todorich, Rand Hoch and Paula Ryan
 7. Peter Cruise and Richard Katzenberg
 8. Scott Veloze and Stephen Mooney
 9. Donald Watren and Anthony Jaggi
 10. Barry Hayes and Mauricio Busa
 11. James Berwind, Rand Hoch and Kevin Clark



PHOTOS BY JASON NUTTLE

American Friends of British Art, 7th annual lecture and luncheon, with Lord Edward Innes-Ker, The Colony, Palm Beach



1. Jennifer Garrigues and Hope Alswang
 2. Genia Dial and Robin Dial
 3. Bill Proctor, Ronnie Lima and Gerard Beekman
 4. Lord Edward Innes-Ker and Michael Ridgill
 5. Mitch Brown and Rick Moeser
 6. Scott Snyder, Shanna Kahan and Daniel Kahan
 7. Xiomu Murray and Angela Vecellio



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REAL ESTATE

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COURTESY PHOTOS

Mirasol beauty, inside and out

SPECIAL TO FLORIDA WEEKLY

Live in one of the finest country clubs, Mirasol, in this beautiful four-bedroom, 4½-bath home that offers one of the largest pie-shaped lots with water and golf views. Golf equity is available.

This Genovese floorplan is open and bright, with hurricane impact glass windows, Saturnia floors throughout the main living area, spacious guest suites and a full three-car garage. Upgrades abound, including a cast-stone gas fireplace, Taj Mahal quartzite wet bar, white wood kitchen cabinetry with center island, contemporary entertainment center and more.

The best part of this home is the outdoor living — there are tremendous green areas on both the right and left side of this home. Plenty of room for a child's play area or putting green, large free-form-style heated pool and spa. There is a large lanai that overlooks the water and 15th green of the Sunrise Course. This 4,630-square-foot home is a must-see! (visit www.PalmBeachCountryClubs.com for all layouts and floorplans available.)

Lang Realty has this beautiful home offered at \$2,149,999. For a private viewing, contact the listing agents: Carol Falciano, at 561-758-5869, carol@carolrealestate.com; or Ron Falciano, at 561-758-5932, ronfalciano@gmail.com. ■





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Hamilton Jewelers launches pop-up store at Gardens Mall

The pop-up concept has popped up at The Gardens Mall.

Hamilton Jewelers has opened HI912, a pop-up boutique selling vintage jewelry and watches.

All items offered at HI912 are inspected by jewelry and watch professionals, the company says. Buyers are issued a Certificate of Authenticity, which is accompanied by a one-year warranty. The boutique also will help clients who

want to sell their unwanted accessories.

The pop-up will offer three categories of jewelry: estate pieces, bridal and pre-owned watches. You can visit HI912 on the lower level across from the Apple Store.

Hamilton Jewelers is a family-owned and operated firm with locations in Princeton, N.J., and the Palm Beaches. For more information, visit www.hamiltonjewelers.com. ■

BioMetrix opens at Crystal Tree; offers medical, fitness services

BioMetrix now offers clients a chance to combat issues such as tiredness, low libido and weight gain.

BioMetrix is a concierge medical clinic and fitness center at Crystal Tree Plaza. Through an extensive list of lab tests, a team of medical professionals will determine the medical status of a client. The staff then will create a customized plan to help the client achieve optimal health and wellness.

In the fitness center, you will receive one-on-one support with a personal trainer.

You also can receive medical therapy

treatments such as IV Infusion and Pulsed Electro-Magnetic Field therapies. Combine the programs with individualized nutrition plans. Clients can get a refund if the results are not visible within three months.

With support from trained medical staff, clients can also receive the rejuvenating Bioidentical Hormone Replacement Therapy (BHRT). In women, BHRT can serve many purposes such as reducing the risk of heart disease, improving the skin's elasticity, and reducing hot flashes. For information, visit www.biometrixlife.com. ■

Old Port Cove sells majority of PB assets to Safe Harbor

The marina properties firm of Old Port Cove Holdings Inc., or OPC, of North Palm Beach, has entered into an agreement to sell its portfolio of Palm Beach County assets to the largest owner/operator of marinas in the world, Safe Harbor Marinas LLC. The sale includes Old Port Cove Marina, North Palm Beach Marina and New Port Cove Marine Center.

Cumulatively, the marinas can accommodate almost 650 vessels ranging in size from 20-foot day boats to 200-foot yachts. The sale also includes the 48,000-square-foot Cove Plaza office/

retail complex and Sandpiper's Cove Restaurant and Bar at Old Port Cove Marina.

Richard G. Morgan, President of OPC said Safe Harbor's commitment to excellence in quality and customer service for the boating public mirrors OPC's operational practices. Similarly, Safe Harbor Marinas' Senior Vice President Jason Hogg praised the Old Port Cove team and its first-class collection of assets. "We understand just how special these assets are," Mr. Hogg said, "and we are committed to see them grow and thrive for years to come." ■

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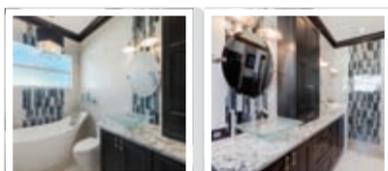


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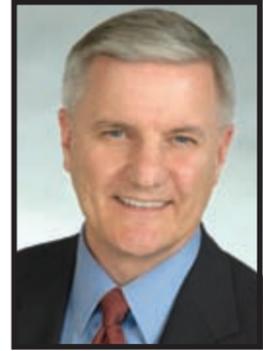
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Oasis 15B

3BR+DEN/3.5BA - \$2,599,000



Ritz Carlton Residence 1502B

3BR/3.5BA - \$1,999,000



Ritz Carlton Residence 1002B

3BR/3.5BA - \$1,799,000



Ritz Carlton Residence 1904A

3BR+DEN/3.5BA - \$3,200,000

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Ritz Carlton Residence 2104B

2BR+DEN/2.5BA - \$1,649,000



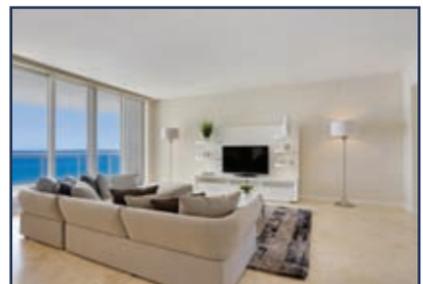
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Martinique ET2003

2BR+2.5BA - \$1,095,000



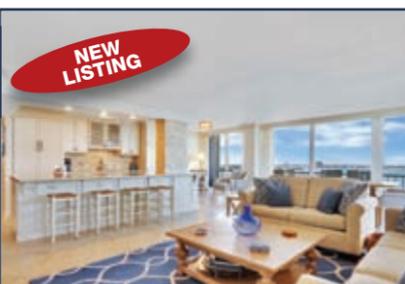
Ritz Carlton Residence 306B

2BR+DEN/2.5BA - \$925,000



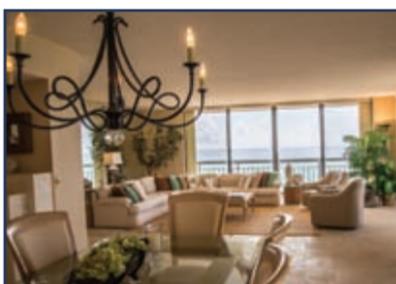
Martinique ETLPH3

2BR/3.5BA - \$849,000



Water Glades 200-18D

2BR/2BA - \$729,000



Martinique ET502

2BR/3.5BA - \$725,000



Martinique WT604

2BR/3.5BA - \$599,000



Info@WalkerRealEstateGroup.com



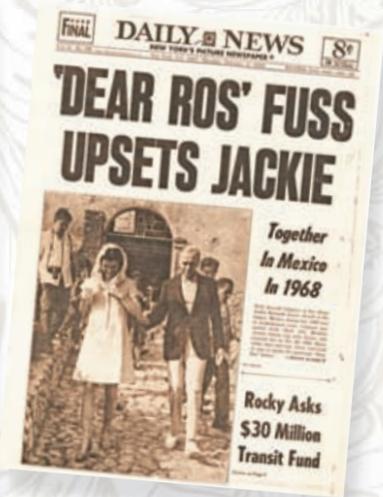
ARTS & ENTERTAINMENT

WEEK OF FEBRUARY 15-21, 2018

WWW.FLORIDAWEEKLY.COM

SECTION B

Treasures



and a scandal



COURTESY IMAGES

ABOVE LEFT: Work by Le Guo, offered by Michael Goedhuis of New York and London.
 ABOVE CENTER: Glass and and ormolu decanter set, offered by Butchoff of London.
 ABOVE RIGHT: New York Daily News report on Jacqueline Kennedy Onassis' letters.
 BOTTOM: Ring offered by M.S. Rau of New Orleans.

Jewelry, Art & Antique Show offers objects with a past, plus 'purloined' letters from Jackie O.

BY JANIS FONTAINE
 pbnews@floridaweekly.com

Who doesn't love a good story? You'll find thousands of stories on display at the Palm Beach County Convention Center this weekend. The stories will be disguised as art and antiques, and made of paper and wood, gemstones and gold, but what you're really buying is the story. Context makes the irrelevant relevant, Scott Diament says. Mr. Diament is the president and CEO

SEE ANTIQUES, B10 ►

HAPPENINGS



COURTESY PHOTO

"On Such a Night as This," a 1975 collage of various papers with paint, ink, graphite and surface abrasion on board, by Romare Bearden (American, 1911-1988). Anonymous loan, L2017.1 Art © Romare Bearden Foundation/Licensed by VAGA, New York, NY

Flagler lecture series examines World War I

BY JANIS FONTAINE
 pbnews@floridaweekly.com

For more than three decades, the Flagler Museum has hosted a lecture series by noted scholars for its members and guests.

This year's Whitehall Lecture Series has an intriguing theme: "Heroes of the Homefront: World War I and the Faces of Wartime America." Lectures will commemorate the roles of American soldiers and supporters during World War I, presenting a range of political and historical perspectives and illuminating and analyzing the military leadership.

The lecture series began on Feb. 11 with a talk by Pulitzer Prize winner Will Englund, and the series will continue at 3 p.m. each Sunday through March 11. The series will also be livestreamed on the museum's web site and viewers can even submit questions online. Click on the "Join This Lecture Live" button on the museum's website.

The Feb. 18 lecture features a presentation by Richard Rubin based on his book, "The Last of the Doughboys: The Forgotten Generation and Their Forgotten War," published in 2013. By the time Mr. Rubin got it in



RUBIN

his head to search out veterans of World War I, it was 2003 and the youngest of these old soldiers was already 101 years old. But he managed to find dozens of veterans and he spent the next 10 years documenting their stories in a "final salute," which would have been lost had he not undertaken what many would have written off as a waste of time. These men are all dead now, but their stories live on in Mr. Rubin's rich prose. Publisher's Weekly praised him, as many critics did, for being "skillful in his interviewing, remorseless in his efforts to chase down his subjects, thoughtful of their age... His book is a fitting epitaph to brave men too often overlooked."

On Feb. 25, Jennifer Keene will speak about her book, "World War I: The American Soldier Experience," which

SEE HAPPENINGS, B7 ►

David Ignatius on our 'disorienting' times, 'fake news' and Machiavelli

BY JOHN THOMASON
 Florida Weekly Correspondent

In a balkanized commentariat, Washington Post columnist David Ignatius resides somewhere in the sober middle. He wields his pen like a machete to cut through ideological noise and whack away at falsehoods. If more of them seem to percolate from the Republican president than

the Democratic minorities in Congress, so be it: Ignatius strives to be, as his blog is punnily titled, "Post-Partisan."

His careful consideration of geopolitical tumult extends to his 10 spy novels informed by real events. One of them, "Body of Lies," was adapted into a Hollywood thriller; his latest, "The Quantum Spy," about the

SEE IGNATIUS, B11 ►



Washington Post columnist David Ignatius

COLLECTOR'S CORNER

Stick a fork in this find – it's done!



For as long as I can remember, I have loved silver.

There always was something sweet in the tea-like scent of the silver chest my grandparents used. More than a decade after Grandma gave it to me, the chest still has that same, wonderful aroma.

And the silver? Even silver plate rings with bell-like clarity.

But there's nothing like the feel of sterling silver flatware.

I began collecting silver more than two decades ago.

I built a set of sterling around two teaspoons my mother had.

Those spoons, which had belonged to her grandmother, bore the name "Martha," which had been the name of three generations of women in the family, including my mom, her grandmother and her great-great-grandmother.

Grandma had saved out all of her mother-in-law's linens, jewelry, and other items that bore her monogram, for my mother.

Those two Towle Old Colonial teaspoons inspired me to collect other monogrammed spoons in the same pattern. There's an Ethel in the grouping.

A couple read simply, "Class, Feb. 11,



An early 20th-century catalog page for Towle's Old Colonial silver shows a sugar sifter, a nut spoon, a lemon server, a tomato server and an olive spoon.

1899." I'm not sure what that means, but the mystery is part of the attraction with antiques. And — get this — the first time I used them was Feb. 11, 1999, and it was totally unintentional.

I love the fluted bowls of the spoons and the shield motifs of the handles in the Old Colonial pattern.

I branched out in the early 1990s, buying knives, forks and serving pieces.

The first pieces I bought were dinner forks I found at the old Coconut Grove Cares show in Miami. The woman who sold them to me allowed me to put them on layaway at \$20 a pop.

I still can identify them by the engraving on their backs — "12/25/05," "12/25/06." Someone had clearly bought the recipient a fork each year for Christmas. How cool is that?

Also in the 1990s, my friend Lou Ann and I would drive to Miami to the big antiques shows near the Miami International Airport.

There, dealers would have vast tables heaped with silver to pick through. My hands were black with tarnish by the time I had picked through the piles. I remember finding half a dozen forks marked "Fritz." I have no idea whose name that was, or whether it was a first or a last name, but Lou Ann always exclaims, "Fritz fork!" when her place is set with one of the pieces for dinner at my house.

My friend, silver dealer Art Shea, always reminds me sterling flatware is like money in the bank — it's worth its weight in silver.

But I love the markings, the mystery and the history, all burnished with time. ■

THE FIND:

A Towle Old Colonial pattern lemon fork

Found: Punta Gorda Antiques Show, Charlotte Harbor Events Center, 75 Taylor St. Punta Gorda. Next show will be in 2019. Info: www.allmanpromotions.com.

Paid: \$42

The skinny: My mom bought this as a birthday gift for me, guessing correctly that I didn't have a lemon fork. Well, I do now.

Towle first made its Old Colonial pattern in 1895, at the height of the Victorian Age. At that time, there was a fork for everything — dinner forks, luncheon forks, dessert forks, cold meat forks — even sardine forks.

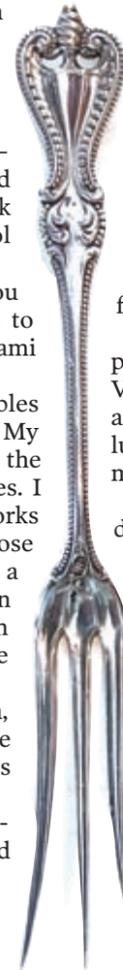
The lemon fork has bent tines designed to politely spear a slice of lemon (or lime).

And politeness is something that never goes out of style.

A high-end show...

The Venice Antiques Show — Feb. 17-18, Venice Community Center, 326 S. Nokomis St., Venice. 315-686-5789/239-877-2830 or www.allmanpromotions.com. ■

SCOTT SIMMONS/FLORIDA WEEKLY
This Towle Old Colonial lemon fork measures about 5½ long. It also bears the mark of A.D. Norton, the Gloversville, N.Y., retailer that sold it new.



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TICKETS ON SALE NOW TO AN EVENING OF UNFORGETTABLE MUSIC

ZURICH CHAMBER ORCHESTRA WITH VIOLINIST DANIEL HOPE

WEDNESDAY, MARCH 28TH AT 7:30 P.M.

Enjoy a rare musical experience as the acclaimed Zurich Chamber Orchestra performs Vivaldi's The Four Seasons followed by Max Richter's beautiful recomposition.

The ensemble will also perform a Yehudi Menuhin program at the Kravis Center on March 27th. Visit kravis.org for more information

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LATEST FILMS

The Oscars: A look at all five foreign language nominees

danHUDAK

punchdrunkmovies.com



This year's Oscar nominees for foreign language film run the gamut from satire in Sweden to a small squabble leading to a national dispute in Lebanon. What follows are mini-reviews of the five nominated films, how you can see them now and who will win and should win the Oscar.

A Fantastic Woman (Chile) ★★☆☆

A strong performance by Daniela Vega highlights this story of Orlando (Francisco Reyes), an elderly man who leaves his wife for a younger woman. The twist in director Sebastian Lelio's film is that the woman he chooses to be with, Marina (Vega), used to be a man. But that's not the awkward part. The awkward part is that Orlando dies early in the film, leaving Marina to deal with his grief-stricken family that both resents her and doesn't know what to make of her. It's a bold story that's wonderfully compelling, but you also sense Lelio is holding back at times, oddly restrained in not allowing Marina to feel the full brunt of social scorn. Perhaps being a little less sympathetic to Marina would have made for better drama, which might have made a better movie. Availability: In art house theaters now.

Loveless (Russia) ★★☆☆1/2

This is the most raw and gut-wrenching of the five nominees. Married Boris (Aleksy Rozin) and Zhenya (Maryana Spivak) despise one another and are about to be divorced. Worse, neither wants custody of their 12-year-old son, Alexey (Matvey Novikov), and the poor boy knows it. When Alexey disappears, more unbearable truths come to the fore, all wonderfully acted by Rozin and Spivak. Everything about the film is raw and unsanitized, from the relationship of the protagonists to the frequent nudity to the unfeeling way the police go about the investigation. It's darn good drama each step of the way. Availability: In art house theaters now.

On Body and Soul (Hungary) ★★☆☆

It has the best conceit of the five nomi-

nees, yet is the worst film of the bunch. At a slaughterhouse in Budapest, Endre (Geza Morcsanyi), the older financial director who has all but given up on life, discovers he has the same dreams every night as the new, young and pretty quality control manager Maria (Alexandra Borbely). What a great idea for a movie! What do you do when you realize you have the same dreams as someone else? Director Ildiko Enyedi inexplicably makes the story one of separate personal discovery for the protagonists rather than a joint one, and the result is a meandering drama that does little with its premise. Disappointing. Availability: On Netflix streaming now.

The Insult (Lebanon) ★★☆☆

Lebanese Christian Tony (Adel Karam) intentionally spills water from his second floor balcony on Palestinian Jew Yasser (Kamel El Basha), who's working on the street below him. Yasser then says something to Tony that can't be repeated in print. Tony demands an apology but doesn't get it. The seemingly insignificant tiff escalates into a wonderfully written and acted national dispute in which neither man is entirely right or wrong. The only thing entirely right about the film is how well director Ziad Doueiri tells the story. It's the most thought-provoking, well-acted and all-around terrific film of the group. Availability: In art house theaters now.

The Square (Sweden) ★★1/2

Winner of the prestigious Palm d'Or at last year's Cannes Film Festival, director Ruben Ostlund's ("Force Majeure") latest is a strange movie that's endlessly befuddling and fascinating. Set in the world of Swedish contemporary art and centered on the curator (Claes Bang) of a prominent Stockholm art museum, it's a seriocomic look at the sometimes unintended consequences of our actions. It also looks at art — what it is and what it isn't — and prompts our subjectivity to draw its own conclusion about the movie, much as it would any form of art. I'm not sure if it works as well as it aspires to work, but it is undeniably intriguing. Elisabeth Moss and Dominic West co-star. Availability: On home video.

Predicted winner: "A Fantastic Woman."

Should win: "The Insult." ■

FILM CAPSULES

Peter Rabbit ★★1/2

(Voices of Margot Robbie, James Corden, Daisy Ridley) Peter Rabbit (Corden) likes to steal food from poor old Mr. McGregor (Sam Neill), but Peter gets more than he bargained for when McGregor's nephew (Domhnall Gleeson) moves into the house. Will children enjoy it, and will parents find it tolerable? The answer for both is: More than you'd expect, but not as much as you'd like. Based on the stories of Beatrix Potter. Rated PG.

Happy End ★★1/2

(Isabelle Huppert, Jean-Louis Trintignant, Mathieu Kassovitz) In the northern French city of Calais, the Laurent family struggles with business and one another in writer/director Michael Haneke's ("Amour") latest. It's intentionally confounding at times, but it's also a fascinating look at the good and bad of life and the secrets we keep hidden. Rated R.

12 Strong ★★1/2

(Chris Hemsworth, Michael Shannon, Michael Pena) The first Army Special Forces unit into Afghanistan after 9/11 must team with an Afghan warlord to take a Taliban stronghold. It's an admirable story worthy of appreciation, but it's repetitive and not told in a dynamic way. Still, there's enough good here to be worthy of a moderate recommendation. Rated R.

Hostiles ★★☆☆

(Christian Bale, Rosamund Pike, Wes Studi) A Civil War veteran (Bale) who has spent his post-war life hunting Native Americans is forced to escort a Cheyenne chief from Colorado to Montana. The story is preachy and labors in spots, but Bale's performance is so superb it's worth the price of admission alone. Watch closely for his facial expressions and mannerisms — truly tremendous acting. Rated R. ■

GOODNIGHT MOON AND THE RUNAWAY BUNNY

Saturday, February 24, 2018

at 11:00 AM

Single Tickets: \$12

THE JASON BISHOP SHOW

Saturday, March 17, 2018

at 11:00 AM

Single Tickets: \$18

CLEMENTINE

Saturday, April 28, 2018

at 11:00 AM

Single Tickets: \$12



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CALENDAR

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

THURSDAY, 2/15

Palm Beach Jewelry, Art & Antique Show — Feb. 15-20, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. www.palmbeachshow.com.

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.

■ **Feb. 15:** On the Roxx

Douglas Post's "Bloodshot" — Through Feb. 18, Mizner Park Cultural Center, 201 Plaza Real, Boca Raton. Forum Productions. Tickets are \$28 - \$66; subscriptions: \$132-\$158. 844-672-2849.

FRIDAY, 2/16

Delray Beach Open — Feb. 16-25, Delray Beach Stadium & Tennis Center, 201 West Atlantic Avenue, Delray Beach. www.yellowtennisball.com

Palm Beach Fine Craft Show — Feb. 16-18, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Tickets: \$20, good for all days. 561-822-5440; www.PalmBeach-FineCraftShow.com

The Palm Beach Writers Group — 11:45 a.m. Feb. 16, in the Chesterfield's Pavilion Room. Award-winning author and film scholar Scott Eyman, the former books editor at The Palm Beach Post, will speak on what book reviewers look for. \$40 members, \$45 nonmembers. Advance payment required at www.palmbeachwritersgroup.com.

23rd Annual Daddy Daughter Date Night — 6-8 p.m. Feb. 16, Veterans Plaza Amphitheater, 10500 N. Military Trail in Palm Beach Gardens. A special "Wild, Wild Western" evening for dads and daughters, ages 4 and older. Dinner by Park Avenue BBQ, a special performance and country line dancing instruction. Tickets: \$45 per couple for residents, \$56 nonresidents. Additional daughters are \$12. All guests must pre-register at www.pbgrec.com or in person at the Burns Road Recreation Center. 561-630-1100.

SATURDAY, 2/17

ArtiGras — Feb. 17-19, Abacoa Town Center, Jupiter. 561-748-3946; www.artigras.org

By the Banyan Tree Historical Walking Tours — 10 a.m. Saturdays, during the GreenMarket. Offered the first and third Saturdays. Rick Gonzalez leads. Leaves from the banyan tree at the corner of Lantana Avenue and N. Clematis Street, and finishes at the Johnson History Museum. \$10, benefits the Historical Society of Palm Beach County. Next tour: Feb. 17. 561-832-4164, Ext. 2; www.hspbc.org.

Butterfly Walk — 10 a.m. to noon Feb. 17, Gumbo Limbo Nature Center, 1801 N. Ocean Blvd., Boca Raton. Hosted by the Atala Chapter of the North American Butterfly Association. Free. Info: www.nabapalmbeach.org.

Black History Month Celebration — 3 p.m. Feb. 17, St. Paul African Methodist Episcopal Church, 3345 Haverhill Road, West Palm Beach. The Faith Place Steel Band performs. The keynote speaker is Dr. Cathy Pressy, educator and historian. Topic: Revisiting the Civil Rights Movement 1950-1970. For more information, email lamontc-renshaw492@outlook.com

Jimmy Lee Hook Live in Concert — 6 p.m. Feb. 17, The National Croquet Club, 700 Florida Mango Road, West Palm Beach. Back by popular demand, Jimmy Lee Cook brings his Billy Joel Tribute Concert to the stage with special guest Sam Hudnell. Dinner at 6 p.m., show at 7 p.m. Tickets: \$70, benefits the club. Reservations required by Feb. 16 at 561-478-2300, Ext. 215.

SUNDAY, 2/18

Free Tai Chi — 8-9 a.m. Sundays through May 6, Veterans Plaza Amphitheater, 10500 N. Military Trail, Palm Beach Gardens, next to The Gardens GreenMarket. Classes are offered by Palm Beach Heartstrong. Anyone younger than 16 must be accompanied by a parent. Info: 561-630-1100 or email recinfo@pbgfl.com.

Sunday Conversation: "Churchill: France, India and Other Little-Known Controversies" — 4 p.m. Feb. 18, Royal Poinciana Chapel's Fellowship Hall, 60 Coconut Row, Palm Beach. Richard D'Elia, Ph.D., a retired U.S. Army officer and a college professor, will speak. Hosted by the Palm Beach Fellowship of Christians and Jews. Light refreshments will be served. Reservations are requested at 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.

Sunday on the Waterfront — 4-7 p.m. Feb. 18, Palm Stage, 100 N. Clematis St., West Palm Beach. Features the Lynyrd Skynyrd tribute band Nuthin' Fancy, named after the band's 1975 platinum-selling album. Bring your own blankets or chairs for seating. 561-822-2222; www.wpb.org

MONDAY, 2/19

The Honda Classic — Feb. 19-25, PGA National Resort & Spa, 400 Avenue of the Champions, Palm Beach Gardens. www.thehondaclassic.com

Jennifer Koh and Reiko Uchida perform — 7 p.m. Feb. 19, Boca Raton Museum of Art. Tickets: \$85 museum members, \$95 for nonmembers. 561-392-2500, Ext. 213, mwalter@bocamuseum.org or www.bocamuseum.org.

TUESDAY, 2/20

West Palm Beach Rotary Club Luncheon — Noon Feb. 20, Cohen Pavilion at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Guest speaker is Congressman Tom Rooney. Tickets are \$35. 561-254-4789 or email clubmgr@wpbrotrary.com

Wayside House, Inc.'s annual Spring Boutique & Trunk Show — Feb. 20-22 at Old School Square, 51 N. Swinton Avenue in Delray Beach. More than 40 vendors offer eclectic décor, jewelry, clothing, shoes and accessories. A preview party takes place from 6-8 p.m. Feb. 19. Tickets are \$100. Admission to the truck show, from 10 a.m. to 5 p.m. daily, is \$5. 561-877-2213; www.waysidehouse.net

Jennifer Koh and Reiko Uchida — 7 p.m. Feb. 20, at The Breakers, Palm Beach. Guests will enjoy pre-concert cocktails and hors d'oeuvres at 6 p.m. followed by the concert. Performing Bach (Violin Partita No. 2 in D Minor, BWV 1004), Leoš Janáček (Violin Sonata), and Maurice Ravel (Violin Sonata in G Major). Tickets: \$195. 561-379-6773, email info@cmspb.org, or visitcmspb.org.

Out of this World Poetry Reading & Stargazing — Sunset Feb. 20, Hagen Ranch Road Library, 14350 Hagen Ranch Road, Delray Beach. Co-hosted by the Palm Beach Poetry Festival and the Astronomical Society of the Palm Beaches, participants will read poetry round-robin while observing the moon and the stars. The poems can be original or an old favorite but must relate to the night sky. BYO chair and two celestial poems. Free. www.palmbeachpoetryfestival.org.

WEDNESDAY, 2/21

Lunch and Learn: Helen Zughuib: Art as an Agent of Change — 2 p.m. Feb. 21, Lighthouse ArtCenter Gallery, 373 Tequesta Drive, Tequesta. Helen Zughuib is an internationally recognized artist, lecturer and cultural envoy whose paintings have been gifted to heads of state and can be found in the collections of the White House and the Library of Congress. She speaks about the vulnerable women and children caught in the crisis in the Middle East. Tickets: \$75. www.LighthouseArts.org or 561-746-3101.

Speaker: Steve Stotsky — 7 p.m. Feb. 21, Mandel JCC, Hood Road, Palm Beach Gardens, and 7 pm. Feb. 22 at Mandel JCC, Boynton Beach. Topic: Indoctrinating Our Youth: How a U.S. Public School Curriculum Skews the Arab-Israeli Conflict and Islam. Presented by CAMERA, in cooperation with the Gross Family Center for the Study of Anti-Semitism and the Holocaust and the Jewish Community Relations Council. Free. Info: Email Lauren at grossl@optonline.net or call 201-887-0737.

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.

■ **Feb. 22:** New Horizon

The Grand Opening of the Deja Vu Art Gallery — 5-8 p.m. Feb. 22, 4078 PGA Blvd., Palm Beach Gardens. A charity auction featuring a fashion show, silent auction, and live entertainment benefits the Women's Chamber Foundation, which provides college scholarships to deserving Palm Beach County students. 561-225-1950.

Lunch and lecture: "Palm Beach Society through the Years" — 11:30 am. Feb. 23, the Sailfish Club, 1338 N. Lake Way, Palm Beach. David Columbia, co-founder of New York Social Diary, will speak, with moderator Jeffrey Hirsch. Hosted by the Coudert Institute. Tickets: \$125. 561-659-6161; www.coudertinstitute.org.

The Palm Beach Business Group Annual Breakfast — 7:30-11 a.m. Feb. 23, The Mediterranean Ballroom at The Breakers, Palm Beach. This year's theme: Age Reversal and Cannabinoids for Improving the Quality of Life. Sponsors, exhibitors, speakers wanted. Email Tom at tross@pbbusinessgroup.com or call 561-820-1579.

South Florida Gluten Free Expo — Feb. 24, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. A gluten-free paradise featuring samples, seminars and local and national vendors. www.southfloridafair.com

Street Painting Festival — Feb. 24-25, downtown Lake Worth. 561-585-0003; www.streetpaintingfestivalinc.org.

Dogs Day in the Garden — 10 a.m.-3:30 p.m. Feb. 25, Mounts Botanical Garden, 531 N. Military Trail, West Palm Beach. Bring the family to the garden, including the four-legged members, for a day of walking, making friends and photo ops. Do a little shopping at the dog-friendly vendors. Nonretractable leashed only. Free for members and younger than age 3; \$15 nonmembers; \$5 age 4-12. 561-233-1757; www.mounts.org.

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.

■ **Deana Martin** — Through Feb. 17.

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

AT DRAMAWORKS

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

■ **"On Golden Pond"** — Through Feb. 25.

AT THE DUNCAN

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

Pilobolus — Feb. 16-17

AT THE EISSEY

The Eissey Campus Theatre, Palm Beach State College, 11051 Campus Drive, Palm Beach Gardens. 561-207-5900; www.eisseycampus theatre.org.

Linda Eder in Concert — Feb. 16.

Bravissimo Broadway — Feb. 19.

The McCartney Years — Feb. 21.

Goodnight Moon and The Runaway Bunny — Feb. 24.

AT FAU

Florida Atlantic University, Boca Raton campus, 777 Glades Road, Boca Raton. Venues include University Theatre, the Carole and Barry Kaye Performing Arts Auditorium, and Studio One Theatre,

CALENDAR

and the Theatre Lab at Parliament Hall. Info: www.FAUevents.com.

"The Revolutionists," by Lauren Gunderson — Through Feb. 25, Theatre Lab at Parliament Hall.

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.

"SHOUT! The Mod Musical" — Feb. 16-18. A Maplewood Playhouse presentation.

AT THE KRAVIS

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

Chicago Symphony — Feb. 15, Dreyfoos Hall.

The Beach Boys — "The Wild Honey Tour," Feb. 16, Dreyfoos Hall.

George Benson — Feb. 17, Dreyfoos Hall.

Franco Corso — Presents "That's Amore," Feb. 18, Rinker Playhouse.

Yamato — The Drummers of Japan, Feb. 19-20, Rinker Playhouse.

You've Got a Friend: Carole King, Neil Sedaka and the Music of the Brill Building

Featuring Scott Coulter — Feb. 22, Rinker Playhouse.

PEAK Series — Each ticket comes with a free drink.

Urban Bush Women: Hair and Other Stories — Feb. 16-17.

Michael Feinstein Conducts the Kravis Center Pops Orchestra — \$30 and up.

Michael Feinstein Performs Sinatra and Friends with The Kravis Center Pops Orchestra Big Band — Feb. 28.

Lunch & Learn — Co-chaired by Lee Wolf and Steven Caras. Tickets: \$95. Includes lunch prepared by Catering by The Breakers.

Broadway Titans: The Life of a Broadway Producer — Feb. 19. Moderated by Lee Wolf with Fran Weissler, Roy Furman and Rodger Hess.

African-American Film Festival — For the 13th season. AnEta Sewell, a speech communications professor and former local newscaster, will deliver an engaging introduction to each film and host a Q&A session afterward. Tickets: \$10.

"To Sir, With Love" — Feb. 26.

AT THE LIGHTHOUSE

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way,

Jupiter. 561-747-8380, Ext. 101; www.jupitelighthouse.org.

Lighthouse Sunset Tours — Feb. 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. Feb. 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:

■ **"An Inspector Calls"** — Through Feb. 18.

Limited Engagements:

■ **"The Children of Willesden Lane"** — Feb. 21. Mona Golabek's one-woman show about teenage refugee Lisa Jura, who survived the Holocaust and inspired a generation. Tickets: are \$35 and \$50.

■ **The Long Run Eagles Tribute Band** — Feb. 23. America's best Eagles tribute band performs classic songs like "Take it Easy," "Desperado," and "Hotel California." Tickets: \$45 and \$55.

AT THE JCC

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

Feb. 15: Bridge: Intermediate Class with JR Sanford, duplicate bridge

Feb. 16: Bridge: Advanced Beginner's Supervised Play with JR Sanford, duplicate bridge

Feb. 20: Bridge: Improve Bidding, Declarer Play and Defense with Mike Schaffer, Bagels & Books: "The Weight of Ink," duplicate bridge

Feb. 21: Bridge: Beginner/Advanced Beginner Supervised Improve Your Play of the Hand with Fred Nislow, duplicate bridge

AT MACARTHUR

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

Bluegrass Music — 1-3 p.m. Feb. 18. Bluegrass under blue skies in the park.

Birding at MacArthur Beach — 4 p.m. Feb. 18. Reservations required.

MacArthur Under Moonlight Concert — 7-9 p.m. Feb. 24. Features Friction Farm, Modern Folk Duo. \$5, free for younger than age 10.

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 entirely of marine debris collected from beaches. The sculptures are located throughout the garden's 14 acres.

The 11th Annual Digital Pho-



■ **The Beach Boys** — "The Wild Honey Tour," Feb. 16, Kravis Center for the Performing Arts. 561-832-7469; www.kravis.org



■ **Pilobolus** — Feb. 16-17, The Duncan Theatre, Lake Worth. 561-868-3309; www.duncantheatre.org



■ **The McCartney Years** — Feb. 21, The Eissey Campus Theatre, Palm Beach Gardens. 561-207-5900; www.eisseycampus theatre.org



■ **Boston Trio** — Feb. 20, the Flagler Museum, Palm Beach; 561-655-2833; www.flaglERMuseum.us

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.

Nery Saenz — Feb. 16

Ken Jeong — Feb. 17-18

AT THE SCIENCE CENTER

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

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

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

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

AT THE PLAYHOUSE

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

Main stage: "Lend Me A Tenor" — March 1-18

Screenings in the Stonzek Theatre:

■ **2018 Oscar nominated Short Films** — Through Feb. 22. Animated, live action, documentary.

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

Iliza Live — Feb. 15-16

CALENDAR

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.

■ **"Isabelle de Borchgrave: Fashioning Art from Paper"** — Through April 15.

■ **Live Performances** — Public tickets on sale Nov. 3 at 561-655-7226 or www.fourarts.org

■ **Gil Shaham** — 3 p.m. Feb. 25. Free for members, \$20 nonmembers.

■ **David Krakauer and Kathleen Tagg** — 7:30 p.m. Feb. 28. Free for members, \$40 (balcony), \$45 (orchestra) nonmembers.

Films

■ **Documentary Films** — Free for members, \$10 nonmembers.

■ **"The Making of West Side Story"** — 5:30 p.m. Feb. 15.

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

■ **"A Thousand Times Goodnight"** — Feb. 16.

Exhibitions on Screen:

■ **"David Hockney at The Royal Academy of Arts"** — 2 p.m. Feb. 18.

■ **O'Keeffe Lecture Series** — These lectures which are held at 3 p.m. feature notable speakers from the fields of politics, culture and the media. Admission is free for members. Tickets are \$35 for nonmembers and are sold at the door 30 minutes before lecture begins.

■ **David Ignatius: "A Writing Life: What I've Learned as a Journalist, Novelist and Librettist"** — Feb. 20.

■ **Lanhee Chen: "The Current State of Play in U.S. Healthcare"** — Feb. 27.

LIVE MUSIC

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

■ **Joe Birch** — 9:30 p.m. to 12:30 a.m. Thursdays. Acoustic rock.

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

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

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

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

■ **Don Ramon Restaurante Cubano & Social Club** — Live music

Thursdays through Sundays, 7101 S. Dixie Highway, West Palm Beach. 561-547-8704.

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

■ **Guanabanas** — 960 N. AIA, Jupiter. Info: 747-8878; www.guanabanas.com

■ **Hard Rock Live at The Seminole Hard Rock Hotel and Casino** — 5747 Seminole Way. Hollywood 866-502-7529; seminolehardrockhollywood.com

■ **Frankie Valli and The Four Seasons** — Feb. 16-17. \$40-\$80.

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

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

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

■ **Feb. 15:** Public Sounds, The Funktion

■ **Feb. 17:** Cabaret Voltaire House Night

■ **Feb. 18:** Ray's Downtown: JM & the Sweets

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

■ **"Celebrating Boaz Vaadia (1951-2017)"** — Through April 29

■ **"Behold, A New Eden: Laura Woodward and the Creation of Palm Beach"** — Through May 20

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

■ **Artists-in-Residence Exhibition:** Feb. 17-March 9. Opening Reception: 6 p.m. Feb. 16, East and Greenfield Galleries.

■ **2018 Scholastic Art & Writing Awards Exhibition:** Feb. 24 - March 9. Opening reception: 1 p.m. Feb. 24, Montgomery Hall.

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

■ **"Visiting Artist Events," featuring Grant Garmezny.**

■ **Feb. 22** — 6-9 p.m. — \$100. Meet the Artist Dinner & Conversations with the Artist

■ **Feb. 23** — 6-10 p.m. — \$15. Gallery Opening * Live Music * Cocktail Reception * Demos

■ **Feb. 24** — 2-5 p.m. Free public demonstration

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

■ **"The I Love West Palm Beach Exhibition"** — A juried exhibition by Raphael Clemente, Aaron Wormus, Katerina Wagner and Rolando Chang Barrero. Open Feb. 17-March 19. Opening reception is 7-9 p.m. Feb. 16.

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

■ **Hubert Phipps and Craig McPherson** — Through March 17. Guest Curator, Bruce Helander.

■ **Lecture: Chihuly: An Artist Collects** — 2-3 p.m. Feb. 17. A lecture with an Q&A by Bruce Helander, based on his book. Free.

■ **Collage Workshop** — 9 a.m.- 4 p.m. Feb. 24. With master artist Bruce Helander. \$30.

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

■ **"Art & Decor Exhibition"** — Opens Feb. 16.

■ **"Materio Collection Exhibition"** — Feb. 17-April 21.

■ **"Annette Rawlings Solo Exhibition"** — Feb. 17- March 17.

■ **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.

■ **Altered Roots** — Feb. 16

■ **Casey Raines** — Feb. 23

■ **Endless Jazz Sundays** — 1-3 p.m.

■ **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 Gaugengig"** — Through April 29. Guided exhibition tours Wednesdays at 10:30 a.m. and 3:30 p.m.

Exhibition Lectures:

■ **"Masterfully Human: The Art of Gaugengig"** — 3 p.m. Feb. 15. Speaker: Chief curator Tracy Kamerer.

■ **The 33rd Annual Whitehall Lecture Series: Heroes of the Homefront:** World War I and the Faces of Wartime America. Lectures take place at 3 p.m. Sunday. A book signing with the author will follow most lectures.

■ **Richard Rubin: The Last of the Doughboys: The Forgotten Generation and Their Forgotten War** — Feb. 18.

■ **Dr. Jennifer Keene: World War I: The American Soldier Experience** — Feb. 25.

■ **The 2018 Music Series:** Tickets: \$70.

■ **Boston Trio** — Feb. 20.

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

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

■ **Centennial Faces** — Through March 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. Sat-

urday. 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.

■ **"Arrived: Florida Artists Emerged"** — Through 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. Wine and passed hors d'oeuvres.

■ **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.

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

■ **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.

■ **"Hearing Loss, Friends & Families" support group meets** — 11 a.m. Feb. 22. Hosted by the Hearing Loss Association of America. Refreshments. Email: hearingloss.npbcc@gmail.com.

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

■ **"Gertrude Vanderbilt Whitney: Sculpture"** — Through April 29.

■ **"Spotlight / Jean-Michel Basquiat: Drawing into Painting"** — Through March 18. "Dogman," 1986, a painting, and four revealing drawings from private collections provide insight into the artist's stylistic development.

■ **The Palm Beach Gardens City Hall Lobby** — 10500 N. Military Trail. 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.

■ **"Howard Schatz: 25 Years of Photography"** — Through March 10.

■ **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.

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



Mr. Trombone Wayne Perry will perform at the Norton Museum of Art.

HAPPENINGS

From page 1

takes a closer look at what it really means “to go to war.” Dr. Keene used letters, diaries and the personal stories of people who served to examine how marginalized groups — immigrants, women and African Americans — were treated during wartime. She uses groups like the Harlem Hellfighters to illustrate how differently they were treated on and off the battlefield. Full of heart and detail, the descriptions of the conditions, of trench warfare, and of ever-present death, attest to Dr. Keene’s skill as a researcher and with a pen.

Lynn Dumenil, who received her master’s and Ph.D. from the University of California Berkeley, will speak about her new book “The Second Line of Defense: American Women and World War I” on March 4. Just released Feb. 13, this is Dr. Dumenil’s fifth book. The work clarifies what effect the war had on the role of women in America, and questions whether any real lasting change to gender equality came as a result of the contributions women made as America’s “second line.”

The final lecture of the season features Christopher Capozzola, who will speak on March 11. His 2010 book, “Uncle Sam Wants You: World War I and the Making of the Modern American Citizen,” has been called a “provocative interpretation of American political history.” Dr. Capozzola’s lecture will address military conscriptions and conscientious objectors, volunteerism and the regulation of enemy aliens. He also will discuss the burgeoning interest in civil liberties for all.

Lectures are held at 3 p.m. at the Flagler Museum, 1 Whitehall Way, Palm Beach. Tickets for the lecture are \$28, which includes admission to the museum. Admission is \$10 for individual-family-life members and free for sustaining members and above. Reserve your ticket online at www.flaglERMuseum.us or call 561-655-2833.

Celebrate Black History at the Norton

The Norton Museum is commemorating Black History with its first ever Black

History Family Day from noon to 5 p.m. Feb. 24.

The day will highlight African-American art in the museum’s collection through storytelling, art-making activities, music and a special theater performance.

Arrive in time to see the presentation at 12:30 p.m. by Everee Jimerson Clarke, author of “Pleasant City, West Palm Beach,” and a beloved community activist. Ms. Clarke will discuss the history of Pleasant City and sign copies of her book.

Ellen Roberts, curator of American Art, will give a talk, “From Bannister to Bearden: African-American Art at the Norton Museum of Art,” which will feature artwork by sculptor Augusta Savage, who spent her youth in West Palm Beach before becoming a leading figure in the Harlem Renaissance. The contributions of artists Beulah Ecton Woodard, Romare Bearden and Edward Bannister also will be discussed.

Fiber artist Kianga Jinaki will host a workshop exploring African and African-American textile traditions, and kids and parents can make some art of their own. An outdoor stage will host a variety of performers, from hip-hop artist Eric Biddines to Mr. Trombone (Wayne Perry) playing soulful jazz, and Abasi Hanif, a spoken word artist, also will perform. She’ll be accompanied by two drummers, who will lead a public drum circle guests can join.

The day will culminate with an iteration of the Core Ensemble’s “Ain’t I A Woman.” This “chamber music theater” piece features actress Deltoiya Goodman portraying four significant African-American women: Sojourner Truth, Zora Neale Hurston, Clementine Hunter and Fannie Lou Hamer.

The performance is free, but you must pick up tickets at Visitor Services to reserve your space. The performance is recommended for ages 12 and older. Admission to Family Day is free. Food trucks will be on site with food and drink for sale.

The Norton Museum is at 1451 S. Olive Ave., West Palm Beach. Free parking and shuttle service is available at 1501 S. Dixie Highway. For more details, visit www.norton.org or call 561-832-5196. ■

PUZZLE ANSWERS



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

A Weekend of Wow at the Kravis Center!



PEAK SERIES

URBAN BUSH WOMEN HAIR AND OTHER STORIES*

Friday and Saturday, February 16-17 at 7:30 pm

Rinker Playhouse • Tickets \$35

Includes a ticket for one complimentary beverage. (Underage guests will be offered a non-alcoholic selection.)

PEAK Series made possible by a grant from the

MLDauray Arts Initiative in honor of Leonard and Sophie Davis

This presentation made possible by the New England Foundation for the Arts' National Dance Project with lead funding from the Doris Duke Charitable Foundation and The Andrew W. Mellon Foundation with additional support from the National Endowment for the Arts.



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Sunday, February 18 at 8 pm • Dreyfoos Hall • Tickets start at \$25

Includes a *Phantom of the Opera* medley featuring the Kravis Center's George W. Mergens Memorial Organ.

Sponsored by **Norma and Leonard Klorfine Foundation**

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Choose your seat at the Center's **official website kravis.org**

or call 561.832.7469 or 800.572.8471

Group sales: 561.651.4438 or 561.651.4304

Artists and programs are subject to change.



Dog Care Awareness Day, So



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

GAIL V. HAINES / FLORIDA WEEKLY

LIVE ON STAGE! FEBRUARY 2 - 25

ON GOLDEN POND

by Ernest Thompson

A retired couple's solitude is interrupted when their daughter arrives with her fiancé and his son.

director **Paul Stancato**

producers **Stephen Brown and Jamie Stern**

Pat Bowie and John Felix

PHOTO © ALICIA DONELAN

Theatre To Think About

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SOCIETY

Scouthound, Riverwalk, Jupiter



Bobbie VanderMeet, Dolce and Chanel



1. Chris Farley, Michele Farley and Paris
2. Eileen LeVee, Adoptable Annie and Noelle Patterson
3. Maxwell and Miriam Mittelman
4. Summer Segovia, Vanessa Medrano, Karina Flores, Karen Flores, Jacqueline Medrano, Michael Davis, Michelle Durkee, Kelly Grega, Mileight Grega, Kelcie Vert and Stefanie Braum
5. Mia, Dorothy Sacco, Lincoln and Chris Aumann
6. Mindy Cox and Luci-Ann Tafuri
7. Lisa Jones and Daisy
8. Ricky Meza, Nado, Caterine Meza and Maya
9. Michelle Yarber, Garry Yarber, Baily, Reese Yarber and Ryan Yarber
10. Ralph Lambiase, Shawnie, Buddy and Bonnie Lambiase
11. River, David Kelly, Rodeo and Margie Kelly
12. Sam Fuld, Tim Vogel, Michelle Durkee and Ilan Kaufer

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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*While tickets last

ANTIQUES

From page 1

of Palm Beach Show Group, and his team provides the brains and the brawn behind the upcoming Jewelry, Art & Antique Show and the Palm Beach Fine Craft Show, which will bring almost 300 exhibitors to West Palm Beach beginning Feb. 15. Mr. Diament said he expects more than 50,000 people to come to see the thousands of objets d'art on display.

"The thing that makes it such a great show is the really interesting exhibitors," he said.

David Lowenherz, who owns Lion Heart Autographs, a Manhattan-based dealer in historical manuscripts and letters, will be manning booth 821.

Mr. Lowenherz is a preservationist with an astute grasp of history and a gift for storytelling that breathes life into the documents and letters he buys and sells. With more than 40 years' experience, he has been called in to authenticate signatures, offer his expert opinion, and even help solve mysteries.

He grew up in New York City, the son of German immigrants. His father owned a successful photo stock-house, an archive of photographs for use in books, magazines and newspapers. Late in life, his father became interested in European manuscripts and Lowenherz tagged along when his father visited dealers and auctions, watching and listening and learning.

Educated at the exclusive Horace Mann School and Bennington College, a tiny liberal arts school in Vermont, Mr. Lowenherz learned one thing for sure: "I didn't want to work for anybody else." He took the negotiating skills he'd picked up from his father, combined them with his natural drive and curiosity, and he followed his heart and his intellect into the 'autograph' business. But, really, he's in the story business.

"The story is what people are buying," he says. And if it's a love story, that's even better. And he's got one.

In his collection of treasures to be displayed at the show are the famous "purloined letters" of Jackie O.

In 1970, four letters written by Jacqueline Kennedy Onassis to Roswell Gilpatric were to be put up for public auction. The letters detailed Jackie's intimate feelings and implied a scandalous relationship between President Kennedy's widow and the president's former deputy defense secretary. When Mr. Gilpatric learned about the sale from a reporter, he immediately searched for the letters and discovered they were missing from the locked file cabinet. Reporter Maxine Cheshire wrote in her story in *The Washington Post* that Mr. Gilpatric exclaimed: "The have obviously been purloined by someone with larceny in their heart."

Gilpatric immediately called the con-signor, Charles Hamilton Autograph Galleries in Manhattan. Mr. Hamilton told the journalist that "Mr. Gilpatric sounded as if he were weeping when he called." Mr. Gilpatric pressed charges



Lamp offered by Lillian Nassau



"Piety," by Yuchen Han. Offered by Berko.

against the thieves, but you can't unring a bell. The damage had been done.

Now nearly 50 years later, the purloined letters — which are incredibly tame by today's standards — are available again, but the players are gone. We lost Jackie in 1994. Mr. Gilpatric died from prostate cancer in 1996.

Love letters have served Mr. Lowenherz well. His collection of love letters written by famous people — "The 50 Greatest Love Letters of All Time" — was published by Crown in 2002 and sold 35,000 copies. It inspired the imaginary book "Love Letters of Great Men" that fictional newspaper columnist Carrie Bradshaw is reading in the first "Sex and The City" movie. The movie created such demand for the book, a year after the movie came out, a paperback version was released to capitalize on the craze, but Mr. Lowenherz's book surpasses in both scope and beauty.

Although many of Mr. Lowenherz's clients are private collectors, other clients include universities (like Yale and Harvard), museums and even the fed-



Bracelet offered by Moira Fine Jewellery of London.



David Yarrov's "The Untouchables, Amboseli, Kenya," offered by Holden Luntz Gallery of Palm Beach.



A report on Jacqueline Kennedy Onassis' purloined letters, offered by Lion Heart Autographs.

eral government. Last year, bidding on behalf of the Library of Congress, Mr. Lowenherz bought a collection of memorabilia from the life of Harriet Tubman, including a rare photograph of Tubman as a young woman in her 40s. These one-of-a-kind documents are now part of our national archives.

After four decades, the only documents Mr. Lowenherz truly covets are "essentially impossible to find." Anything by Christopher Columbus. A letter by Michelangelo would be nice. Lion Heart specializes in documents and manuscripts in art, history, literature, music, and science, and Mr. Lowenherz's sub-interest is early drafts and preliminary ideas by famous intellectuals, like Beethoven scribbling a few bars of a symphony or Einstein solving a formula on the back of an envelope.

People who deal in the vintage, the antique and the historical are modern-day treasure hunters who reap exceptional rewards from auctions and estate sales, but also from dumpsters and garbage cans, recycling bins and second-hand stores. With depth of knowledge, hard-earned through years of examination and experience, people like Mr. Lowenherz and the other representatives at the Jewelry, Art and Antique Show play an important role in preserving our history by wading through the muck to find the riches.

Mr. Lowenherz will be happy to share the stories behind the gems he's bringing, like the origin of his first edition score of "Porgy and Bess," inscribed by George and Ira Gershwin, or the cabinet photograph signed both "Mark Twain" and "S.L. Clemens" with an autograph quotation: "There are no grades of vanity, there are only grades of ability in concealing it."

While the Jewelry, Art & Antique Show is happening on the main level, the Palm Beach Fine Craft Show, another Palm Beach Show Group event, returns to the Convention Center Feb. 16-18, on the second floor.

The Fine Craft Show will bring 135 of the nation's finest artists to town to exhibit their work, and the show's opening rekindles the question: What is a fine craft and how does it differ from fine art?

In its simplest definition, a craft has a function art doesn't have. A fine craft is one-of-a-kind pieces made by hand as opposed to machine made or produced in volume like on an assembly-line. A fine craft elevates an ordinary item, not only with the best materials, but with skill and style, vision and finesse. Fine craft genres include wood-working, ceramics, glass, and wearable art like clothing, textiles and jewelry. Other mixed medias are also considered fine crafts, as well as furniture and weaving.

Sometimes people apply the architectural principle of 'form follows function' to distinguish art from craft. The principle says the shape of the object should relate to its function and that once the object becomes indistinguishable from its inspiration, it's no longer a craft; it's art.

"Fine crafts are understandable," Mr. Diament says, simply. Art requires interpretation. Other say the difference may lie with the artists' own intention: Is he making a piece that its owner will use or is it intended for display?

Visitors are invited to hear a few stories and to search for the answer themselves. An even though you'll likely leave with fewer dollars in your pocket, you'll still leave at least a little richer. ■

IGNATIUS

From page 1

U.S.' race with China to develop the first quantum computer, counts former Defense Secretary Leon Panetta among its fans.

Few of these experiences prepared him for the challenge, in 2015, of penning a libretto for an opera about Niccolò Machiavelli for the Dutch National Opera. Mr. Ignatius will discuss his various disciplines Feb. 20 at Society of the Four Arts, where he'll speak on "A Writing Life: What I've Learned as a Journalist, Novelist and Librettist."

Let's talk about the pace of news in this administration. How does the daily deluge of breaking news affect what you do at The Post?

It's overwhelming. There's a sense almost of vertigo. In each news cycle you just have no idea what sudden changes there will be. The job for someone like me, who's a columnist, is to keep enough distance from that daily churn to discern the fundamentals. I don't think that people in the news business should see themselves as the opposition to Donald Trump. We should try as hard as we can to maintain our balance even as he attacks us and our profession. But it's a very disorienting period.

It seems the president does see you as an enemy of the state. Your publication was among many that recently "won" a Fake News Award from the president, for a Dave Weigel photo the administration asserts

misrepresented a crowd size at a presidential event. Was that a genuine mistake worth correcting?

Dave Weigel admitted as much when he quickly took the photo down, and said he put it up too hastily. The phrase about our business, "the first rough draft of history," is true. And in the first rough draft, there are mistakes. I think one important point about that incident is that when a mistake was made, it was quickly acknowledged and corrected for readers. We have a responsibility to do that. I don't think there's anything shocking or shameful about that. There are too many people in America who think that we have taken sides and that we're partisan. And it's really important not to give them reason to deepen that suspicion.

There seems to be a percentage of the electorate that just doesn't believe the sky is blue. Taking the long view, is it a result just of Trump and this moment?

I think it's not just a result of Trump. The divisions in American society have been growing and widening for 20 years. But what both Trump and also the Russians — I don't mean to say that they're the same — have sought to do is locate the fissures, the divisions, in American life, and deepen them. The president is incredibly clever at finding where the scabs are on the very sensitive issues of race and cultural divisions and ripping at those scabs. That's what I felt happened when he went after the Colin Kaepernick issue. It was receding as a concern, and the president broke it open again. His reaction to the Charlottesville protests, rather than President Trump pull things together, he seemed to deepen them.

Your talk at the Four Arts is called "A Writing Life: What I've Learned as a Journalist, Novelist and Librettist." Do those disciplines come from different parts of your consciousness, or do they overlap and feed each other?

I think they do overlap. What I have found through my career is that there are all these different ways of telling stories. When I began as a journalist, I never imagined I would become a novelist. But I had a story that was so powerful, the newspaper version of it just wasn't enough. So I found a way to write a novel. The opera libretto was the result of an invitation from a composer to write about one of the philosophers who's interested me most since I was a student, Machiavelli. And when that was put to me, I said yes, not really thinking carefully enough about the dangers of making a complete ass of myself doing something I'd never done before. It was one of the creative thrills of my career because it was so different, so high-risk. What I'd love to talk to the audience in Florida about is the effort I've tried to make to keep challenging myself with new things — to not get fixed in a reflexive position on the political spectrum, as a columnist, and to not stay fixed as a novelist, repeating the same characters in a formulaic way.

When you worked on the Machiavelli opera, did you find that the philosopher resonated with today's geopolitics?

There's one obvious Machiavelli resonance in today's world. In "The Prince," he advised that to do his job effectively, the prince sometimes has to lie—that appearing to be good is better

than being good. If you're good, you're sometimes taken advantage of. So he was very cynical about human life. You can say that we now have a president who, the record makes clear, lies all the time. Does that make him Machiavellian? Maybe. What I found the more time I spent with Machiavelli is that while he believed that it was necessary for leaders to sometimes be manipulative, he was utterly, ruthlessly honest in his own evaluations. That's why he wrote "The Prince" — to, for once, be honest about what politics really is. It was Machiavelli as truth teller, not as defender of lying and manipulation; that's where I found my character. ■

in the know



David Ignatius
 >> **When:** 3 p.m. Feb. 20
 >> **Where:** Society of the Four Arts, 2 Four Arts Plaza, Palm Beach,
 >> **When:** 3 p.m. Feb. 20.
 >> **Cost:** \$35.
 >> **Info:** 561-655-7226 or www.fourarts.org.

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5. Les Kozlow, Barb Kozlow, Kay Grunow and Terry Jonethis.
6. Chip Armstrong, Beth Kigel and Keith Golden
7. Angel Adams, Bob Goldfarb and Donna Goldfarb
8. Donna Goldfarb, Kay Hicks and Nancy Moberly



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

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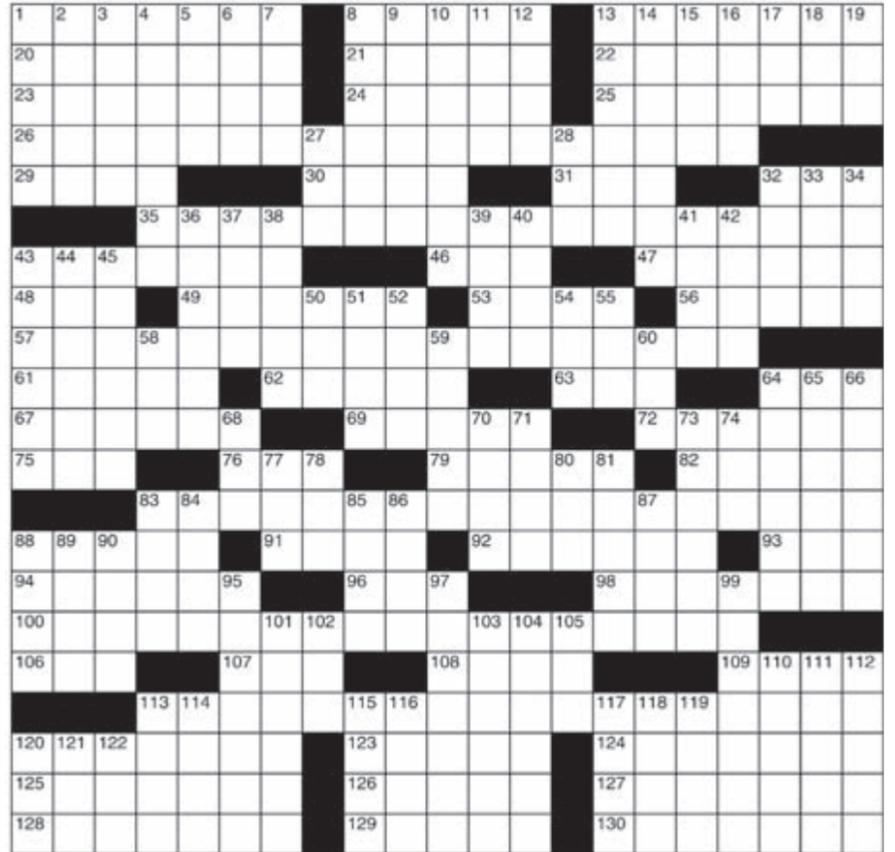
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PUZZLES

HEARTFELT WISH

- ACROSS**
- 1 Birmingham locale
 - 8 Holy See leaders
 - 13 Largest living bird
 - 20 One vilifying in print
 - 21 Spitz relative
 - 22 City WSW of Albany
 - 23 Aroma source
 - 24 Former NBAer
 - 25 Most humble
 - 26 Own delicately
 - 29 With 32-Across, tourist's reference
 - 30 Baseballer Hershiser
 - 31 Rhine feeder
 - 32 See 29-Across
 - 35 People put aside their pride for a while?
 - 43 Posed for a painting, e.g.
 - 46 Mineo of film
 - 47 Tidbits
 - 48 Log splitter
 - 49 Bring on
 - 53 Turbine part
 - 56 "Weird Al" Yankovic hit
 - 57 Pinched a chubby
 - 61 Pet's jingler
 - 62 Gluck's "—ed Euridice"
 - 63 My, in Milan
 - 64 "Ammo" pair
 - 67 "New Math" singer Tom
 - 69 "The Donald"
 - 72 Shiite, e.g.
 - 75 Stubborn beast
 - 76 Not at home
 - 79 Wage hike
 - 82 Open spot in a forest
 - 83 "Airplane!" co-star created an online fund-transfer service?
 - 88 Large parrot
 - 91 Exotic juice berry
 - 92 India or Iran
 - 93 Park it
 - 94 Astounds
 - 96 "Yay, team!"
 - 98 Geezers
 - 100 Turn down a mawkish sea monster?
 - 106 USN rank
 - 107 Chip or nick
 - 108 Large feline
 - 109 See 85-Down
 - 113 What this puzzle's long answers are anagrams of
 - 120 Enchant
 - 123 PC character format
 - 124 Some suede
 - 125 In pieces
 - 126 Diadem's kin
 - 127 Prayer rug user, say
 - 128 Hot springs
 - 129 Lucifer
 - 130 50- (some long field goals)
- DOWN**
- 1 Maui "hello"
 - 2 Detection system that uses a laser
 - 3 Higher than
 - 4 Deprive (of), as through absence
 - 5 "When I was —"
 - 6 Actress
 - 7 Intro class for painters
 - 8 Trifling
 - 9 Signed off on
 - 10 Zits
 - 11 List-curtailling abbr.
 - 12 Poet
 - 13 Teasdale
 - 14 Tuba sound
 - 15 Disdain openly
 - 16 Many a rave attendee
 - 17 Soldiers on "M*A*S*H"
 - 18 Salt additive?
 - 19 Dol. parts
 - 20 Fez or kepi
 - 21 "Just joking!"
 - 22 "Yahoo!"
 - 23 Beef or ham
 - 24 Opposing
 - 25 "Hey, I've got a secret ..."
 - 26 Maintain
 - 27 Essential
 - 28 Boise setting
 - 29 Volcanic flow
 - 30 Actor Ladd
 - 31 JFK was one
 - 32 Bog material
 - 33 Philippines' capital
 - 34 Lime, silica and rust
 - 35 — of despair
 - 36 The, to Franz
 - 37 Roosevelt's successor
 - 38 Higher than
 - 39 "Rambo" site, for short
 - 40 Yale student
 - 41 Duffer's goal
 - 42 "— joking!"
 - 43 Thanksgiving staple
 - 44 Slip by
 - 45 In-flight
 - 46 Puts in a blast furnace
 - 47 Singer Clark
 - 48 Singer
 - 49 Aimee
 - 50 Bread for a gyro
 - 51 Kampala site
 - 52 Cunning
 - 53 Signer of SALT I and II
 - 54 Quirky habit
 - 55 Unit for Graf
 - 56 Mandate
 - 57 Ill-defined locale
 - 58 Astonishes
 - 59 With 109-Across, zilch
 - 60 Apothecary's bottle
 - 61 Roo's friend
 - 62 Produced
 - 63 Revival reply
 - 64 Gives the boot
 - 65 Selection of chocolates
 - 66 Spiteful, violent sort
 - 67 Ground, as the teeth
 - 68 Daily news sources
 - 69 Inquire nosily
 - 70 TV host
 - 71 Meredith
 - 72 Old Greek
 - 73 Cookout pest
 - 74 "Swan Lake" villainess
 - 75 Watchdog
 - 76 Ralph
 - 77 People ogling
 - 78 Attila's bunch
 - 79 Secretary, say
 - 80 Giant tubs
 - 81 Yemen
 - 82 Really gross
 - 83 Octa- + one
 - 84 Fancy water jug
 - 85 Luggage item
 - 86 Dialect suffix
 - 87 Man



SEE ANSWERS, B7 ▶

HOROSCOPES

AQUARIUS (January 20 to February 18) Love rules the week with new romances favored for single Aquarians looking for partners. Cupid also targets renewed commitment for wedded Water Bearers.

PISCES (February 19 to March 20) A surge of creativity keeps you happily busy through the week. But leave some quiet time to share with loved ones. Some long-awaited news finally comes through.

ARIES (March 21 to April 19) Congratulations, Lamb. The end of the month brings good news in the workplace, thanks to all the efforts you've made to get your projects off the ground and running.

TAURUS (April 20 to May 20) Don't let yourself be cowed into thinking you're not up to the challenge you've taken on. Keep reinforcing your self-confidence, and no one and nothing can stop you.

GEMINI (May 21 to June 20) Positive responses to a recent workplace

move should give you added assurance that you're on the right track. Celebrate the good news with family and/or friends.

CANCER (June 21 to July 22) There's still a little emotional fuzziness you have to work through before you can feel really certain about your recent decisions. But you're on the right track. Stay with it.

LEO (July 23 to August 22) You're tempted by an offer that seems close to what you've been looking for. But before you pounce on it, see if you can coax out some added perks to sweeten the deal.

VIRGO (August 23 to September 22) Your efforts to settle a volatile situation should prove successful. Now could be a good time to analyze what might have created the problem in the first place.

LIBRA (September 23 to October 22) A once-close associate re-emerges with news that could cause you to reconsider a recent decision. But don't

make a move before consulting a trusted adviser.

SCORPIO (October 23 to November 21) You might feel pressured to reveal a colleague's secret. But you can rely on your strong Scorpion sense of rectitude to help you continue to do the right thing.

SAGITTARIUS (November 22 to December 21) That pesky situation is still creating problems. But you are moving ahead with it, and soon it should be successfully resolved in your favor.

CAPRICORN (December 22 to January 19) A spate of indecision leaves you susceptible to doubt. But you'll soon regain your emotional sure-footedness and be back leading the way, as usual.

BORN THIS WEEK: People rely on you whenever they need someone they can trust to be caring, considerate and also discreet. ■

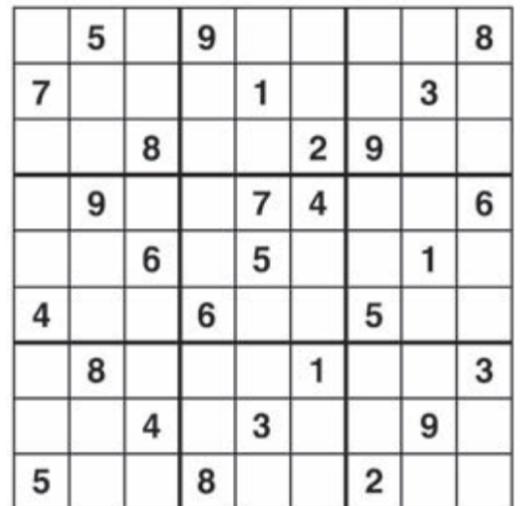
SUDOKU

Difficulty level:



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

By Linda Thistle



SEE ANSWERS, B7 ▶

Doo Wop With A Twist and a whole lotta soul!

Tommy Mara and the Crests
Songs include "Sixteen Candles", "The Angels Listened In" and "Step By Step". Johnny Maestro dubbed his best friend the Pavoratti of Doo Wop right before giving him the blessing to carry on the Crests' legendary music.

Charlie Ingui: The Soul Survivors
The SOUL SURVIVOR's "Expressway To Your Heart" became the anthem to "The Sound of Philadelphia." In a rare Florida appearance, Charlie Ingui of the SOUL SURVIVORS will drive you down memory lane with all of their hits!

Joey Dee
is known as one of the greatest names in entertainment! In 1961 "The Peppermint Twist" took over the airwaves and the music world has not been the same. With hits like "What Kind of Love Is This" and "Hey Let's Twist", Joey Dee has earned his place in musical royalty.

The Coasters
"The Clown princes of Rock and Roll" will take you back in time with their unforgettable hits like "Poison Ivy", "Yakety Yak" and "Young Blood". This will be a night of music that you won't soon forget!

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VINO

Wines and valentines



jerryGREENFIELD

vino@floridaweekly.com



COURTESY PHOTO

Sophie Baron has a balanced nose of fruits.

It happens every year around this time. Wineries and their PR firms send me samples of wines that are “perfect” for Valentine’s holiday. The accompanying emails say things like “encourage your readers to let Italy’s Chianti region inspire a boost in romance,” or “Prosecco is an affordable luxury for that candle-lit dinner,” or “try this new rosé offering for Valentine’s Day.”

For some reason, most of the purveyors want us to believe that if we truly desire to create a romantic mood, the wine should have bubbles. I’m a firm believer that one shouldn’t wait for a special occasion to open a bottle of Champagne or other sparkling wine. After all, Champagne is (mostly) Chardonnay with bubbles in it, and goes perfectly with a wide range of food. Why wait until your team wins the big game, or that job promotion comes through?

Yet, practically every day in late December and early January, we columnists receive boxes of wine samples (especially bubbly) urging us to present them to you as the way to your loved one’s heart.

Maybe they’re right. After all, most

of us have a strong, if subconscious, association with the idea that sparkling wines are for special occasions and celebrations. We see it in the movies all the time. In “The Italian Job,” Mark Wahlberg, Donald Sutherland and their accomplices steal a ton of money and survive a frantic boat chase through the canals of Venice, then celebrate on a snowy mountaintop by swigging Dom Perignon straight from the bottle. And who hasn’t witnessed elated members of a victorious sports team drenching each other with bubbly in the locker room

after they clinch the trophy?

Then, of course, there’s the expense. Champagne (the real stuff, from the legally designated Champagne region of France) is created through a laborious and complex process that involves blending up to 50 wines from different vineyards, inducing secondary fermentation in the bottle, disgorging the dead yeast cells and lots more. That’s expensive.

There are, of course, both true Champagnes and other types of festive sparkling wines that are more value priced, and those are the ones we’re recommending for this Valentine’s Day celebration. It’s nice to spend \$350 on a bottle of Salon or Dom, but you can get into a romantic mood just as easily with a great tasting wine at a 10th of the price. Pour a few glasses and love one another.

McBride Sisters Collection Brut Rosé Marlborough NV (\$15) — A sparkling rosé is not what you’d expect to come out of Sauvignon Blanc country, but this one did. Made from 90 percent Pinot Noir and 10 percent Chardonnay, all the fruit is sourced from certified sustainable vineyards. Bold flavors and aromas of rose petal, strawberry, raspberry and currant. A lovely sparkler for the price. WW 87.

Sophie Baron Champagne Grand Réserve Brut NV (\$25) — A balanced nose of white fruit and light pink roses

introduces flavors of pear and apricot with a tight beam of acidity holding it all together. Great price for a real sparkler from the Champagne region. WW 89.

Bisot Crede Prosecco Valdobbiadene Brut NV (\$25) — There’s a reason that Prosecco has become so popular lately in the U.S. This example is a light straw color in the glass. The aromas of light citrus, flowers and pear pay off perfectly on the palate, adding a grapefruit note and refreshing acidity. WW 88.

Ask the Wine Whisperer

Q. Is there any way to keep sparkling wines bubbly if we don’t finish the whole bottle? Can you recommend any kind of stoppers that will keep it fresh?

— Bruce R., Bonita Springs

A. The best stoppers I’ve found have a substantial inner ring made of rubber or plastic, and hinged clamps that come down on both sides and fasten to the ridge around the neck of the bottle. They usually keep bubbly in good condition for two or three days. However, they will not keep a bottle from leaking, so store leftover sparklers standing up. ■

— Jerry Greenfield is *The Wine Whisperer*. His book, “Secrets of the Wine Whisperer,” is available through his website, www.winewhisperer.com.

THEATER REVIEW

When ‘An Inspector Calls’ at Maltz, it is devastatingly effective

BY BILL HIRSCHMAN
FloridaTheaterOnStage.com

For decades, British playwright J. B. Priestley — once as big a name in theater and radio plays as Noel Coward and Terrence Rattigan — had nearly vanished from modern world stages because so many of his works were set in stuffy English drawing rooms.

But in 1992, the imaginative director Stephen Daldry revived the 1945 classic “An Inspector Calls” in London and then on Broadway in a stunningly stylized production in which the words themselves took a back seat to such visual tableaux as a tiny mansion collapsing amid a rainstorm.

Last fall, Roundabout revived Priestley’s “Time and the Conways,” whose primary strength lay in an intriguing staging conceit of revolving sets that underscored time flitting back and forth between acts.

But Maltz Jupiter Theatre’s production of “An Inspector Calls” focuses with laser intent on what the evolving socialist Priestley saw as its thematic marrow — all individuals have an inescapable responsibility for the well-being of every other human being, and that privileged classes seem obscenely injured to that duty.

Am I my brother’s keeper? Is no man an island? Priestley’s Birlings family, a well-to-do Yorkshire manufacturing dynasty in 1912, thinks not. They are insensible not just to the plight of those around them but uncaring how their actions might have consequences on those around them. Although they are two steps below an even more elevated class, they see their enviable status as a kind of divine right.

In 2018, it takes considerable skill

to keep their unbridled arrogance and tortured rationalizations from dipping into cartoonish caricature. But this cast led by director J. Barry Lewis pulls it off with such skill that it all seems natural. This is no mean feat; in other hands, this would collapse into melodrama.

To recap: Arthur and his doyen wife, Sybil, are throwing a dinner party to celebrate the engagement of their beautiful daughter, Sheila, to the scion of a rival business family, Gerald. Along with a phalanx of stoic servants, the party is also attended by the son, Eric, who has just joined the family business. They prattle about how there will be no war, how advances in automobiles and aeroplanes will enhance the world.

The celebration in their elegant dining room is interrupted by the appearance of police Inspector Goole, a tall, broad-shouldered man who may dress in tweedy clothes, but is unintimidated, in fact, is intimidating himself. He is investigating the horribly painful suicide of a working-class woman.

He believes that someone in the house has a connection with her. At the risk of a spoiler, the crucial thematic metaphor is that everybody in the house knew her from unconnected aspects of their lives.

Goole’s unrelenting interrogations force out confessions in which it becomes clear that every one of them contributed to the woman’s downfall. The family gathering devolves into a melee leaving everyone on the floor devastated by their culpability.

But the show is not over (although the opening night audience twice started to applaud because they thought it was). Priestley, whose optimism about humanity was crushed during World War I, has two more sword thrusts left in a lengthy coda.

Mr. Lewis, the director, adds many grace notes: the stoicism of servants who observe with the silence of a sphinx. Or when Sheila and Gerald feel the urge to dance and glide outside to the veranda where it’s raining; unbidden servants are required to come out in the downpour and hold umbrellas over the couple’s uncaring heads.

Everyone breaks the fourth wall to explain their rationalized motivations to us. But the most effective and certainly most courageous example at the Maltz is when the inspector comes forward to admonish everyone in the audience on their responsibility — and the house lights rise to illuminate patrons.

The one facet Mr. Lewis’ team copied from Mr. Daldry is to stage the first 10 minutes of the play, the elegant dinner scene before the inspector arrives, behind large obscuring windows. This makes the audience feel like they are outsiders looking in on these Brahmins disconnected from the prosaic world they care nothing for. Patrons not familiar with the play will be frustrated at the impeded visuals and wondering if they will spend the entire play unable to get a good look at face (although the sound is pristine). Only when the inspector arrives do the windows fly away.

Mr. Lewis has handpicked a devastating cast. Top of the list is Rob Donohoe, whose callous arrogant Arthur sporting a C. Aubrey Smith moustache is certain of the rightness of his well-ordered world and his place in it that brooks no challenge. Everyone in the cast has unassailable accents thanks to Jennifer Burke’s coaching. But Mr. Donohoe’s speech is sprinkled with coarse vowels unique to the Yorkshire he inhabits.

Angie Radosh is an expert at inhabiting entitled near royalty who could

make Maggie Smith’s Dowager feel like brown shoes at the ball.

Jeremy Webb’s Gerald brings just that extra bit of snobbery that indicates that his family is a cut above the Birlings. Cliff Burgess perfectly communicates the callow dissolute Eric, who becomes paralyzed with self-disgust. Beth Dimon leads the pack of servants providing the slightest hint of disapproval. Charlotte Bydwell conquers the tough part as the only Birling to learn anything from the ordeal with an awakened conscience.

James Andreassi, one of the brothers in Dramaworks’ recent “The Little Foxes,” does a plausible job playing a detective not likely found on “Law & Order.” He’s a much more forceful presence than previous actors. It’s a choice the production made that you can debate whether it’s too blunt.

As always, as always, the Maltz has some of the best production values in the state — imaginative and evocative. Victor A. Becker’s set is tasteful, Kirk Bookman’s lighting accentuates the changing moods, and Tracy Dorman has cobbled together costumes and supervised the building of others.

But especially notable is Marty Mets’ sound and music, which includes unearthly piano shrieks played over ominous rumblings on a cello.

Every year, the Maltz inserts one straight play that is pointedly different from the rest of its season. Most of them, like “Disgraced” and “Glengarry Glen Ross,” show its commitment to thrilling theater. “An Inspector Calls” rightfully joins that roster. ■

— Runs through Feb. 18 at the Maltz Jupiter Theatre, 1001 E. Indiantown Road. Tickets from \$58. Call 561-575-2223 or visit www.jupitertheatre.org.

FLORIDA WEEKLY CUISINE



PHOTO BY CJ WALKER

The main dining room of 1000 North has high ceilings and a wall of wine.

1000 North offers fine dining (and views) along the water in Jupiter



One of the most ambitious restaurant projects the county has seen lately launched this week in Jupiter at the site of the former **Brix**.

1000 North is a product of numerous celebs and investors, including **Michael Jordan** and **Ernie Els**, Wine Spectator's **Marvin Shanken**, **Bill Terlato** of **Terlato Wines**, and a host of others.

It's both public restaurant and private club (invite only), with a shared dining room as well as a members-only lounge.

Major partners are developers **Ira Fenton** and New York Giants former footballer, **Tucker Frederickson**, builders of **The Bear's Club** and **The Ritz-Carlton Golf Club & Spa**, now **Trump's National Golf Club**.

Mr. Fenton and Mr. Frederickson were on hand at the media dinner where we were included to have a look and taste before it opened publicly.

"This area needed a higher end, more sophisticated restaurant. There are clubs all around, and many of our diners are members, but you can't eat at your club every night," Mr. Fenton said. "We're providing that option."

He said the goal is to have diners remember the entire experience start to finish, from greeting to goodbyes.

The rooms inside and out are designed to impress, with views from the dining areas of the Jupiter Inlet Lighthouse and inlet. Diners can arrive by boat; a 350-foot dock parallels the waterway.

The Terrace is the outdoor patio-bar area where a sunset view of the river is a natural backdrop.

Indoors, The Tavern is a wood-paneled room with a bowed shiplap ceiling, centered on a horseshoe natural wood bar. It has a more casual menu of lighter bites, such foods as a burger, lobster roll, prawn cocktail and Ipswich clams. A full kitchen menu is available here as well.

Unique cocktails are made with infusions and house-made tonics. The wine list is peppered with boutique and unusual labels both domestic and imported, with an emphasis on reds. Sample pours of 3 ounces are available, and a special system allows for high-end wines on the by-the-glass list.

The main dining room with high ceilings and floor-to-ceiling wine wall continues the earthy wood, muted grays, and natural stone décor, with both soft

lighting and music. A chef's table is set to one side of the kitchen, with a private dining room to accommodate groups up to 26 off the main room.

The dinner menu has twists on classics served in a steakhouse — that is the focus of the restaurant. Appetizers include stone crab lollipops: knuckle "tacos" with mustard sauce. A watermelon mignonette is served with the East and West coast oysters. A smattering of pastas and starches are alongside.

Prime steaks, aged three weeks, are an anchor of the menu that also features rack of lamb, grilled local market fish, crispy duck and rotisserie chicken.

A favorite of guests trying the menu at our dinner was the she-crab soup made with Jonah crab, sherry and a hint of smoked paprika. It's a nod to the Low Country origins of executive chef **Lee Morris**. Roasted oysters flavored with bourbon and served on a bed of hay are another signature dish from the chef with experience in South Carolina and Nashville.

Culinary consultant is **Stephen Asprinio**, a "Top Chef" contestant from Wellington, who also opened the restaurant **Forte** in downtown West Palm Beach in 2008. Modern deconstructions on the menu and unique flavor profiles are his purview.

Service is directed by **Luke Bjoin**, a veteran of **Nobu Matsuhisa** restaurants in Las Vegas, Hawaii, Miami and Dubai.

The restaurant is open for dinner service only, nightly. Reservations are recommended.

1000 North, 1000 N. U.S. 1, Jupiter; 561-570-1000, www.1000north.com.

In brief

Galley, the restaurant in the **West Palm Beach Hilton**, has refreshed its menu and format, emphasizing fresh local products and farm fare. Working with **Swank Farms**, among others, Chef **Manuel Santiago** is also using a wood-fired oven for foods including his signature pizza. Galley steamed shrimp served around hot rocks in a bowl made tableside, a crabcake atop a hushpuppy, and a wood-fired sopresata pizza with a tableside smoked Old Fashioned cocktail are part of the new menu. ... **Kapow! Noodle Bar** in downtown West Palm Beach will break out the Chinese dragons for a parade and invites acrobats to perform on Feb. 16 for Chinese New Year: the Year of the Dog. Specials include cocktails and a few food items. ■



JAN'S THREE FOR 3 Places for pie

A trio worth noting

1 CITY DINER

3400 S. Dixie Highway, West Palm Beach. 561-659-6776; www.mycitydiner.com
There's pie, then there's Chef Richard Kline's apple pie. Not so humble, this towering creation — easily 8 inches high — of thinly sliced apples crowned with a golden pastry crust is a work of art. It's a "betcha can't eat a whole slice" kind of pastry, made in a sweet French tradition. A la mode it for a full, delicious experience.

2 AVOCADO GRILL

125 Datura St., West Palm Beach, and 11701 Lake Victoria Gardens, Palm Beach Gardens. 561-766-2430; www.avocadogrillwpb.com

Everybody does Key lime pie. It's a given in Florida. But they put a real twist in it at the Avocado Grill: avocados. Don't be so quick to dismiss this addition. It's creamy and rich, without the fat and cloying sugar of condensed milk. You would be hard-pressed to know the difference if you didn't read its name on the menu: Key lime avocado pie.

3 RHYTHM CAFÉ

3800 S. Dixie Highway, West Palm Beach. 561-833-3406; www.rhythmcafe.com
You have choices here, and certainly not to be missed is the almost-pie, Coconut Quiche (custard, crust, coconut ... a pie by any other name). But Ken's Peanut Butter Pie is the go-to, especially with the peanut-chocolate chip crust. A fluffy and light peanutty cream at the start, with just the right crunch on the crust, and Mr. Peanut dances in your mouth. ■

— Jan Norris

THE DISH: Highlights from local menus

The Dish: Falafel Burger

The Place: Maxine's, 566 U.S. 1, Tequesta; 561-250-6297.

The Price: \$10

The Details: Maxine's may be the best-kept secret in Tequesta.

Tucked into the former Ocean Bleu space in a corner of County Line Plaza, Maxine's offers global comfort food.

Case in point: this "burger."

It's a hearty vegetarian dish that would please the carnivores among us.

A perfectly toasted roll holds a large patty of earthy falafel that's topped with a dollop of garlicky hummus. Crispy, yet tender fries offered a bit of crunch. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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Doo Wop With A Twist and a whole lotta soul!



Tommy Mara and the Crests
Songs include "Sixteen Candles", "The Angels Listened In" and "Step By Step". Johnny Maestro dubbed his best friend the Pavoratti of Doo Wop right before giving him the blessing to carry on the Crests' legendary music.



Charlie Ingui: The Soul Survivors
The SOUL SURVIVOR's "Expressway To Your Heart" became the anthem to "The Sound of Philadelphia." In a rare Florida appearance, Charlie Ingui of the SOUL SURVIVORS will drive you down memory lane with all of their hits!



Joey Dee
is known as one of the greatest names in entertainment! In 1961 "The Peppermint Twist" took over the airwaves and the music world has not been the same. With hits like "What Kind of Love Is This" and "Hey Let's Twist", Joey Dee has earned his place in musical royalty.



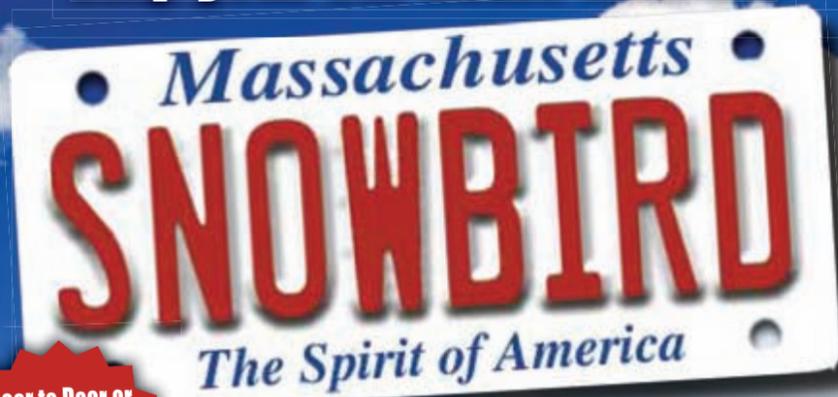
The Coasters
"The Clown princes of Rock and Roll" will take you back in time with their unforgettable hits like "Poison Ivy", "Yakety Yak" and "Young Blood". This will be a night of music that you won't soon forget!

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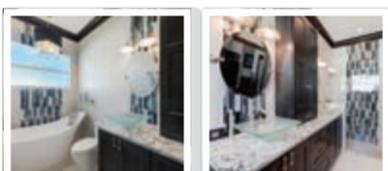


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8856 San Andros, West Palm Beach. (Andros Isle)

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like master bathroom, 4 bedroom single
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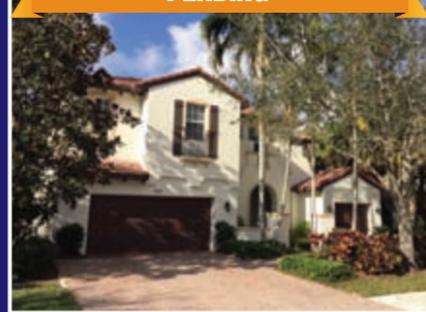
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TRUMP NATIONAL, JUPITER



Overlooking 5th Hole | 5BR/6.2BA | 5,858 SF | \$2.650M

TRUMP NATIONAL, JUPITER



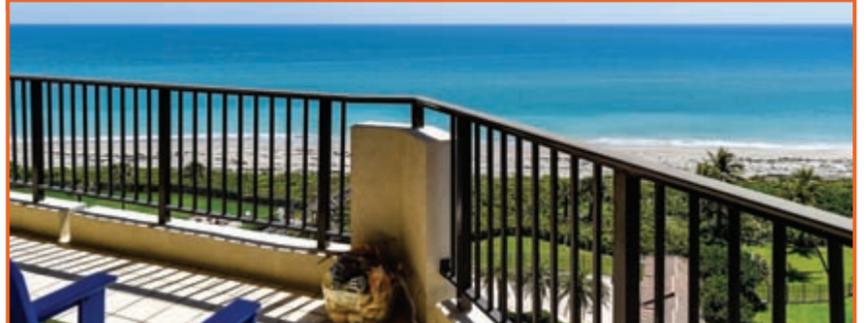
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LAKE POINT TOWER, OLD PORT COVE



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EASTPOINTE II 4-H, SINGER ISLAND



Luxury Renovation | 3BR/3.1BA | 2,715 SF | \$1.395M

BAY HILL ESTATES, WPB



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FEBRUARY 2018

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

Nonsurgical vaginal rejuvenation | 2
The healing power of acupuncture | 6
Dental practice adds an office | 7

HEART HEALTH

Be alert to
heart attack
warning signs
for women

PALM BEACH GARDENS MEDICAL CENTER

LITTLE GIRLS ARE MADE OF SUGAR and spice and everything nice. Little boys are made of frogs and snails and puppy dogs tails. Even from the start, little boys and little girls are different. As we grow into adults those differences continue, including how our bodies react to a heart attack.

Heart attack symptoms displayed by men and women are considerably different. When a woman has a heart attack

SEE HEART, 5 ►

Nonsurgical vaginal rejuvenation

Are you experiencing a lack of tightness due to genetics, aging or an event like childbirth? Do you struggle with poor sensation? Does urinary incontinence keep you from doing the things you love? You are not alone. Much like a fingerprint, every woman's body is unique and different! Sagging vulvar skin, wrinkling, enlarged labia, excessive tissue covering the clitoris and poor vaginal tone are often a result of genetics, childbirth and aging.



Jennifer Nicholson
Nurse Practitioner
Youthful Balance

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www.youthfulbalance.net

It's time to improve your vaginal health, sexual wellness and quality of life with ThermiVa®.

This nonsurgical internal laser treatment is ideal for women who want to improve tightness, enhance sensation and say good-bye to incontinence.

While our treatments can't change the size of the labia, they can improve tone, increase sensation, and improve appearance. ThermiVa® is an ideal, nonsurgical external laser treatment for women who want to enhance sexual function, improve orgasm, and regain a more youthful vaginal look and feel.

ThermiVa® uses radio frequency energy to heat areas of the vulva including the labia and clitoris. The heat stim-



ulates collagen growth for remodeling and tightening, and increases blood flow. This improves tone and appearance; resulting in improved sexual function. ThermiVa® also uses radio frequency

heat to treat the inside of the vagina. The heat stimulates collagen growth for remodeling and tightening, and increases blood flow. This increases natural lubrication and sensitivity; resulting in

improved sexual satisfaction.

Every woman who reaches a certain age will get sagging of the vulva — a condition that, in this day and age of Brazilian waxing, fashion trends and more, most of them hate. With no risk of scarring, the treatment is often used more for cosmetic reasons, though most say they feel a tighter, snuggler vagina and some have reported increased clitoral sensation after treatment.

ThermiVa® can also be used in conjunction with Platelet-rich plasma (PRP) by performing the O-Shot. In this treatment, the woman's own blood is drawn and spun down to leave the layer of platelet rich plasma. Then the platelets' growth factors are released, gently mixed, drawn up and re-injected into the clitoris, the vagina or sometimes areas of the vulva that have chronic irritation.

You may resume normal daily activities post treatment. There are no restrictions for physical or sexual activity. You may resume sexual activity the same day as long as no abnormal bleeding is reported. No restrictions on showering, bathing, swimming or hot tubs.

Treatments can improve vaginal conditions such as dryness and discomfort, tighten the vagina, increase the appearance of the labia and vulva, improve sensation of the clitoris, improve hyperpigmentation of the vulva and more. Are you ready to enhance your sexual function, intensify orgasm and improve your quality of life? We can help!

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- Patricia

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Patricia Before

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Researchers discover new method to harvest 'green' sunscreen ingredient

THE UNIVERSITY OF FLORIDA

Scientists at the University of Florida College of Pharmacy have identified a new method to harvest a key ingredient responsible for making sunscreen more environmentally friendly.

By pushing the discovery to commercialization, UF researchers hope to make "green" sunscreens more available, reducing dependence on oxybenzone- and octinoxate-based sunscreens. Oxybenzone and octinoxate accumulate in aquatic environments, are toxic to marine life and potentially disrupt the human reproductive system.

The researchers found a more efficient way to harvest the UV-absorbing amino acid known as shinorine, which is produced by marine organisms including cyanobacteria and macroalgae. The conventional method extracts shinorine from red algae, which takes as long as a year to grow and has a long processing time.

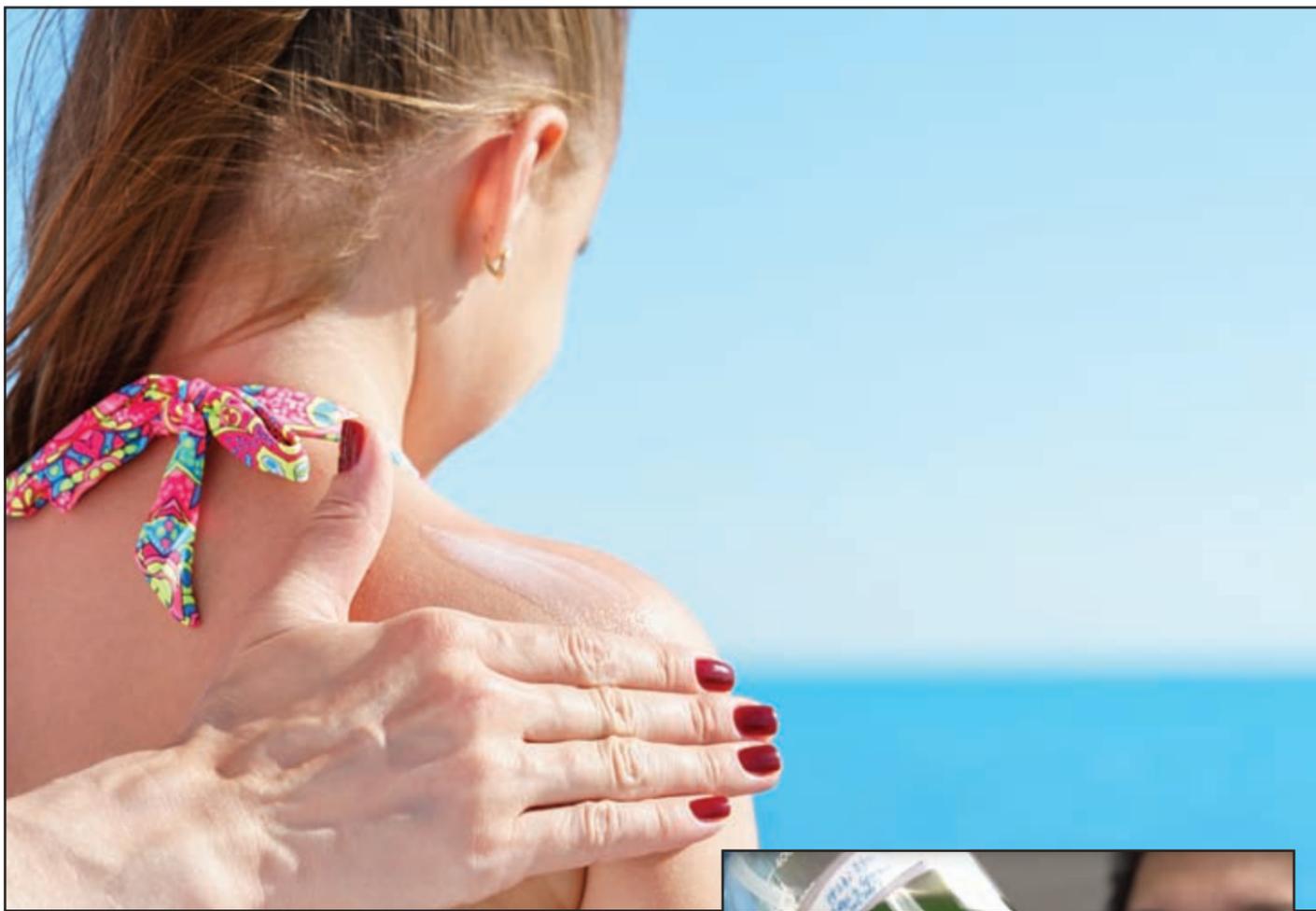
The new method reduces harvesting time to less than two weeks.

Principal investigator Yousong Ding, Ph.D., an assistant professor of medicinal chemistry, and his colleagues have brought production out of the wild and into the laboratory, where they have much more control.

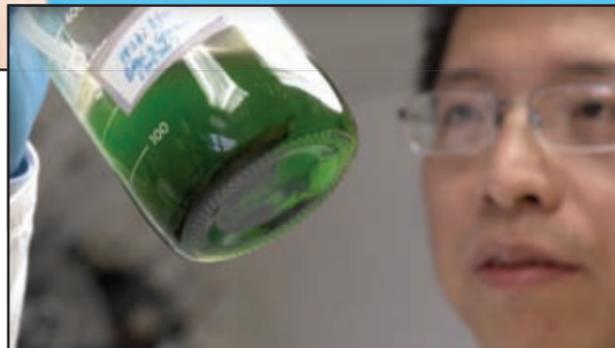
Researchers selected a strain of freshwater cyanobacteria, *Synechocystis*, as a host cell for shinorine expression because it grows quickly and is easy for scientists to modify its genes. Next, they mined the genes responsible for the synthesis of shinorine from a native producer, the filamentous cyanobacterium *Fischerella*.

The researchers inserted these genes into *Synechocystis*. Using this method, they produced 2.37 milligrams of shinorine per gram of cyanobacteria, which is comparable to the conventional method's yield.

"This is the first time anyone has demonstrated the ability to photosynthetically overproduce shinorine," Mr. Ding said. "Not only is this an advancement in shinorine research, it's a big step for-



COURTESY PHOTO
Principal investigator Yousong Ding, right, heads up the team looking for a more efficient way to harvest marine organisms used in the production of more environmentally-friendly sunscreen.



ward for the entire field of cyanobacterial natural products research."

The production method researchers discovered has broader applications for the production of other known cyanobacterial products and could expedite the process of turning cyanobacterial genomes into potential new drug leads.

Researchers secondarily confirmed that the shinorine they harvested through the new method protects cells from UV rays. To test this, they exposed shinorine-making cells to UV radiation. Control

cells that do not produce shinorine experienced an obvious decline in population from UV-B exposure.

In the other cells, shinorine acted as sunscreen against UV-B light, which helped the cells live and grow better.

The American Chemical Society's peer-reviewed journal, *ACS Synthetic Biology*, published findings from Mr. Ding's shinorine study in January. Other UF researchers participating in the study

included Guang Yang, Ph.D.; Monica Cozad; Destin Holland; Yi Zhang; and Hendrik Luesch, Ph.D., a professor and chair of medicinal chemistry and the Debbie and Sylvia DeSantis Chair in Natural Products Drug Discovery and Development. ■

If you don't like it, you won't stick with it

It's just over a month in... so how are your new year's resolutions going? For most of us, not as well as we hoped. But that's probably not major news to you. What might be, is why. Some new research is out that might shed some light on why you are already failing at that diet, quitting smoking, or whatever else you decided to do. According to a new study just published in the *Journal of Personality and Social Psychology Bulletin*, researchers found that only enjoyment predicted long-term persistence. In other words, we make a fundamental psychological mistake assuming that our resolutions will work, just because we want them to. We have to enjoy our resolution.



It's kind of a crazy thought because the very idea of a resolution is something you want to do better, because you didn't enjoy doing it last year! Diving a little deeper, the research also

showed that 55.2 percent of all resolutions were health related (no surprise there). Exercise topped the list at more than 31 percent of people saying they would do it more. Christopher Clarke

is a Palm Beach-based celebrity trainer and he says enjoyment should be your sole motivation. "If you are thinking about the calories burned or the pounds lost, it won't work. You have to actu-

ally love the workout. That will make you stick with it."

But making yourself love something that you inherently dislike is where things get interesting. Another recent study, conducted by John Hackston, chartered psychologist and head of thought leadership at British firm OPP, says you will enjoy your workouts more if you change them based on who you are. What that means? One size doesn't fit all. Whether it's a workout, or a resolution to be more organized you need to like what you are doing and know that your method may not work for somebody else and vice-versa. Clarke says, "I train clients from all over the world and everybody is the same, from celebrities to the average joe,

just change your routine up, enjoy it, and then believe it will work, and it will."

So much for the whole no pain, no gain thing! ■

NIH fact sheets can help consumers make sense of dietary supplements

NATIONAL INSTITUTES OF HEALTH

Losing weight and improving fitness are goals best met with a nutritious diet and regular physical activity, but many people turn to dietary supplements for a boost to their routines. The Office of Dietary Supplements at the National Institutes of Health has two new resources to help people understand what is known about the effectiveness and safety of many ingredients in dietary supplements promoted for fitness and weight loss.

Available at www.ods.od.nih.gov, a fact sheet titled Dietary Supplements for Exercise and Athletic Performance covers products — sometimes called ergogenic aids — that claim to improve strength or endurance, increase exercise efficiency, achieve a performance goal more quickly and increase tolerance for more intense training.

“Dietary supplements marketed for exercise and athletic performance can’t take the place of a healthy diet, but some might have value for certain types of activity,” said Paul Coates, Ph.D., director of ODS. “Others don’t seem to work, and some might even be harmful.”

This fact sheet covers more than 20 ingredients found in fitness supplements, including antioxidants, beetroot, tart cherry, branched-chain amino acids, caffeine, creatine and protein. Among the findings:

■ Creatine might help with short bursts of high-intensity activity like

sprinting or weight lifting, but it doesn’t enhance endurance efforts like distance running or swimming.

■ And antioxidants such as vitamins C and E don’t seem to improve any type of physical activity, though they’re needed in small amounts for overall health.

More than two-thirds of adults in the United States are overweight or obese, and many are trying to lose those extra pounds. The ODS’ second new fact sheet, Dietary Supplements for Weight Loss, guides readers through the confusing set of options in the marketplace. It’s also available at the ODS website cited above.

“Americans spend more than \$2 billion a year on dietary supplements promoted for weight loss, but there’s little evidence they actually work,” said Anne Thurn, Ph.D., director of communications for the ODS. “And people might not know that many manufacturers of weight-loss supplements don’t conduct studies in humans to find out whether their product works and is safe.”

This fact sheet covers 24 ingredients found in weight-loss supplements, including African mango, beta-glucans, chromium, garcinia, green tea, hoodia, and raspberry ketones. Among the findings:

■ Chromium might help you lose a very small amount of weight and body fat, and is safe, but raspberry ketones haven’t been studied enough to know whether they’re safe or effective.

■ And while drinking green tea is safe, taking green-tea extract pills has been linked to liver damage in some people.

Both fact sheets are available in a health professional version that is detailed and fully referenced, as well as consumer versions in both English and Spanish.

“We encourage people to talk with their healthcare providers to get advice about dietary supplements and to visit the our website to learn valuable information about these products,” Mr. Coates says.

Anyone can also sign up for the ODS listserv to be notified when new information is added to the website. ■



HEART

From page 1

she may experience nausea, overwhelming fatigue and dizziness. Her warning signs of an impending heart attack could include shortness of breath, vomiting, and back or jaw pain. Because these symptoms are often chalked up to stress, women have reported that they have a harder time getting their doctors to recognize these early warning signs. Women also wait longer before seeking medical care. With a heart attack, minutes matter. Seeking help sooner and being proactive about your care can help save heart muscle.

An ounce of prevention is worth a pound of cure is especially true for women and heart disease. Admittedly, some heart disease risk factors are beyond our control, such as family history and age. After menopause, a woman’s chance of developing heart disease soars because her body’s production of estrogen drops. But you can take an active role in preventing cardiovascular disease by managing your risk factors.

- Don’t smoke
- Lower your cholesterol
- Maintain a normal weight
- Exercise
- Manage your diabetes, if you have the condition

Having even one of the risk factors for heart disease can be dangerous. But having multiple risks is even more serious because risk factors tend to intensify the effects of others and increase your chances of developing a heart condition.

If your doctor has prescribed medications, be sure to take them exactly as advised. Tell your doctor if you experience any unpleasant side effects. You may be able to adjust the dosage or change to another medicine. Severe chest pain or blood vessel blockages may be surgically treated by coronary

angioplasty or coronary artery bypass graft.

When it comes to your heart, you need someone you can trust. For more than three decades, the Heart & Vascular Institute at Palm Beach Gardens has delivered advanced cardiac care to our community.

We were the first hospital in Palm Beach County and the Treasure Coast to perform open-heart surgery, and we’ve remained one of the area’s leading heart hospitals ever since. Cardiothoracic surgeons at the Heart & Vascular Institute have performed over 16,000 open-heart surgeries and more than 100,000 cardiac catheterizations to date. We’ve been consistently recognized by trusted organizations like the American Heart Association, among others, so you can rest assured your heart is in experienced hands. For more information on what cardiac services we offer, visit our website at www.pbgmc.com/our-services/heart. ■



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Medical Director, Surgical Oncology Network Development

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Faculty, Department of Surgery, Division of Surgical Oncology

The Icahn School of Medicine at Mount Sinai



Jupiter Medical Specialists welcomes Dr. Shanel Bhagwandin to our medical group. Dr. Bhagwandin is one of few surgical oncologists in Florida trained in a revolutionary procedure called Hyperthermic Intraperitoneal Chemotherapy (HIPEC); a technique that combines surgery with chemotherapy delivered directly into the abdomen.

Dr. Bhagwandin is the newest faculty member of The Foshay Cancer Center at Jupiter Medical Center and is also an Assistant Professor of Surgery at Mount Sinai Hospital in New York City. He performs surgery for tumors of the liver, bile ducts, gallbladder, pancreas and intestinal tract; inclusive of the esophagus, stomach, colon, and rectum. He is also an expert in the surgical management of sarcomas, GI stromal tumors (GISTs), adrenal masses, neuroendocrine tumors, and melanoma.

Dr. Bhagwandin and Jupiter Medical Specialists are committed to advancing the field of surgical oncology by improving patient outcomes and enhancing cancer care through institutional protocols.

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What is Chinese medicine and can it help me?

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

What is acupuncture?

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

What does acupuncture treat?

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

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



Wendy Miller
Acupuncture Physician
Diplomate of Oriental Medicine



Christy Bongiovanni
Holistic Health Coach
Diplomate of Oriental Medicine

Herbal medicines and cupping

Herbal medicines are another incredibly crucial tool in the Chinese medicine toolbox.

While not as popularized in western culture as acupuncture, herbal remedies have been used for thousands of years in Asia.

They are a more bioavailable form of natural medicine customized for each patient's specific needs. There are herbal

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

Cupping is another technique in our Chinese medicine arsenal. Cupping has been newly popularized thanks to Michael Phelps and the summer Olympic swim team as a therapy used primarily for pain but not limited to it.

During a Cupping therapy session glass or plastic cups are placed on the skin creating suction, the suction in the cups causes the skin and superficial muscle layer to be lightly drawn into the cup. Cupping is similar to a deep tissue massage, rather than applying pressure to muscles, it uses gentle pressure to pull them upward.

For most patients, this is a particularly relaxing and relieving sensation.

What does a typical appointment look like at Acu-Wellness?

After you schedule your first appointment, you will meet with your physician at our Jupiter office.

Expect to spend about 90 minutes with us, as we will conduct a detailed health history. Dress comfortably, as we may need to access your arms, legs, feet, abdomen or back for treatment.

Your physician will determine which combination of therapies will be appropriate for you. We look forward to assisting you on your journey to health and healing! ■

— *AcuWellness Group, Downtown Abacoa, 1209 Main St., #104, Jupiter; 561-557-6556 or www.acuwellnessgroup.com.*

Findings could have implications for development of flu vaccines

NATIONAL INSTITUTES OF HEALTH

People with higher levels of antibodies against the stem portion of the influenza virus hemagglutinin protein have less viral shedding when they get the flu, but do not have fewer or less severe signs of illness, according to a new study published in mBio.

HA sits on the surface of the influenza virus to help bind it to cells and features a head and stem region.

Scientists only recently discovered that humans naturally generate anti-HA stem antibodies in response to flu infection, and this is the first study of its kind to evaluate pre-existing levels of these specific antibodies as a predictor of protection against influenza. Its authors believe their findings could have implications for flu vaccine development.

Scientists at the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health, conducted the research by exploring immune responses to two influenza surface proteins: HA, the main target of traditional

seasonal flu vaccines, and neuraminidase. The head region of HA is constantly changing, which is why influenza vaccine strains must be updated each year. The HA stem region, however, is less susceptible to change, making it a potential target for novel vaccines aimed at broader, more durable protection.

In the new analysis, investigators sought to understand the role of pre-existing anti-HA stem antibodies in protection against influenza using data from a healthy volunteer influenza challenge trial that took place in 2013 at the NIH Clinical Center in Bethesda, Md. Led by NIAID's Matthew J. Memoli, M.D., the trial enrolled 65 healthy volunteers aged 18 to 50 years. Participants stayed in a specially designed isolation and infection control unit throughout the study. Investigators measured their baseline levels of anti-HA stem antibodies, infected them with a 2009 H1N1 influenza virus and then measured levels of anti-HA stem antibodies again.

They found that all volunteers had anti-HA stem antibodies at baseline,



although levels varied, and 64 percent of participants had increased levels after infection. However, people with higher levels before exposure had smaller increases, suggesting there could be a limit that humans can achieve naturally.

Trial investigators also closely monitored participants' symptoms and the amount of influenza virus they shed from the nose, which may indicate how contagious someone is. Similar to find-

ings regarding anti-HA head antibodies, they found that participants with higher baseline levels of anti-HA stem antibodies had reduced viral shedding, but no significant reduction in the duration or severity of illness.

The results show that people naturally make anti-HA stem antibodies, but that responses vary significantly, and also that these antibody levels are not independent predictors of whether someone becomes sick or if so, how severely. The authors note that antibodies against NA remain the only identified predictor of disease severity.

Although the data are limited, the results have implications for novel influenza vaccine design. The authors note future strategies ideally should focus on more than one aspect of immunity. Careful consideration of the complexity of influenza immune protection and evaluation of all aspects of the anti-influenza immune responses will ultimately be necessary in the development of a successful broadly protective or universal influenza vaccine, they said. ■

Advanced cosmetic dentistry comes to Jupiter

You may know Dr. Ajmo from his contributions to Healthy Living as a top-end cosmetic dentistry expert. For 30 years, Dr. Jay Ajmo has offered his patients the benefit of undergoing all the latest forms of cosmetic and implant dentistry in his state-of-the-art facility in Palm Beach Gardens — PGA Dentistry. He is one of only 400 dentists worldwide and the only cosmetic dental expert in Palm Beach County to be board certified by the American Board of Oral Implantology.



AJMO



RUSSO

This January, PGA Dentistry opened a brand-new leading edge dental practice in Jupiter and they are calling it PGA Dentistry Jupiter. Headed by Dr. Joseph Russo, this new facility maintains the highest quality of treatment and service established by Dr. Ajmo. Dr. Russo is one of only 380 dentists worldwide to achieve accreditation by the American Academy of Cosmetic Dentistry (AAACD), an institution of which Dr. Ajmo is a long-standing member. Dr. Russo has extensive training in restoration of extremely worn dentition and treatment of Temporomandibular Joint Disorder (TMJD). He 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.

Patients at PGA Dentistry Jupiter have a wide breadth of technological-

ly advanced dental treatment services available to them: implant and cosmetic dentistry, general and restorative dentistry, oral sedation certified, 3D CT Scan technology, digital X-rays, and their trademarked, Teeth Next Day® immediate dental implant placement. Teeth Next Day is a procedure offered exclusively at PGA Dentistry and PGA Dentistry Jupiter where patients suffering from failing or missing teeth can have their teeth replaced in a single day. The final restoration is made of zirconia, the strongest tooth colored material used in modern dentistry. Unlike acrylic, zirconia never chips, cracks, discolors or loses its luster, so it gives patients a strong, stable restoration that functions well and looks great for many years.

But perhaps one of the most necessary services available at PGA Dentistry Jupiter and PGA Dentistry in Palm Beach Gardens is same-day emergency care. We've all been in a precarious situation when a dental emergency arises, yet the dentist is only available by appointment. As long as either PGA Dentistry practice is open for business, patients have access to emergency care the same day. Both facilities also offer complimentary consultation and second opinion, including exam and full-mouth X-ray; a package worth up to \$250.

PGA Dentistry Jupiter and PGA Dentistry in Palm Beach Gardens are open Monday through Thursday from 8 a.m. to 5 p.m. PGA Dentistry Jupiter is located in Three Palms Plaza, 2151 Alt A1A, Suite 1300 in Jupiter. PGA Dentistry is located in PGA National / LA Fitness Plaza, 7100 Fairway Drive, Suite 59 in Palm Beach Gardens. Their phone number is 561-627-8666. You can view before and after photos of their beautiful smiles on their website gallery at www.PGAdentistryjupiter.com. ■

Detecting abuse of a loved one

Placing a loved one in a nursing home can be a difficult and emotional decision for a family. We want to find the right home where our loved ones will be comfortable and treated like family. Thinking of whether or not the home is at a high-risk for abuse or neglect shouldn't have to be on our list of priorities but after many alarming headlines, specifically the deaths at The Rehabilitation Center at Hollywood Hills, it's important for all of us to know the signs of abuse at nursing homes.

The fact is residents at nursing homes are at a high risk of abuse and neglect. There are ways for families to take action and be proactive to help decrease this risk.

Joe Landy of Lesser, Lesser, Landy and Smith advises family members to visit the nursing home regularly, interact with the staff, and participate in the care plan meetings. The more you are involved, the greater the chances are of discovering abuse.

There can be visible signs, too. Mr. Landy suggests checking your loved one's skin. Many residents spend large amounts of time in bed or in a wheelchair. As a result, there is significant pressure placed on the thin skin, specifically the coccyx and heels. Inadequate

hydration or malnutrition can rob the body of the vital nutrients it needs to stay healthy. All of these factors place nursing home residents at increased risk of bedsores. If you notice a red-dened area on your loved one's skin, request an immediate meeting with the director of nursing and demand that the issue is "care planned." This is a meeting of the appropriate staff where they come up with a plan devised to correct the condition and prevent it from reoccurring in the future.



Be aware if your loved one is a fall risk. Are they on medications which may cause them to lose their balance? Do they have dementia? Do they tend to wander at night? Have they fallen in the past? A fall can result in a broken hip, subdural hematoma or death. If they are at risk

for a fall, there are measures that should be in place. The bed should be in a low position, mats should be left bedside, and a bed alarm should be activated.

Be certain that your loved one is getting adequate nutrition and hydration. Keep track of their weight. Their input of both calories and water can be documented. Lack of appropriate hydration and nutrition can compromise the immune system and cause the body to rapidly deteriorate. ■

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Diplomate of Oriental Medicine

Christy Bongiovanni
Acupuncture Physician
Diplomate of Oriental Medicine
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