

PALM BEACH FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF OCTOBER 4-10, 2018

www.FloridaWeekly.com

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INSIDE: How and where do you get medical marijuana? **A11 ▶** | Experts Q&As. **A11-12 ▶** | Quotables – where some stand. **A13 ▶**

FLORIDA & MARIJUANA

THE BASICS OF GETTING
LEGAL CANNABIS IN THE
SUNSHINE STATE

BY ERIC RADDATZ
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AND EVAN WILLIAMS
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LOOKING FOR SOME MARIJUANA? While to many this question seems shady, the reality is you live in Florida, a state that now legally allows use of medicinal cannabis.

If your answer is yes, you may have some questions about how to get it. You are not alone.

Since 71 percent of Floridians voted in favor of legalizing medical marijuana in 2016, and Amendment 2 became law, a few things are sure.

You can get marijuana legally in numerous locations across the state. In order to get it, you have to go to a doctor to authorize you to use it, one who has been certified by a two-hour course approved by the Department of Health. There are

SEE WEED,
A10 ▶

Initiative encourages folks to just talk

BY MARY THURWACHTER
mthurwachter@floridaweekly.com

Can we talk?

The answer is a resounding “yes” and the hope is that many residents of Palm Beach and Martin counties will do just that at on Oct. 24 as part of a program called On the Table.

The communitywide engagement initiative, being launched locally by the Community Foundation, simply asks that peo-

ple throughout the two counties get together for one day to share a meal or a cup of coffee and discuss meaningful ideas in an effort to strengthen communities.

The initiative, funded by the John S. and James L. Knight Foundation, is part of a nationwide movement.

“On the Table reinforces our



commitment to building a more vibrant community by going straight to the source — the people we serve — to understand the issues that matter to them most, so we can continue to invest in organizations that impact the community,” said Bradley Hurlburt, president and CEO

SEE TALK, **A8 ▶**

INSIDE



At Home

We visit the world of Excentricities. **Inside ▶**



Arts & Entertainment

Cultural Council show explores the world of food. **B1 ▶**



58th season

The Symphonic Band of the Palm Beaches set for its 58th season. **B1 ▶**



Pink October

Tips and events noting breast cancer awareness month. **A6-7 ▶**

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COMMENTARY

Long, sweet season of heat



roger WILLIAMS
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print doesn't call for it. Horrors!

But wait. Since we're supposing here, just suppose humans were engineered with the capacity to enjoy the world as one long, sweet season of heat, morning to night, for a lifetime — but men came equipped with a governor.

On an internal combustion engine, the governor regulates its speed within certain parameters. Want to go 160? Not if your governor is calibrated to a max speed of 60, whether you like it or not.

That's a form of governmental regulation, of course; hence, "governor." A lot of people don't like it.

Most people recognize, however, that the cultural and legal governors of our behavior are roughly as effective as the governors in our engines; they can be dismantled. Or as bells on a seat-belt apparatus that make noise but don't stop the accidental tragedy when riders fail to fasten them.

There's nothing imperative about seat-belt warnings. When you climb into your vehicle, they ding for an irritating minute or two if you fail to fasten the seat belt. And then usually they quit. Either that, or you dismantle them too, with a hammer.

Same with the warnings that restrain male mistreatment of women (or anybody else's mistreatment of anybody else): They ding loudly. Rape is a crime (Ding)! Sexual abuse or harassment are crimes (Ding-Ding)! Using positions of power to gain sexual favors or even suggesting it is a massive misstep or a crime (Ding-Ding-Ding-Ding-Ding!).

But then the driver heads out, a drunk, powerful man with his seat belt unfastened. Too often that journey ends in the terrible evidence of ineffectiveness: bodies on the highway. The seat belt warning failed.

Rape laws, themselves, suggest after-the-fact governors. So do related laws — governors prohibiting men (or anybody else) from abusing women or children, or each other. Nothing happens until the deed is done, and proven in court.

Then the sky falls in, for everybody. The "governor" flat kills the engine; it'll never operate again. Unfortunately, the victim may not be able to operate normally again, either.

But supposing we came up with new governors for our engines, before-the-fact governors. Could we create a society with only a few or no perpetrators, and few or no victims?

We'd have to produce a race of drivers who didn't need governors on their engines because we raised them to govern themselves. Sounds like freedom and strength. But how would we do it?

Say, for example, you have two parents living in largesse, and they raise an only child. They get tired of the effort after about 13 years and send him off to Georgetown Prep, a high school described as "among the most selective boarding schools in the United States" — the only Jesuit Catholic boarding school in America, located in the Washington, D.C., suburb of Bethesda, Md.

One parent becomes a lawyer when her kid is growing up, getting her law

degree while also teaching high school history, then later becoming a circuit court judge.

The other, already a lawyer, becomes president of the Cosmetic, Toiletry and Fragrance Association. For 20 years, no doubt smelling good the whole time.

And in the 13 years those parents have that kid at home, including roughly 10 in which they can actually speak to him in English he'll understand, they fail to teach him the single most important thing about living in the world, because no one told them they should: the mantra. It's a mantra more powerful than any presented by the Jesuits at Georgetown Prep, or the ethics professors at the Yale University Law School.

It would go roughly like this:

Never torment the weak. Never mistreat the slow-witted. Never silence or scoff at the confused. Never ignore the troubled. Never dismiss another race, another religion or the other sex as unworthy, or because you can. Champion your loved ones, celebrate your friends, defend anyone near you in need. Do it like a hurricane, do it like a soft spring evening, do it like you have one chance to save the world, every single time. And do it to the last damn breath you take.

What if that short mantra, 60 seconds in the saying, was the governor, attached by his parents to each man (and for that matter, each woman) to serve a lifetime?

That could be the door to a self-governed world more just, more generous and gentler than anything we've seen. A long, sweet season of heat. ■



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OCTOBER

COMMUNITY EVENTS & LECTURES



Syncope – Mended Hearts Program

Lecture by Predrag Knez, MD cardiologist on the medical staff at PBGMC, and an American Heart Association Representative

Tuesday, October 9 @ 6pm - 7pm

Palm Beach Gardens Medical Center // Classroom 4

PBGMC 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. A small fee* will be collected by the Mended Hearts Program for registration.

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

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

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



Smoking Cessation Classes

Wednesday, Oct. 10, 17, 24, 31 and Nov. 7 @ 5:30pm - 6:30pm

Palm Beach Gardens Medical Center // Classroom 3

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

Please call 855.387.5864 to make a reservation. Reservations are required.



Hands-Only CPR Class

Tuesday, October 16 @ 6:30pm - 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. PBGMC has teamed up with Palm Beach Gardens Fire Rescue to provide free monthly CPR classes for the community. Classes will be held at Fire Station 1. Local EMS will give a hands- only, CPR demonstration and go over Automated External Defibrillator (AED) use. **Certification will not be provided.**

Please call 855.387.5864 to make a reservation. Reservations are required.



FREE Community Chair Yoga Class

Class taught by Sara Chambers, RN, BSN, CYT

Wednesday, October 17 @ 6pm - 7pm

Palm Beach Gardens Medical Center // Classroom 4

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

Please call 855.387.5864 to make a reservation. Reservations are required.



Take steps toward being heart healthy!

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Speech Therapy Treatment for Parkinson's Disease

Lecture by Dr. Janet Perez, EdD, CCC-SLP, Speech Therapist at PBGMC's Outpatient Rehab Center

Thursday, October 18 @ 6pm - 7pm

Palm Beach Gardens Medical Center // Classroom 4

PBGMC is a certified LSVT LOUD, speech therapy center for patients experiencing verbal functioning difficulties from Parkinson's disease and other neurological disorders. This program is designed to encourage patients to speak with healthy vocal loudness, better intonation and improved voice quality. There will also be a special guest appearance from a former patient of the program.

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



Nutrition and Epilepsy, The Ketogenic Diet and More – EFOF Support Group

Lecture by Lena Bakovic, MS, RD, CNSC
Clinical Nutrition Manager at PBGMC

Monday, October 22 @ 6pm - 7pm

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. This month's lecture will cover the Ketogenic diet, high glycemic index foods, nutrients for brain health and more!

Please call 855.387.5864 to make a reservation. Reservations are required.



Avoiding Admission/Readmission to the Hospital – Better Breathers Club

Lecture by Jose DeOlazabal, DO – pulmonologist on the medical staff at PBGMC

Wednesday, October 24 @ 6pm - 7pm

Palm Beach Gardens Medical Center // Classroom 4

Better Breathers Clubs are welcoming support groups for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to better cope with lung disease while getting the support of others in similar situations. 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.

Please call 855.387.5864 to make a reservation. Reservations are required.

FREE COMMUNITY SCREENINGS

Free Heart Attack Assessment Screenings

(blood pressure, BMI, glucose and cholesterol)

Wednesday, October 10 @ 7am - 11am

Classroom 3

All screenings held at: Palm Beach Gardens Medical Center

Osteoporosis Screenings

Thursday, October 18 @ 9am - 1pm
Outpatient Entrance

FOR RESERVATIONS, PLEASE CALL 855.857.9610.



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OPINION

The ballot ballgame



It happens several times a game: I'll announce to the world, "The entire season rests on this pitch (shot/play/whatever)." My friends long ago learned simply to ignore my sarcasm, which makes it difficult when I'm being serious. Such as when I announce, "The fate of the nation might rest on the upcoming election."

For real. Even though Donald Trump is not on the ballot, the midterms will determine if Congress can take a role in restraining his worst impulses. It should be obvious to those horrified by his presidency that they must install an effective opposition, which is to say a Democratic majority not only in the House of Representatives, but also in the Senate. That can happen only if all those millions of people who claim to be part of a "resistance" show up at the polling places in massive numbers, turnout that will overwhelm those in Trump's so-called base who will show up inspired by his message of hate and ignorance, and his constant stream of outright lies.

That is a big "if." It's always a challenge to Democratic Party leadership to get those on the left to find common ground with those in the middle, particularly when that leadership is nonexistent. Turnout for midterm elections is low anyway, but it will be high for those who are passionately pro-gun and anti-immigrant, meaning the pro-Trump millions. A large portion of the anti-Trump crowd is really just insipid about most everything, except maybe their anti-Donald feelings.

In addition, those who are center and left are afflicted by a sense of fair play. That has never concerned those on the right. The fact of the matter is, in politics, as legendary pro football coach Vince Lombardi said, "Winning isn't everything, it's the only thing." You can't deliver a knockout in a slugfest if you're wringing



your hands at whatever the other side is doing. And the Trumpsters are always doing something abusive.

With all that, Democrats are in for a brawl. Every time they hear someone predict that victory for control of the House is assured, their leaders, whomever they are, should cringe. Such cockiness breeds lethargy, which becomes a feeling that it's not all that important to stand in line at the polling places.

Besides, taking back the House is not enough. The Democrats really need the Senate, too, and that's an uphill battle. Under Mitch McConnell and the Republicans, the United States Senate has merely enabled Donald Trump and pursued conservative goals that favor the wealthy at the expense of everyone else. Besides, it's only the Senate that can block the federal court system from being taken over by regressive hardliners. They are ruthless

when it comes to packing the judiciary.

If, perchance, the various charges of sexual assault against Brett Kavanaugh are enough to send his nomination down in flames, the Republicans in Trump's White House will simply name another reactionary. Only a Democratic Senate can advise and deny consent.

Trump is fully aware that a Democratic Congress, with its broad subpoena power, can make his life a living hell. Unless those who oppose Trump all get out and vote, they'll be forfeiting this vital election to his team and forfeiting the country. ■

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

Kavanaugh assault validates Trump



The attempted political assassination of Brett Kavanaugh is bad for the country, but good for a Trumpian attitude toward American politics.

The last-minute ambush validates key assumptions of Donald Trump's supporters that fueled his rise and buttress him in office, no matter how rocky the ride has been or will become. At least three premises have been underlined by tawdry events of the past weeks.

First, that good character is no defense. If you are John McCain, who genuinely tried to do the right thing and carefully cultivated a relationship with the media over decades, they will still call you a racist when you run against Barack Obama.

If you are Mitt Romney, an exceptionally earnest and decent man, they will make you into a heartless and despicable vulture capitalist, also for the offense of campaigning against Obama.

If you are Brett Kavanaugh, a respected

member of the legal establishment who doesn't have a flyspeck on his record across decades of public service in Washington, they will come up with dubious accusations of wrongdoing from decades ago when you were a teenager.

Second, that the media is an unremitting political and cultural adversary. In the Kavanaugh controversy, the press has been wholly on the other side, presuming his guilt and valorizing his accusers and their supporters, including Hawaii Sen. Mazie Hirono, whose most famous contribution to the debate was telling men to "shut up."

Third, that politics isn't just rough-and-tumble; it's red in tooth and claw. Process and norms are nice, but they go out the window as soon as something important is at stake, like a potential fifth vote on the Supreme Court to overturn Roe vs. Wade.

Senate Democrats may delicately talk about the importance of norms and civility on Sunday shows, but watch how they act. They sat on an accusation throughout an extensive process of vetting and questioning a nominee, then declared it dispositive evidence against his confirmation when it leaked at the 11th hour. They delayed a hearing with Christine Blasey Ford long enough to allow time for the second accus-

er to be persuaded to come forward.

All of this plays into Trump's support. Surely, a reason that the president appealed to many Republicans in the first place, despite his extravagant personal failings, was that they had decided that virtuous men would get smeared and chewed up by the opposition's meat grinder, so why be a stickler for standards?

If Trump's attacks against the media are over-the-top and sometimes disgraceful, at least he understands the score.

He may not be a constitutionalist, but he will be faithful to his own side, and fiercely battle it out with his political opponents.

The logic of this dynamic is risky. It can be self-defeating, and lead down the road of supporting, say, a Roy Moore, a kooky candidate doomed even in red Alabama. It can be corrupting, if character and standards are no longer considered important. But the dark view of our politics that has driven the Trump phenomenon for three years now is impossible to gainsay. Who can watch the frenzied assault on Brett Kavanaugh and say that it's wrong? ■

— Rich Lowry is editor of the National Review.

Humane Society planning 'PAWTY' Masquerade in Jupiter

The Humane Society of Greater Jupiter/Tequesta is hosting a grand party to raise money and awareness for its mission to rescue, rehabilitate, and re-home animals. The event, "PAWTY Masquerade" is set for 6 p.m. Friday, Oct. 26, at the Wyndham Grand Jupiter, Harbourside Place, 122 Soundings Ave., in Jupiter.

Tickets are \$150 per person and will directly support the not-for-profit's vision and place in the community as the only no-kill shelter open to the public in north Palm Beach County. Linda Gore of Jupiter will serve as event chairwoman.

"PAWTY Masquerade" promises guests an evening filled with excitement, fun and surprises, with dinner, dancing and live and silent auctions planned to delight. Hosting the night as event emcee is Michael McGann, on-air personality with Legends 100.3 FM. Music will entertain and invite attendees to the dance

floor. The event kicks off with a cocktail reception on the terrace, where guests can mix and mingle with dogs available for adoption; dinner and dancing will follow.

"We are so thankful to this community for its ongoing support that continues to afford us the ability to expand programs and rescue the animals who need us," Patricia Deshong, president of Furry Friend Adoption, Clinic, & Ranch, said in a statement. "We have been saving homeless animals for more than 35 years, and now with our exciting plans to build a new facility in Jupiter Commerce Park, allowing us to grow, we know we can do so much more."

For tickets, to "PAWTY Masquerade, event sponsorship opportunities and information, go online to: www.furry-friendsadoption.org, or call Linda Gore, at 561-222-5522. ■

PBSC to host lecture on presidential elections

Palm Beach State College alumnus Robert M. "Skip" Orr, Ph.D., will start the college's 2018-19 honors college speaker series with a lecture, "Course Change: Seven U.S. Presidential Elections That Changed History," at 2 p.m. Oct. 10.

Dr. Orr was U.S. ambassador to the Asian Development Bank from 2010 to 2016. He graduated from Atlantic High in Delray Beach and is now a distinguished visiting professor at Florida Atlantic University, where he earned a B.A. in history.

He has been a professor at Stanford and Temple universities and was president

of Boeing Japan. He earned his master's degree in government from Georgetown University and a doctorate in political science from Tokyo University.

His book, "The Emergence of Japan's Foreign Aid Power," won the 1991 Ohira Prize for best book on the Asia Pacific region.

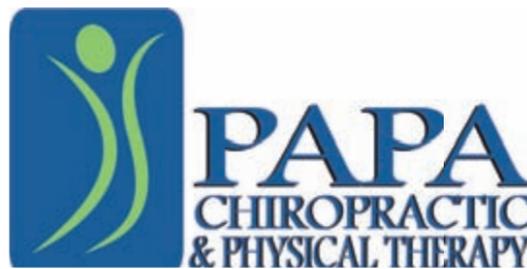
His lecture will be in the Public Safety Conference Center, PSD 108, on the Lake Worth campus, 4200 Congress Ave. The event is free and open to the public. RSVP to www.palmbeachstate.edu/Honors/SpeakerSeries. ■

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Breast Cancer Awareness Events

Real Men Wear Pink Concert — 6-9 p.m. Oct. 12, Abacoa Town Center, 1200 Town Center Drive, Jupiter. Jupiter Medical Center's Comprehensive Breast Care Program in partnership with the Abacoa Food Truck Invasion goes pink for Breast Cancer Awareness Month. A free concert, breast health information, giveaways, raffle prizes, face painting and balloon sculpting. Dinner for purchase from the food trucks.



Making Strides of South Palm Beach — 8:30 a.m. Sunday, Oct. 14, FAU, 777 Glades Road, Boca Raton. Info: makingstrides.acevents.org or SouthPalmBeachFLStrides@cancer.org or 561-650-0119.

Sip and Shop for Komen South Florida — 1:30-4:30 p.m. Sunday, Oct. 14, Wyndham Grand Jupiter at Harbourside Place, 122 Soundings Ave., Jupiter. Enjoy pink cocktails and light nibbles and shop boutique gift items from some of South Florida's most unique stores and a silent auction filled with spa, cuisine, travel and entertainment experiences. Tickets are \$60, and all proceeds of the event and silent auction support Komen South Florida's efforts to provide breast health education, screening and treatment in South Florida, as well as research to find a cure. Tickets are available at www.komensouthflorida.org or call 561-514-3020.

Breast Cancer Awareness Luncheon — 11:30 a.m. Oct. 18, Gaines Park Community Center, 1501 N. Australian Ave., West Palm Beach. The Urban League of Palm Beach County Inc. hosts its eighth annual luncheon. www.ulpbcc.org.

Downtowns Go Pink — 6 p.m. Oct. 25, Downtown at The Gardens, 10701 Lake Victoria Gardens, Palm Beach Gardens. Restaurants and stores become destination hot spots by offering special discounts and items to help raise funds for local breast cancer programs and for research to find a cure. Pink cocktails and shopping incentives. 561-514-3020 or www.komensouthflorida.org/downtowns-go-pink/.

Making Strides of Palm Beach — 9 a.m. Saturday, Oct. 27, Meyer Amphitheatre, 104 Datura St., West Palm Beach. Info: www.makingstrides.acevents.org or 561-650-0136; email PalmBeachFLStrides@cancer.org.

The Breast Cancer Research Foundation's Palm Beach Hot Pink Luncheon & Symposium — 11:45 a.m. Feb. 7, The Breakers, Venetian Ballroom, 1 S. County Road, Palm Beach. Founded by the late Palm Beach resident Evelyn Lauder, the BCRF hosts its annual luncheon and symposium, which highlights the most relevant advances in breast cancer research discoveries. The event also includes a fashion presentation. For info, contact Rebecca at rwasserman@bcrf.org or 646-497-2606. ■

Komen seeks committee for 2019 Race for the Cure

Susan G. Komen South Florida is looking to fill open committee positions for the 2019 Race for the Cure.

Slated for Saturday, Jan. 26, the downtown West Palm Beach waterfront will be a sea of pink and filled with survivors, fighters and those who support them along the way all joined together to create a world where no one dies from breast cancer.

"Cancer is something that we all dread," Patti Hammitt, the 2019 chair for the Race for the Cure, said in a statement. "But, because of our fundraising

and hard work, today, the five-year survival rate for someone diagnosed with breast cancer is up to 77 percent from 59 percent. And, with early detection and screenings, that number is steadily growing. We invite anyone who has been affected in some way by cancer to join us. We want to continue beating this disease so one day it is just a distant memory."

To volunteer, contact Josh Hirsch at 561-514-3020. For more information about Komen South Florida, visit www.komensouthflorida.org. ■

Baer's Furniture creates 'Shop For A Cure' campaign

Baer's Furniture and the Baer family have been recognized many times for their charitable efforts over the years, having raised nearly \$1.5 million.

On Oct. 1, Baer's Furniture and the Baer family, presented a \$100,000 check to benefit Sylvester Comprehensive Cancer Center in Plantation, part of UHealth — the University of Miami Health System.

To celebrate they've painted the Baer's Furniture Dania location pink and are kicking off a new "Shop For A Cure" campaign.

When someone makes a minimum \$1,000 purchase and donates \$100, Baer's will match that \$100 donation, plus give the customer a \$100 discount on their purchase.

Jerry Baer, president & CEO of Baer's Furniture, expressed the company's excitement about their effort to help save lives.

"To us, business is personal. Every family has been touched by cancer, and the Baer's Furniture family, which includes our wonderful employees and customers, is no exception," he said in a statement. "With thousands of transactions expected throughout the month at all 16 Baer's locations, we believe a considerable amount of money will be raised and consider this effort as an investment in our shared future as a community."

Baer's Furniture, based in Pompano Beach, has 16 Florida showrooms. For more information, contact Jerry Baer at jbaer@baers.com. ■



LOGGERHEAD
MARINELIFE CENTER
TENTH ANNUAL

Go Blue Awards Luncheon

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Pink Chair Project spreads inspiring images of survival

JUPITER MEDICAL CENTER

When she was diagnosed with breast cancer in January 2014, Pat Maher quickly realized that focusing on her faith and embracing beliefs that centered on her best and highest good would be essential to her survival. Rather than let sad, morbid stories about the disease influence her outlook, she surrounded herself with positive people and created her own uplifting story of hope and recovery.

Ms. Maher is sharing her story through the Pink Chair Project, a new initiative presented by Jupiter Medical Center and the Margaret W. Niedland Breast Center to raise awareness about breast cancer and breast health. She is among a group of breast cancer survivors and patients the hospital invited to decorate chairs themselves or with the assistance of volunteer artists in themes that represent their personal source of inspiration for recovery. The chairs will be displayed at various locations in West Palm Beach, Palm Beach Gardens and Jupiter.

In a spirit of camaraderie and shared sentiments, Ms. Maher joined several Pink Chair Project participants in early September at a chair decorating party at the Lighthouse ArtCenter in Tequesta, where they worked on their inspirational designs.

"At the top of the chair is my belief and personal experience that with God, all things are possible," Ms. Maher said. The seat of her chair features two hands that are reaching and connecting in unity as they are surrounded by words of inspiration that enhanced her well-being, such as "divine guidance," "heartfelt connections," "harmony," "grace" and more.

With chairs like Ms. Maher's and others in locations throughout the community, the Pink Chair Project is raising awareness about breast cancer in a visually heartwarming way that organizers hope will remind women about the importance of annual examinations for early detection. Breast cancer is the most common cancer in American women, except for skin cancers, and second only to lung cancer as the leading cause of death among women. The American Cancer Society estimates that there are more than 3.1 million breast cancer survivors in the United States — including women still being treated and those who have completed treatment.

"The Pink Chair Project is a beautiful way to pay tribute to this group of courageous women, some of whom are newly diagnosed or living with metastatic breast cancer, while others are in remission," said Dr. Nancy Taft, medical director of Jupiter Medical Center's Comprehensive Breast Care Program.



COURTESY PHOTO
Pat Maher shows off her chair during the Pink Chair Project decorating party at Lighthouse ArtCenter in Tequesta.

"At each stage of their diagnosis and treatment, they have displayed courage and resolve. We are honored to share their stories through this project and, hopefully, inspire others who are facing a similar challenge."

To learn more about Jupiter Medical Center's Pink Chair Project and see profiles of participants, visit www.jupitermed.com/pinkchair. ■

in the know

Pink Chair Project Display Locations*

- >> Acosta Dental Arts
- >> Blowtox
- >> Lighthouse Museum
- >> Loggerhead Marinelife Center
- >> Mount Sinai Heart in Jupiter
- >> Mount Sinai Heart New York in WPB
- >> Orange Theory
- >> Phoenix Salon
- >> South Florida Science Center
- >> The Cary Grossman Health & Wellness Center at Jupiter Medical Center
- >> The Cooper Restaurant
- >> The Gardens Mall
 - Aveda
 - Bloomingdale's
 - Brighton
 - Cooper's Hawk Winery
 - David Yurman
 - Henri Bendel
 - Lilly Pulitzer
 - Sugar Happens
- >> The Inspired Sewist
- >> The Marriott on Singer Island
- >> Town of Jupiter Community Center

*As of Sept. 25, 2018

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FLORIDA WRITERS

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■ **“Don’t Admit You’re in Assisted Living - First Mystery: The Kiss,”** by Dorothy Seymour Mills. Blue Water Press LLC. 154 pages. Trade paperback, \$15.95.

This delightful three-part mystery series by Dorothy Seymour Mills, who recently turned 90, provides an insightful and humorous look at senior living communities. The author’s model for the setting, a place she calls Locksley Glen, is her Naples home of The Carlisle. However, she is writing fiction and she means for her exploration of such a community to be representative.



SEYMOUR MILLS

Readers will journey into a world of people “who are past being active physically and whose ability to contribute to modern life is limited by physical decline and encroaching age-connected illness.”

But as the novel makes clear, these people, mostly women, are abundantly alive, curious, engaged and brimming with experiential knowledge. They offer one another vital, shareable experience in a setting made to order for their needs.

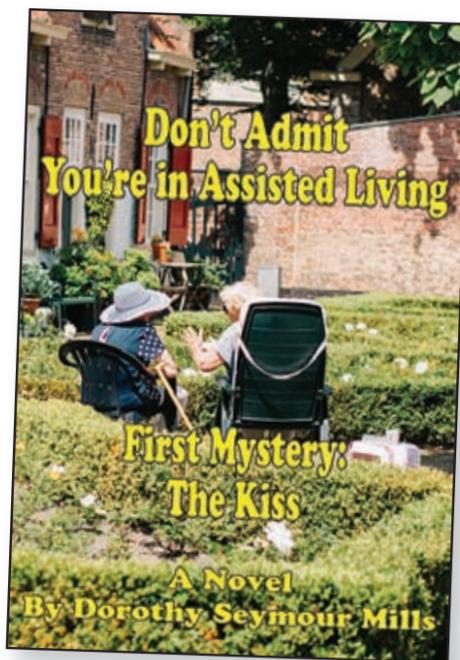
When 80-year-old Locksley resi-

dent Clarence is spotted accepting a kiss from a young Greek waiter named Petros, the rumor mill starts grinding. Alice, the principal character and the narrator, wonders if this behavior — an elderly man showing sexual interest in a teenage employee — fits into the parameters of normality. What is the revealed relationship all about? What is the mystery behind the kiss?

Some speculation about sexual activity between senior citizens follows, but the question is left up in the air. It seems less and less important as another strange event takes over the imaginations of the residents: Someone is stabbed during a Halloween party.

Preparations for the party involve the creation of costumes. A most popular and attractive resident, Starr, borrows some paint from Alice, an artist who is about to have a significant exhibition of her paintings. Starr uses the paint to fashion a cardboard gun and knife as part of her outlaw cowboy costume. Somehow, the imitation knife gets replaced by a real one — a steak knife stolen from the Locksley Glen kitchen — and ends up being used as a weapon in a real crime against Petros’ father, Tzannis Papadopoulos, who Petros had been trying to prevent from being allowed into the United States. Meanwhile, the cardboard knife is found to have real blood on it.

While the intrigues regarding this family — which includes another son, Stavros, and a Greek woman named Ariadne — are entertaining, nothing is more entertaining than the overall portrait of senior living and the quirks and unexpected vitality of the key members of the Locksley Glen community.



They show inventiveness, loyalty, a cooperative spirit and the ability to energize a plan to negotiate with the authorities investigating the crime/crimes connected with the Greek family. As they work to ameliorate the family’s situation, humor abounds in their personalities and actions.

Locksley Glen proves to be an example of a generally well-run business whose executives and key professionals know how to manage their responsibilities. The descriptions of the important rooms and representative activities include the attention paid to providing opportunities for friendships and continued personal growth. Ms. Mills

provides plenty of satiric touches, but they are touches that convey a genuine fondness for the carefully planned environment that nurtures and protects the residents. Yes, things can go wrong, but things can go wrong anywhere.

The other titles in this most welcome series are “Mystery Two: The Wet Bathing Suit” and “Third Mystery: The Phone Call.” Collectively, the three separately bound short novels provide an inside view of the opportunities and limitations of life in assisted living communities. The key personalities continue, but the story lines are quite different. All present useful information for those considering such a lifestyle while offering suspense and smiles that any reader will enjoy.

About the author

This is historian Dorothy Seymour Mills’ 30th book. Much of her published work is in the field of baseball history. She and her husband, Dr. Harold Seymour, wrote the first scholarly history of baseball, a three-volume series, for Oxford University Press. She has also published children’s books, historical novels and a vegetarian cookbook. Two of her books, “Drawing Card” (a novel about women’s baseball) and “Chasing Baseball” (a nonfiction study of the sport) have been reviewed in these pages. For more information, go to www.dorothyjanemills.com. ■

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

TALK

From page 1

of the Community Foundation for Palm Beach and Martin Counties. “We know that great ideas will come together and inspire even greater grassroots action.”

Daryl Houston, community investment officer for the foundation, says the most rewarding aspect of the program is that it serves as a reminder to everyone in the community that their voice matters.

“What people have to say will collectively inspire greater impact,” Mr. Houston said. “Taking part in this initiative is simple as these conversations can take place during breakfast, lunch, dinner or even during a coffee break or cocktail hour. We look forward to hearing from the diverse voices of this community that take time to share their perspective.”

He hopes the initiative will bring together thousands of residents from all walks of life to share in a mealtime conversation.

“We just want them to talk about concerns and issues that they think are taking place in the community, but also to afford them an opportunity to discuss ways possible of strengthening our community and make it a better place

to live and work for all residents,” Mr. Houston said.

Anyone can be part of discussions and there is no charge to participate.

“If you work, live, worship, attend school in Palm Beach or Martin counties, we’re asking you to be a part of it, just to sit down with family members, friends, colleagues, folks you work out with, folks you worship with, just to have an organic conversation about things you think are happening in the community that need to be addressed,” Mr. Houston said. “We’re not going to the conversation with one target to talk about. We want it to be really organic, so you can hear the voices you typically don’t hear.”

Where are all of these On the Table tables?

“It’s really organic in how it all operates,” he explained. “You can have it hosted at a restaurant. You can meet in the park with a group of folks. You could be at your place of work. Or it could be at your place of worship, or at your home around the kitchen table. There’s no specific location that it has to be. It’s just really about bringing folks together and having these conversations and really getting the understanding of what the mindset is. We want to know what people are thinking in terms of our community and how to build on it.”

One of the super hosts on Oct. 24 will be the Downtown Development Authority in West Palm Beach, where associate director Teneka James is looking forward to the event.

“We love the idea and the concept



HURLBURT



HOUSTON



JAMES

on the table
Your voice matters.

behind it,” Ms. James said. “We think this is a great way to engage the community. We’re going to set up our tables in the 500 block of Clematis Street. We’ll be encouraging our participants to dine at one of our restaurants on the street and just kind of engage in conversation. They can bring their food with them to the table, or just come, sit down and talk.”

She said she’s not sure what topics will come up at the DDA tables, but suspects business recruitment may be one of them. “Honestly, I don’t know what the topics will be. I’m curious to see what the topics are and what is brought up. We’re excited to see what the questions are and who is going to participate. The downtown businesses are excited, too.”

Athary Koning, who is in charge of special events and fund development at The Arc of Palm Beach County and who will be one of the facilitators, is also enthusiastic about On the Table.

“We love being part of this and think it’s a great initiative,” she said. “We’re having an internal lunch to start the conversation. Our objective is to get different opinions from people with varied backgrounds. This will be great for team building since we often don’t have the time to do this sort of thing.”

Like Ms. James, Ms. Koning is not sure what topics will arise.



KONING

“The great thing about this is you go in with expectations and you’re completely blown out of the water,” she said. “There are issues, but then there are so many offshoots and tangents.”

At the conclusion of the gatherings participants will be asked to complete a brief survey via their mobile phones, email, or in handwritten form, according to Mr. Houston. The surveys will be compiled by national research firms Hart Research and Public Opinion Strategies to analyze the issues and ideas for community improvement that resulted from the day’s discussions.

The Community Foundation will publicly share these outcomes, including trends, common themes and new collaborations developed, in order to help Palm Beach and Martin Counties determine how best to advance some of the ideas and solutions generated.

The Community Foundation is one of 10 foundations across the U.S. participating in On the Table after a successful pilot in 2017.

On the Table replicates an annual civic engagement initiative of the same name developed by The Chicago Community Trust in 2014. Support for On the Table advances the Knight Foundation’s work to help cities attract and keep talented people, expand economic opportunity and create a culture of civic engagement. The Knight Foundation maintains that successful communities are equitable, inclusive and participatory.

Other On the Table cities include Akron, Ohio; Charlotte, N.C.; Columbus, Ga.; Gary, Ind.; Lexington, Ky; Macon, Ga; Miami, Philadelphia and San Jose.

Participation is free. For more information or to sign up to participate as a host or a guest, visit www.onthetablefl.com. ■



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“You have to do everything from seed to sale.”

— Michael Costa, regional dispensary operations manager for Curaleaf

WEED

From page 1

now more than 1,700 physicians in Florida for you to choose from.

Via doctor's orders, patients who suffer from various ailments such as chronic pain, migraines, PTSD, anxiety and life-threatening illnesses are entered into a state registry and apply for a medical marijuana identification card. As of press time, there were close to 130,000 active state ID card holders.

Once you have your card, which the state says takes about a week, you can go to a dispensary and purchase marijuana. There are only 14 companies approved by the Department of Health called Medical Marijuana Treatment Centers that operate 55 retail storefront dispensaries throughout Florida. MMTCs are the only businesses allowed to grow, process and sell the product in the state.

“So you have to do everything from seed to sale,” said Michael Costa, regional dispensary operations manager for Curaleaf, an MMTc that runs 11 dispensaries in Florida, including in Fort Myers and Lake Worth.

Curaleaf's marijuana plants are grown and processed in Miami-Dade County. The state limited MMTCs to 25 dispensaries each in Florida, so you'll probably see new ones popping up.

Since Florida does not allow smoking marijuana, vaping is the thing closest to it. Curaleaf's most popular products are vape cartridges that are either filled with oil infused with marijuana compounds or the dried flower or bud itself sealed inside a pod.

Notably, cannabis with significant amounts of THC is much more popular than the “low-THC” varieties. In just the week of Sept. 14 to 21, retail stores dispensed 40.1 million milligrams (or 1,446 ounces) of medical cannabis, including 1.9 million milligrams of the low-THC variety, the DOH says.

It's still illegal to own or grow the flower, or roll and smoke a joint, though this state rule is being challenged in court, one of many areas of litigation over Florida's implementation of Amendment 2. Right now you can pretty much just buy edibles and oils, and you can vape. Depending on your doctor's recommendation, there are different varieties and strengths. While CBD (cannabidiol) oils provide benefits without getting you high, others with more THC do cause those effects. Usually doctors suggest a combination of the two.

Pretty easy, right?

So where do you start? What doctor should you see? Are there dispensaries near you? Check our updated cannabis guide and dispensary map on the following pages to get to the bottom of it all.

The amount of marijuana consumed in the United States is roughly estimated as a \$10 billion to \$20 billion business. These numbers are far from perfectly accurate as for the most part, transactions for product are mostly off the books because sales and consumption are still federally prohibited.

States such as Colorado, Washington, California, Oregon, Maine, New Hampshire and Alaska, which have legalized recreational use, have seen increases in sales and tax proceeds in addition to population surges and rising median real estate values. In Florida, medical cannabis sales are currently not taxed.

In addition to getting the bottom of the basics a consumer may wonder about, there are a few weird questions we had to ask.

Can you overdose on marijuana? No. You cannot overdose and die from mar-



COURTESY PHOTO

Inside Curaleaf, an MMTc that runs 11 dispensaries in Florida, including in Fort Myers and Lake Worth.

ijuana. But if you take way too much — which is especially easy to do with tasty edibles like brownies — it's not uncommon to spend a few very long, unpleasant hours riddled with anxiety.

Can you invest in marijuana companies? Yes. But first read Florida Weekly Money & Investing columnist Eric Bretan on why you should “hold off on buying marijuana stocks” in last week's edition.

How much will this industry be worth by 2020? Florida estimates a \$1.6 billion industry by then — not including the possibility that recreational pot will become legal.

In this edition you'll also find Q&As with local medical marijuana experts.

That includes Fort Myers physician Dr. Gregory R. Sonn, who runs Iona Cannabis Clinic. He is one of a growing number of doctors certified to approve patients for an official Florida medical marijuana ID card and order a variety of products for them.

Dr. Sonn's Iona Cannabis Clinic has opened offices in Key West, Islamorada, and last month in Port Charlotte where Dr. Tucker Greene, who worked in emergency medicine and medical toxicology in Southwest Florida, including for 15 years at Cape Coral Hospital, will preside over exams.

“We're trying to broaden our patient base and provide more service to people in other areas,” said Jodi Hahn, regional manager and executive assistant for Iona Cannabis Clinic.

Also, Cole Peacock of Apothecary Specialists, a medical marijuana consulting firm, gives background on the emerging industry, how tough it is to become a state-approved grower and the regulations that undergird Florida's fledgling cannabis market.

Why shouldn't you continue to buy illicit weed from your dealer and CBD oil from gas stations?

For many marijuana smokers, it is relatively easy to get it from their local, albeit illicit, dealer. A quarter ounce baggie of fairly potent dried buds costs about \$100 “on the street.”

Dr. Sonn in Fort Myers estimates many patients spend \$45 to \$100 per month on product, though it could cost much more. A marijuana patch can cost \$300 per month. And it costs \$225 for an

initial visit to Dr. Sonn, plus the cost of applying for a Florida ID card and renewing it every seven months. None of that is covered by insurance.

So why not go to a dealer — besides the obvious fact that it is illegal (possession of less than 20 grams is a first-degree misdemeanor in Florida)?

“When you're buying cannabis off the street you don't know what you're getting, it's not tested, you don't know what potency it has, you don't know if there are contaminants in it,” Mr. Costa of Curaleaf said. “Us being regulated by the Department of Health, we have to test everything for safety before it goes out our door. We also test for potency.”

And there is medical expertise. “Lastly, there is the piece of the physician. Patients are typically working with physicians to allow physicians to manage their (use) in coordination with any other medications they're taking.”

When it comes to CBD oil, Mr. Costa argues again that the approved medical

variety is safer and more reliable in its production and dosing.

“So if you have a patient with seizures or various other conditions they will know that you are getting exactly what you're getting and you can rely on it,” he said. “Everything is tracked. It's very similar to a pharmaceutical or food manufacture that would have that same certification.”

On Sept. 21, Dr. Sonn and his staff held an after-work Cannabis Culture Fest social seminar at the Broadway Palm Dinner Theatre. A huge marijuana-leaf ice sculpture greeted guests, who ranged in age from their 20s to the 80s. Most appeared to be aging baby boomers.

Interest in medical marijuana has become widespread even among some who have never used it in the past in any form.

Cannabis culture fest

On Sept. 21, Dr. Sonn and his staff held an after-work Cannabis Culture Fest social seminar at the Broadway Palm Dinner Theatre. A huge marijuana-leaf ice sculpture greeted guests, who ranged in age from their 20s to the 80s. Most appeared to be aging baby boomers.



EVAN WILLIAMS / FLORIDA WEEKLY

Jaime Renee Cruz of Cruz Cannabis Cooking and associate Ashleigh Rankin demonstrate how to make cannabis-infused gummy bears.

Afterwards about 60 people, nearly half of the 125-person limit on the invitation, signed up for a visit to potentially become a Florida marijuana ID cardholder, said Iona Cannabis Clinic regional manager Ms. Hahn.

People mingled outside the auditorium, where Florida's Medical Marijuana Treatment Center businesses, which operate dispensaries, including Curaleaf and Trulieve, had displays and answered questions.

At another table, Jaime Renee Cruz of Cruz Cannabis Cooking, and associate Ashleigh Rankin, showed attendees how to make marijuana candies.

Fort Myers native Stephanie Sumasky, 27, is one of Dr. Sonn's patients. She vapes (a cartridge filled with marijuana oil is fitted into a vape pen) as well as makes edibles to control pain and anxiety, and as a form of stress relief.

“It's awesome how many people it's helping,” she said. “I just think it's taken off. It's an awesome thing that a plant can help so many people.”

The fading, rearranging, but still prevalent stigma of marijuana culture was a theme underlying the event.

One 81-year-old Fort Myers man who got a prescription to use CBD infused marijuana oil to control the pain and nausea associated with radiation treatment for prostate cancer declined to give his name. He puts six to 10 drops of CBD oil in his coffee each morning.

“I think there still is a stigma,” he said. A Lee County high school teacher, Cape Coral resident Stephanie Peace, 44, said she wants to be honest with her students about marijuana and how it helped her after she was diagnosed with stage 4 lung

cancer. But she treads carefully.

"In my profession I have to be super careful," she said.

After her cancer diagnosis in 2015, the illness metastasized to other parts of her body. Although she had not previously been a recreational or medicinal user and didn't especially want the drug in her house, her loved ones had used it with success.

"It's worked for people close to me on arthritis and Alzheimer's (symptoms)," she said, "and I thought, what do I have to lose?"

In 2016 she started taking marijuana, often by making her own edibles, and adjusting her own dose. The first time she tried it, she simply got high. But she also found it helped her cope with anxiety during a difficult time, boosted her energy level, helped her sleep and eased inflammation from her chemotherapy medication. Thanks to surgery and other treatment, her cancer is now in remission.

She also believes marijuana may have increased the effectiveness of her chemotherapy, a claim that can't be proven for lack of research, though Dr. Sonn suggested in his presentation that cannabis could amplify the effect of other medications.

"No doctor can tell me," she said, "how did the chemo and the cannabis affect each other?"

Dr. Sonn made his way around the room before attendees filed into an auditorium and munched on some provided snacks as he lectured and took questions for about 45 minutes. A physician who practiced hospice and palliative medicine for 18 years before starting his own health and wellness practice four years ago, Dr. Sonn has a passion for the potential medicinal effects of cannabis.

"I am a true believer in cannabis as medicine," he said. "I believe it's a natural source."

Most of his patients are age 50 to 80, he said, and suffer from inflammatory conditions such as arthritis, that cannabis can help relieve.

One man in the room called out, "A lot of us, I think, are dying to decrease the opioids." Could marijuana help do that?

More marijuana, fewer opioids?

Dr. Sonn explained that it depends on each individual's level of commitment and situation but that marijuana can be used to wean patients off opioids.

One of Dr. Sonn's patients, a 49-year-old Cape Coral man named Scott, said marijuana helped him mostly stop taking opioid pain medication. He declined to give his last name because of the still-lingering stigma of impropriety around pot smoking, while almost no one would hide from being an occasional drinker.

"There's definitely still a stigma to it, but it's going the other way, man, it really is," he said. "But there's still that — and people don't believe it's medicine."

Around 2013, Scott started buying weed from a dealer and infused it with coconut oil using a countertop Magical Butter herb extractor. At the time he had been on prescribed opioids including Percocet and morphine for more than three years. The marijuana allowed him to wean himself off regular use of those harsher drugs, he claims, and by the time he went to Dr. Sonn in 2017 he was only taking one pill every now and then.

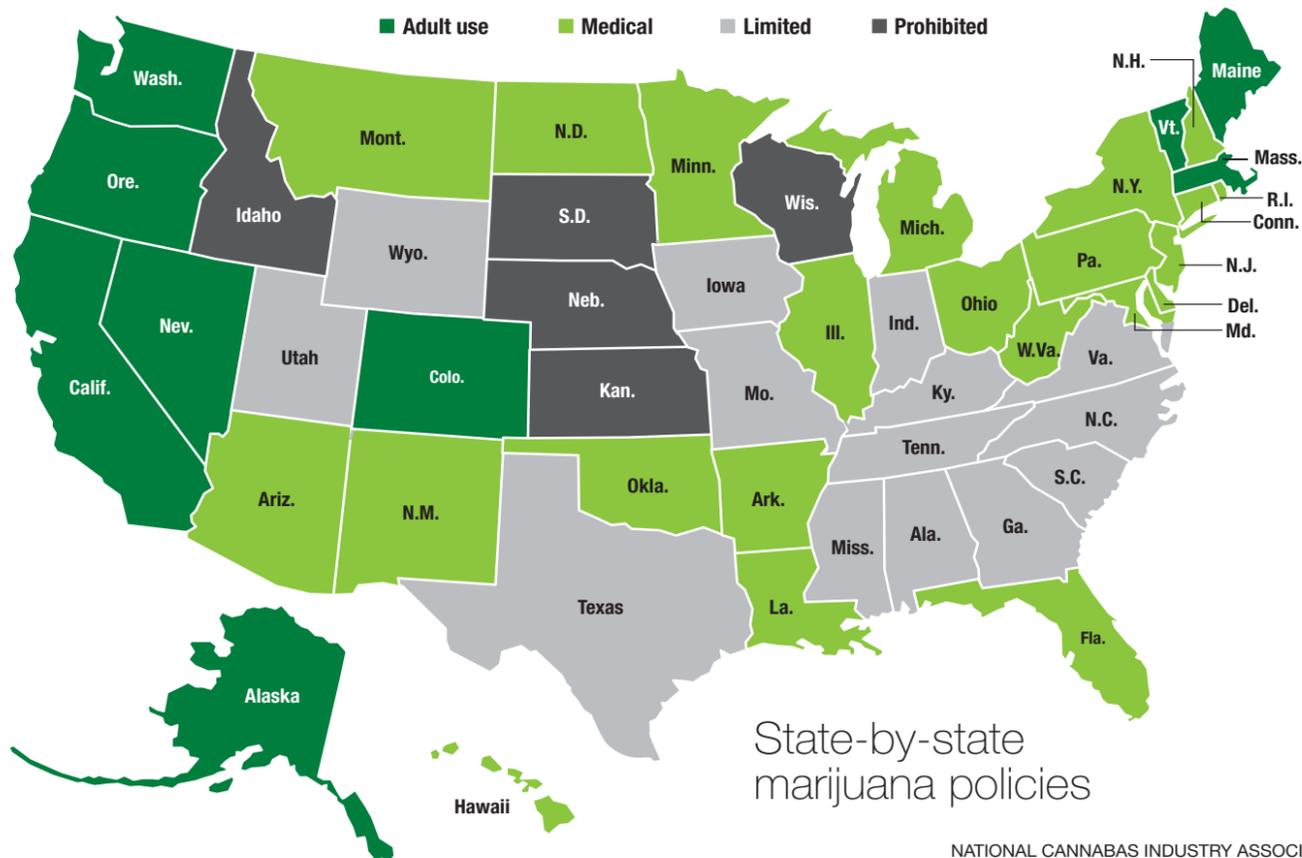
The medical marijuana experience has allowed him more variety and control over his use of the drug, and allows him to experiment with new products.

"There's a lot of variety and they're coming out with new things," he said. "I use 'em all. I vape. I usually take the (CBD oil) three times a day."

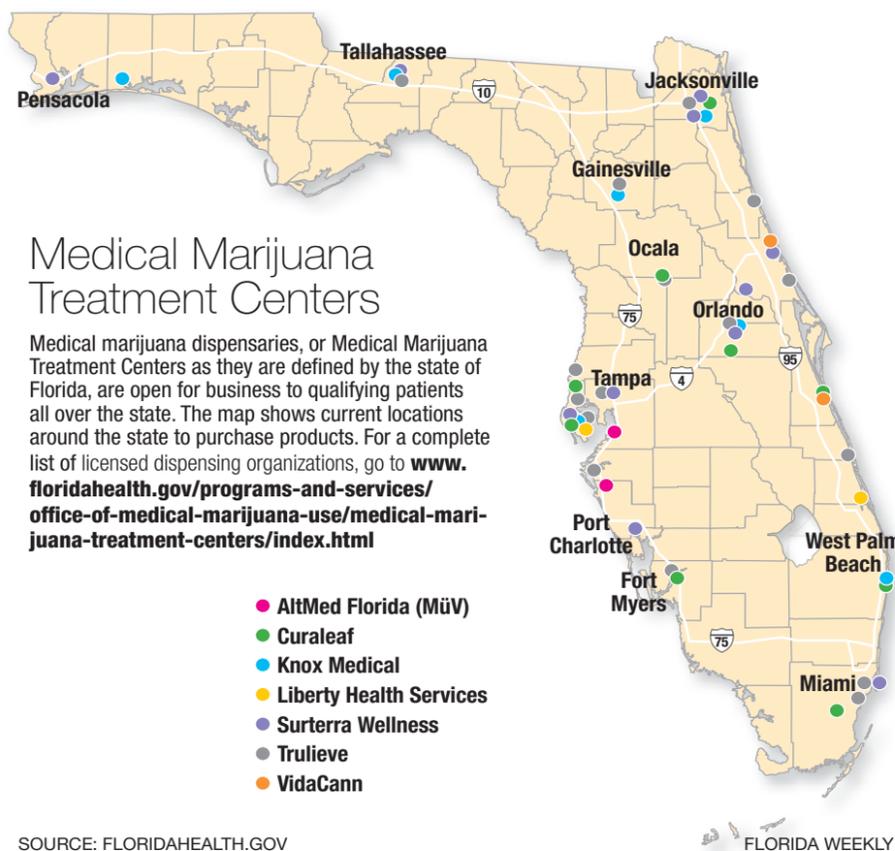
Depending on his pain level, he adjusts how much CBD and THC he takes to find a balance that works for him.

"The last four days I slowed down on my nighttime THC," he said.

SEE WEED, A12 ►



NATIONAL CANNABIS INDUSTRY ASSOCIATION



Medical Marijuana Treatment Centers

Medical marijuana dispensaries, or Medical Marijuana Treatment Centers as they are defined by the state of Florida, are open for business to qualifying patients all over the state. The map shows current locations around the state to purchase products. For a complete list of licensed dispensing organizations, go to www.floridahealth.gov/programs-and-services/office-of-medical-marijuana-use/medical-marijuana-treatment-centers/index.html

- AltMed Florida (MüV)
- Curaleaf
- Knox Medical
- Liberty Health Services
- Surterra Wellness
- Trulieve
- VidaCann

SOURCE: FLORIDAHEALTH.GOV

FLORIDA WEEKLY

Dr. Greg Sonn Q&A

- >> **What dangers, if any, do you feel you have to remind patients of the most?** You cannot be impaired. And pregnancy information, which is mandatory by state regulations.
- >> **How would recreational legalization change things for you?** I think it would hurt marijuana as medicine because it would allow the casual user any product, which means the idea and prescription would be minimized. Plus, my elderly or marijuana naive patient, which is 60 percent of my patients, would be reliant on a bud tender. (Same goes for flower.) Which if you were any other doctor in the area, would be a good thing. Most have minimum knowledge, but I know the medical and I teach and educate.
- >> **What are the biggest obstacles to your business operating here in Florida?** The other big companies in Florida were non-physicians. They came in to Florida from Nevada, Colorado and Arizona, advertised for a doctor and got started. I know; they hit me up early in the process.
- >> **What are the biggest misconceptions you are seeing in our community when it comes to medicinal marijuana?** They think they will be "stoned" all the time, or "I don't want to give up my guns."
- >> **Does insurance cover this?** No. I doubt it ever will. I also think this is why it won't be "legal" at the federal level. Too much money to lose. Insurance companies, VA drug plans, Medicare Part D, the list goes on. Plus I don't think the government really wants the population as a whole to be healthy.
- >> **What varieties of marijuana would you recommend?** Depends on condition and patient and wanted outcomes. "The entourage effect" and "micro dosing" are ... (important considerations for me and my patients).
- >> **What is the difference from those who self-medicate and the product that you offer?** You mean illegal marijuana? One form is legal, consistent, available in all type of strength percentages. Completely reproducible. The other is illegal and you could go to jail. ■



SONN



Steps to getting medicinal marijuana

- 1. Go to a doctor** qualified to prescribe medicinal marijuana. The doctor will be on the medical marijuana use registry. You must have a state ID card. When approved he will give you a prescription that you can bring to a medical marijuana dispensary.
- 2. Register with the state** to get your medical marijuana identification card. You can do this on your own or your doctor can help you with this. There is a \$75 registration fee.
- 3. Go to a dispensary** called a medical marijuana treatment center. Show your medical marijuana identification card. You can then purchase a variety of cannabis products.
- 4. That's it.**

** Be sure to consult with your doctor and attorney regarding usage, dosage and all concerns before trying at home.*



Products

The types of products you will see at Florida's dispensaries include those shown here by Curaleaf, including capsules, vape pens, cartridges and oils.

Physicians

Physician List (licensed and trained to recommend cannabis / medical marijuana in Florida): www.floridahealth.gov/programs-and-services/office-of-compassionate-use/_documents/completed-cme.pdf



WEED

From page 11

He also has a choice between strains that include more Sativa marijuana, which typically leaves patients more awake, and Indica, which is more likely to cause drowsiness.

"It's all trial and error, what works for you and what makes your whole body sync up," he said. "You have to figure out where you get loopy and where you don't so you can function."

The marijuana is less powerful than the opioids in its level and immediacy of pain relief, he has found.

"The opiates, like you could take a pain med, a couple hours you feel total relief," he said. "(Medical marijuana) will make things better but it doesn't make it totally go away. Another thing, you don't feel like a zombie either. (With opiates), you're in a daze. That doesn't happen now."

A survey on cannabis research by the National Academies of Sciences, Engineering, and Medicine found insufficient evidence to either support or refute the success of cannabis users achieving abstinence from other addictive substances.

But a more recent study published in the American Journal of Public Health in November 2017 found that the legalization of recreational cannabis resulted in a modest short-term reduction in opioid-related deaths. Another study published in JAMA in May found that there was a reduction in opioids prescribed in the Medicare Part D population in states with medical marijuana policies.

FDA UN-approved

Dr. Gene D. Mahaney, president and medical director of Pain Management Consultants in Fort Myers, is a specialist in anesthesiology, pain management and addiction medicine.

Dr. Mahaney is hesitant to write orders for medical marijuana for patients because the drug's ongoing illegal status at the federal level could put his practice at risk of being prosecuted, even if that's unlikely.

"So it puts us in a bit of a quandary in that patients we think would be appropriate, there is a concern of the DEA coming in and taking away your license for doing that," he



MAHANEY

said, noting that that has happened in California and Oregon.

"...(And) anyone who receives federal funding would be at risk."

The federal Drug Enforcement Administration still classifies marijuana along with heroin and other hard drugs as a schedule I controlled substance with "no currently accepted medical use" — a definition denied by states including Florida, by patients, doctors, and researchers across the world.

While there has never been an overdose death attributed to marijuana and many doctors call it safer than alcohol, the DEA lists morphine, oxycodone, and even fentanyl, drugs which continue to cause thousands of overdose deaths each year, as having a lower potential for abuse than cannabis.

The Rohrabacher-Farr amendment passed in 2014 prevented the U.S. Department of Justice from using federal funds to "interfere" with states' medical marijuana laws, according to the National Conference of State Legislatures.

"So there is some protection for doctors, patients and providers at the state level," Mr. Costa of Curaleaf said.

But early this year, Attorney General Jeff Sessions appeared to reverse or weaken that rule in a memo giving U.S. Attorneys permission to once again prosecute in any state based on the old Controlled Substances Act of 1970, which prohibits cultivation, distribution, and possession of pot.

Dr. Mahaney and other physicians are against the federal ban because it has effectively made impossible — at least in the United States — the gold standard, randomized controlled studies that could potentially provide definitive evidence of some of the claims patients have made about marijuana's effectiveness and vastly expand its use and effectiveness as medicine.

"There's so much we don't know with it," Dr. Mahaney said. "It's very hard to quantify its exact potential, to be honest."

The lack of research and the federal ban has also led to a medical marijuana market where mainstream providers may be left out of the loop and patients often don't get accurate information, Dr. Mahaney said. They may get directions for use from a clerk at a dispensary rather than a highly trained pharmacist, for instance.

"I think unfortunately the process for obtaining medical marijuana has been problematic for patients."

That's not to say there hasn't been substantive research. Dr. Mahaney points out robust studies in Israel and the Netherlands, and is convinced of marijuana's

effectiveness in treating some ailments: nausea (related to chemotherapy), seizures, as a sedative, and for mild pain relief. He believes marijuana could help patients reduce though not replace opioids and other prescription drugs.

"As a pure analgesic, it's not much stronger than Tylenol No. 3," he said, a pain reliever that includes acetaminophen and codeine.

"I think (medical marijuana) would be a good adjunct for pain management if it could be used in the context of replacing some of the benzodiazepines (Xanax, for example) and may be used in reducing the amount of narcotics people take."

Survey of cannabis research finds more research needed

In contradiction to the DEA's severe stance on weed, the National Academies of Sciences, Engineering, and Medicine in 2017 published a comprehensive survey of marijuana research, recommending that "steps be taken to overcome regulatory barriers that may make it difficult to do research on marijuana's health effects."

The report details about 100 reports on cannabis since 1999 and concludes based on the quality of the research how conclusive the results are. For instance, it found "conclusive or substantial evidence" that cannabis or cannabinoids are effective in treating chronic pain in adults, chemotherapy-induced nausea and vomiting, and improving patient-reported symptoms of multiple sclerosis.

Maybe the most conclusive research of all is that more research is needed. The list of conditions for which there is limited or insufficient evidence to support claims associated with marijuana, include, to name just a few: as a treatment for cancers, epilepsy, the symptoms of irritable bowel syndrome, curing addictions, improving symptoms of dementia, of post-traumatic stress syndrome, and better outcomes after a traumatic brain injury.

There is also substantial evidence of cannabis use and increased risk of car crashes, as well as the development of schizophrenia and other psychoses, especially among frequent users.

A U.S. Department of Health and Human Services web page notes that cannabis has been used "for a variety of health conditions for at least 3,000 years."

Dr. Mahaney sees the federal government backing off approach eventually, if and when more states legalize the drug. In spite of federal rules, that's clearly

not stopping the medical marijuana industry from rolling ahead in Florida, at least as far as possible within the state's own limits.

Like weeds

Michigan-based Liberate Physician Centers employs doctors and staff at clinics there and in Illinois, Colorado and Florida. After officially opening its first Sunshine State office in West Palm Beach in 2015 — in anticipation of the 2016 vote — Liberate has opened clinics both by corporate expansion and franchising in Jacksonville, Port Charlotte, Fort Myers and Naples.

"We're working on rolling out 10 new offices across the state," said the company's chief operating officer, Mark Turgeon, who oversees the Palm Beach office.

Potential areas of expansion include all sides of Florida. Mr. Turgeon mentioned Boca Raton, Fort Lauderdale, Miami, Tampa, Lakeland, Jacksonville and Orlando as possible locations.

Sensitive to the perception of the medical side of business catering to recreational users, he pointed out, "this is not about pot heads and kids getting stoned or anything like that." Liberate patients' average age in Florida is mid-50s.

"So our whole belief is, our physician centers are basically like wellness centers and we're helping people with pain management in a holistic method, not writing prescriptions but making recommendations to people who qualify for medical marijuana cards," he said. "We feel that and we know that we have changed people's lives and we have testimonials from patients who got off the opioids and don't have all those side effects anymore. You can't get addicted to marijuana. And nobody's ever died (of an overdose) from marijuana. And there are people dying every day from opioid addiction and overdose."

But he also suggests that there is a significant amount of crossover between medical and recreational use. When Florida legalizes recreational marijuana, which some predict will happen in perhaps five to 10 years, that could change the market, he said.

"Recreational kind of changes the playing field a little bit because everybody can just walk in to a dispensary and get what they need, they don't need to go through getting a medical marijuana card anymore." ■



TURGEON

Cole Peacock Q&A

Mr. Peacock is a consultant for Apothecary Services, which advises those interested in beginning a medical marijuana business.

>> How hard is it to get approved to grow marijuana in the state?

The state imposed stringent qualifications to receive a license ranging from 30-plus years of farming / growing in Florida to an exhaustive application process that, on average, costs multi-millions with no guarantee of being rewarded a license.

It is an extremely difficult process for license holders to receive the right to operate in Florida. Rightfully so, as the state wants to ensure that this industry is regulated correctly so we do not have shady businesses trying to operate in our state.

This follows the core values of Apothecary Specialists, founded in 2016, with the goal of providing "best-of-breed" services at the legislative and local levels, retail operations and preferred real estate locations. AS believes successful and sustainable companies in the medical marijuana sector share a common denominator of implementing best practices at every level of their companies. That stated, our team of industry experts and consultants, regulatory analysts, lobbyists, retail executives, marketing experts, writers and researchers provides expertise in all areas needed for our clients.

>> How big do you see this getting in Florida? Based on industry projections and the steady growth over the last year, this industry is set to be one of the largest industries in the state of Florida. Arcview Market Research, the leading publisher of cannabis market research, in partnership with New Frontier Data, the cannabis Big Data and analytics authority, has released its Florida Legal Cannabis Market State Profile, which shows the potential growth of the medical market after Florida voters overwhelmingly chose to legalize medical marijuana with more than 70 percent of the

vote. The official Arcview Market Research projection for the Florida market is \$1.6 billion by 2020 at a compound annual growth rate of 140 percent.

>> Do you see Florida ever getting recreational marijuana use approved? If so, how will that affect your business?

We believe Florida has the potential to go recreational in the next five to 10 years as it becomes a more accepted means of medicating. That time period could change depending on how/if the political landscape changes, but in general, watching other states, the recreational market tends to follow as the population accepts the medicine.

That said, the industry is so young the focus now is to properly identify dispensary locations, building community relationships and respect as well as serving the patients in need and ensuring those patients can receive the best care.

Our real estate business is securing locations not only for the current medical cannabis industry but also for the potential of recreational so that we are positioned with sustainable locations well into the future.

>> What are the biggest misconceptions you see in our community when it comes to medicinal marijuana? Not being educated about the industry and how it will operate in our state. The reality in Florida is medical marijuana is legal and it is going to be a significant industry in our state. The state of Florida implemented a highly regulated platform for the industry that aligns with pharmacy protocol and procedures which truly helps make the industry operate at the highest professional standards.

Florida was smart to implement a pharmacy-like process with a state registry of sales from all license holders to prevent any types of



PEACOCK

abuse, illegal sales or improper management. This protects the patients and businesses.

For those who think there will be flashing pot signs outside of a dispensary you may be disappointed as that is not allowed in Florida, nor is a walk-in dispensary. Patients have to see a state approved medical cannabis doctor and receive proper evaluations based on their ailments. Once the state approves the patient he can enter a dispensary and receive a product that matches his prescription, much like a visit to CVS.

>> How do you see jobs being created? This will be one of the largest employment industries in the state. You have thousands and thousands of jobs being created by each license holder not to mention the companies being created to support the industry. The job market will produce cannabis doctors with full staff and multiple locations, dispensaries that will employ thousands of jobs ranging from management positions to customer service positions. The security companies that are hired to protect the grow facilities and dispensaries. Marketing companies, industry consultants, testing labs with staffing that ranges from high-level scientist to lab managers as well as the grow facilities that will have full staffing from master growers, multiple team growers, budtenders, operations, marketing, branding, human resources and general support staff. I truly believe this industry will eventually be in the top tier of jobs creation in the state of Florida.

>> What is the biggest difference over where Florida is with medical marijuana now, over last year? The industry is ever-changing and the biggest difference is the increase in patient count and demand for products. Coupled with that are several potential licensee lawsuits and industry regulations pertaining to dispensary operations. I believe companies like ours with expertise in the industry will play a major role in upcoming legislation, the expansion and operations of dispensaries and real estate locations. ■

Quotables ... what some are saying

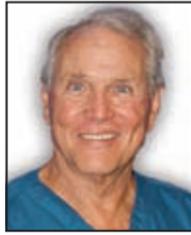
“Medical marijuana is a crucial alternative to deadly and addictive opioids. People suffering from terrible conditions have found relief, and we’ve seen a 25 percent reduction in deaths by opioid overdoses in states which have allowed medical marijuana. This growing industry strengthens our economy while ensuring access to medicine that people need badly. As commissioner of agriculture, I will work to expand patient access and champion new economic opportunities that come along with the growth of medical marijuana in Florida.”



FRIED

— **Nikki Fried**, Democratic nominee for Agriculture Commissioner

“I think medical marijuana can go a long way to help curb/treat the opioid crisis we now have. No one has died from a marijuana overdose ... This is going to be a huge market in Florida.”



BRUECK

— **Dr. Robert Brueck**, Liberate Physician Centers

“As leaders of this state, we must support and swiftly implement constitutional amendments. As attorney general, I pledge to adhere to that expectation and responsibility and recognize that over 70 percent of Floridians agreed that marijuana should be legal in medicinal form. After extensive hearings, the legislature, in balancing its responsibility to protect the welfare of Floridians with its mandate to allow for medicinal use of marijuana, enacted a law that did not permit the smokable form of marijuana, but made the drug legal for specific purposes. When a defense of state law is justifiable, there exists a duty to defend that law in court and, thus, the litigation to clarify the amendment’s scope is reasonable and not unexpected in light of the significant change to Florida’s drug laws.”



MOODY

— **Ashley Moody**, Republican nominee for Florida attorney general

“@FLGovScott has done everything in his power to block the will of the people. I had to sue and win. Now he’s appealing. @RonDeSantisFL is more of the same. @AndrewGillum would drop the appeal day one and backs my effort to legalize it!”



MORGAN

— **John Morgan**, Morgan & Morgan; forthepeople.com

“I think medical marijuana was long overdue for use as an effective tool to overcome opioid addiction. I believed that as a prosecutor and I believe it now. I have seen evidence of those benefits, with close, beloved friends or colleagues using medical marijuana to ease heart-wrenching suffering and life-damaging addiction.”



MOLLOY

— **Douglas Molloy**, defense attorney with over 30 years in the criminal justice system

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BUSINESS

“When you face a setback in your life, you have two choices. Remain stuck or move forward; it’s that simple ... Life is too short to spend it stuck and miserable. Take action now to change your life or get ready to watch life pass you by.”

— Paul Krasnow, author of “The Success Code: A Guide for Achieving Your Personal Best in Business and Life.”

Change or be dragged

You can reinvent yourself (painlessly) when life demands it

SPECIAL TO FLORIDA WEEKLY

IN THESE FAST-PACED TIMES, IT SEEMS LIKE change is the only constant we have. Some people accept change gracefully, while others hold on kicking and screaming. But today it’s more important than ever to embrace change and be able to reinvent yourself. Why? Because innovation is changing markets daily, because our global economy has leveled the playing field and introduced more competition than ever before, and because life occasionally compels us to move in a new direction — like it or not.

Whether you’re switching jobs in a competitive market, starting a new career or experienc-

SEE REINVENT, A15 ►



MONEY & INVESTING

Fed interest rate increase fights inflation, gives flexibility

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Last week, the Federal Reserve again raised its key short-term interest rate by one-quarter percent. This was a widely expected move by the Fed and most analysts and investors had no major reaction to it. However, President Trump was not a big fan of the Fed’s actions. He stated, “I’m not happy about that. I’d rather pay down debt or do other things, create more jobs.” The president’s point was that no one really

likes higher interest rates, other than maybe banks or other lenders. Is the Fed raising rates just to boost the banking sector? Or is there another reason for the Fed to increase interest rates and how does that affect the rest of the economy?

When the Fed announces that it is increasing or decreasing interest rates, it is generally referring to its benchmark rate, the Fed Funds Interest Rate. Surprisingly, the Fed funds rate is not a government interest rate at all. Instead, it is the interest rate that banks charge to lend money to one another so that they can maintain their reserve require-

SEE INVESTING, A15 ►



REINVENT

From page 14

ing a transition in your personal life, upheaval can be frightening. Author and businessman Paul Krasnow says it can also be a priceless opportunity to reinvent yourself.

"When you face a setback in your life, you have two choices," says Mr. Krasnow, author of "The Success Code: A Guide for Achieving Your Personal Best in Business and Life."



KRASNOW

"Remain stuck or move forward; it's that simple," he says. "Life is too short to spend it stuck and miserable. Take action now to change your life or get ready to watch life pass you by."

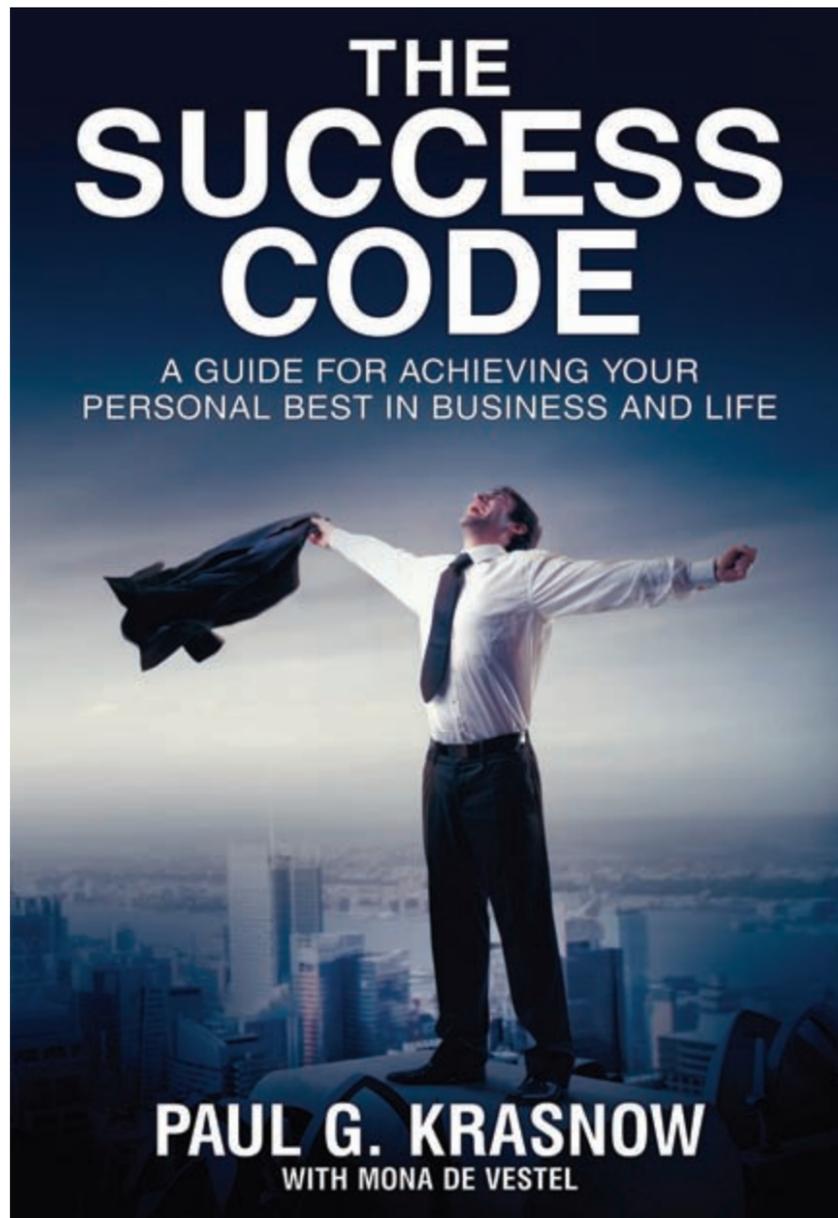
He speaks from experience. A former clothier, he went bankrupt early in his professional life, thanks to bad timing and hard luck. This failure could have derailed his future, but instead, he decided to fight for his life with everything he had.

"The Success Code" tells the story of Mr. Krasnow's journey, from his modest beginnings in 1940s Los Angeles, to starting over again after business failure, to his epic career rise as a financial representative at Northwestern Mutual Life Insurance Company.

"Reinventing yourself demands change," he says. "No matter how dire your circumstances, you can make changes today that will prepare you for a better tomorrow. You may have to find a new way to make a living, or start over in a new city, or take a big risk that terrifies you. Still, you have to be willing to change. It may not always be easy, but it sure beats staying stuck for the rest of your life."

Here are some of his tips on how to embrace change and reinvent yourself:

■ **Realize it's never too late** – During the course of your lifetime, you will be called upon to reinvent yourself time and time again. Don't let yourself stay



stuck in what you know. Make the most of the resilience you now have under your belt with overcoming previous challenges and strive for new horizons.

■ **Take an honest look at your life** – Muster the courage to look at your life and figure out where you've gone wrong and the changes you need to make to get back on track. Own up to the mistakes you have made and take responsibility for the part you played in getting yourself stuck. This kind of brutal honesty is not for the faint of

heart, but it can free you up to learn from the painful consequences you are facing today.

■ **Move forward; just do it** – "Change is not rocket science," Mr. Krasnow says. "We all have a tendency to make life so complicated when it doesn't have to be. Simply make a decision to move forward. Don't try; just do it. People say they're going to try to change. Try? There is no such thing. There's doing it or not doing it."

■ **Dream big** – You are only as successful as your perceived limitations. How often do you limit yourself when envisioning the success you are capable of achieving? Don't settle for the limited vista of your present-day life. Instead, allow yourself to be willing to travel well beyond the bounds of the landscapes you might not be able to imagine today.

■ **Stay focused** – Once you decide to make a change in your life, it's time to get serious and focus on your goals. "Think of life as a journey in a train that travels on a track," Mr. Krasnow says. "Each track leads to a specific destination. Make a point of staying on the track of your choice, without getting distracted and switching tracks. If you stay focused, you will certainly reach your desired destination."

■ **Pace yourself** – Making a major life change requires a steady pace. You work at it each day and keep at it (and then keep at it some more). Remember that extraordinary creations are not built in a day through occasional bursts of effort, but rather are crafted over long periods of time with daily, steady tasks. It's a marathon; stop exhausting yourself by sprinting from place to place.

■ **Know that failure is not an option** – When you realize that failure is not an option, it becomes clear that there is no stopping at the first obstacle you encounter along the way. "There is an opening, even in the most stubborn of barricades," Mr. Krasnow says. "Where is the opening in your current wall of obstacles? Is there a secret passage you had overlooked but is now emerging in front of you? Take that hidden path and forge ahead. Just keep your eye on where you want to go; you might find that a setback along the way was actually a shortcut to your desired destination."

We all know that change is not the most comfortable part of our lives, Mr. Krasnow concludes. "But know that the process of transformation is a gratifying experience, providing you find the courage to do it. You can adapt. You can take a new path in your life. And you will undoubtedly be better for it in the long run." ■

INVESTING

From page 14

ments on an overnight basis.

But if the Fed funds rate is set by individual banks, how can the Fed raise or lower this key rate? It does so by increasing or decreasing the amount of money in circulation. If the Fed wants to increase the rate like it did last week, it would sell bonds and other securities to the banks in exchange for cash. This cash would be taken out of circulation. With less cash available, more banks would demand short-term loans to maintain their reserve requirements. Higher demand for loans translates to higher interest rates. And the Fed would operate in reverse if it wanted to lower rates by buying bonds, increasing the amount of cash in circulation.

The Fed funds rate is so important because many key interest rates are based off this key metric. LIBOR, prime rate, credit card rates, floating rate mortgage rates and many business loan rates are all set from the Fed funds rate. Generally speaking, when the Fed increases its Fed funds rate, banks almost immediately raise the rates charged on many of its lending products. This is the reason that higher interest rates are generally good for

banks and why bank stock prices typically rise when interest rates rise.

But the Fed does not raise rates just to help banks. Instead, it is a key tool in helping to keep the economy balanced and inflation in check. When the Fed funds rate is higher, banks' costs of funds are higher so they must charge a higher interest rate to their customers to maintain their profit margins. That means it costs more to buy a house, buy a car, buy clothes with credit card debt or build a new factory funded by debt. All of these things hurt consumer and business spending as well as job growth, which is why the president was upset about the Fed move.

However, the Fed raises rates knowing it causes some near-term pain to the economy because it hopes to avoid much greater damage in the future. One of the most damaging influences on an economy is runaway inflation. Examples of this include Germany before World War II and present-day Venezuela. High inflation can feed on itself until it is completely out of control and destroys the entire economic system. Higher interest rates, slower economic growth and a smaller money supply can bring down inflation, which is a key reason that the Fed increases rates at the first sign inflation is starting to increase.

A second reason the Fed increases rates is that higher rates enable the Fed to lower rates when the economy

is struggling to grow. Just as higher rates throttle back economic growth and spending, lowering rates often spurs growth as banks lend more at lower rates and people are more likely to borrow to fund their consumption and investment. But if rates are low to begin with, the Fed would be limited in its ability to drop rates when needed in a more urgent situation. So it is willing

to trade a slightly less robust economy today for the ability to "juice" the economy when needed in the future. ■

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



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NETWORKING

Pride Business Alliance Mixer, Cynthia Rowley, The Royal Poinciana Plaza, Palm Beach



1. Gary Cadwallader and Keil Kolner
2. Shannon Atkins and Rolando Barrero
3. Stephanie Kurl and Scott Powers
4. Vinnie Primerano and Tony D'Amico
5. Volunteers, staff and prize winners
6. Valerie Dorsey, Maria Theros and Diane Sanders
7. Michelle Romero and Julia Murphy
8. Lorin Peters and James Baxter
9. Todd Hase, Allan Reyes and Thomas Miller
10. Tom Hantzarides, Robin Williams and Shannon Atkins
11. Ron Amodio, Gary Marcus and Stacey Amodio
12. Rolando Barrero, Michael Ray and Dylan Brooks
13. Rand Hoch, Jeff Ganek and Paul Bernabeo



GAIL V. HAINES / FLORIDA WEEKLY

EARL ON CARS

An open letter to Florida car dealers: Eliminate the dealer fee

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I wrote this letter to Florida car dealers a decade ago and, so far, I've received no replies...at least from car dealers. But I've received thousands of replies from car buyers thanking me for taking a stand against the Unfair and Deceptive Trade Practice of dealer fees. I'm giving it another try.

Dear Fellow Florida Car Dealer,

I started in the retail auto business in 1968 and I have seen a lot of changes in the way we dealers sell cars and the expectations of our customers. My remarks in this column are made sincerely and with a positive intent toward you and your customers. I'm not trying to tell you how to run your business; I'm suggesting a change that will reward both you and your customers.

Every car dealer in Florida (except me) adds charges to the price of the cars he sells, variously referred to as a "dealer fee" (documentary fee, dealer prep fee, electronic filing fee, notary fee, closing fee, tag agency fee, e-filing fee). This charge is printed on your buyer's orders and is programmed into

your computers. It is regulated in many states. You charge this fee to every customer and it ranges from a few hundred dollars to several thousand. Florida law requires that you disclose in writing on the buyer's order that this charge represents profit to the dealer. Florida law also requires that you include this fee in all advertised prices. You don't usually do this, and you get around the law by limiting the number of advertised vehicles (as few as one). You also disclose only in the fine print that there is a dealer fee, but don't include in the price.

The argument that I hear from most car dealers is that the dealer fee is disclosed to the buyer on his buyer's order. But, most car buyers are totally unaware that they are paying this. Who reads all the voluminous paperwork associated with buying a car? The few who notice it assume it is an "official" fee like state sales tax or license and registration fee. Those few astute buyers who do question the fee are told that your dealership must charge this fee on every car which is not true. These astute buyers are also told that all other car dealers charge similar fees. This is almost true, but my dealership does not.

You charge this fee simply to increase the price of the car and your profit in such a manner that it is not noticed by your customer. This is just plain wrong. Dealers will admit this to me in private conversations and some will admit that



they have considered eliminating the fee as I have but are afraid of the drastic effect to their bottom line.

This "extra, unseen" profit is even better for you because you don't pay your salesmen a commission on it. That's being unfair to your employees as well as your customers.

When the rare buyer objects to the dealer fee, the right thing to do would be to decrease the quoted price of the car by the amount of the dealer fee. This would have the same net effect of removing it. The salesman won't permit this because he will lose his commission (typically 25 percent) on the decrease in his commissionable gross profit.

I don't profess to be some always perfect "holier than thou" car dealer. Although, I never did anything illegal, when I look at some of my advertising and sales tactics 20-plus years ago and more, I am not always proud. But, I have evolved as my customers have evolved. My customers' expectations, level of education, and sophistication are much higher today. Your customers are no different.

As I began treating my customers, and

employees, better I discovered that they began treating me better. Yes, I used to charge a dealer fee (\$495), and when I stopped charging it many years ago, it was scary. But I did it because I could no longer, in good conscience, mislead my customers. Just because everybody else was doing the same thing did not make it right.

My profit per car did drop by about the amount of the dealer fee when I stopped charging it. But, when my customers realized that I was now giving them a fair shake and quoting the complete out-the-door price with no "surprises" the word spread. My volume began to rise rapidly.

Sure, I was making a few hundred dollars less per car, but I was selling a lot more cars. I was, and am, selling to a lot of your former customers. My bottom line is far better than it was when I was charging a dealer fee. I'm the largest volume single point car dealer between Orlando and Coconut Creek.

Lots of people will read this letter and learn why they should buy a car from me and not you.

I'm aware that most dealers who read this will either get angry and ignore it or not have the courage to follow my lead. If you're the exception, call me at 561-358-1474. ■

Sincerely,
Earl Stewart

BEHIND THE WHEEL

Camaro is nostalgia with substance

mylesKORNBLATT

mk@autominded.com



The Chevrolet Camaro has an advantage wherever it's parked. The name has been with us for over half a century, and so it's hard to find someone who hasn't had one on their shopping list at one time. It ensures a thumbs-up from any octane-driven crowd.

While impressing strangers is a great feeling for the ego, Chevy appears to understand that there needs to be more substance than just the muscle car nostalgia. Our test convertible is optioned to be thoughtful inside and out while still providing classic V8 power.

The white paint is like a blank canvas showcasing the dark elements of the large grille, furrowed brow headlights and hood vents. The black folding roof and tinted windows pair with these for an almost two-tone appearance. It creates one of the few ragtop convertibles that looks great with the roof in place.

Opening it up to the world reveals even more attitude. There are plenty of black elements inside to continue the same appeal it had with the top in place. Now it's joined by aggressive red inserts on the leather seats, door panels and other accents. This matches the red hash marks on the fenders — a feature borrowed from the Grand Sport Corvettes.

The result is a car that's well coordinated inside and out. It's a thoughtful and personal look, but a lot of option boxes are needed for this level of con-



sideration.

Our test car was a 2SS version of the Camaro, and that's one of the most loaded packages around. It comes with a head-up display, premium audio system, wireless phone charging and heated and cooled seats (a great convertible feature.) All of this, plus all the color options creates a car approaching \$53K.

There's a refreshed car coming in 2019, so now is the time of year for good discounts. For those who think that's still a bit much for a Chevy, the Camaro convertible starts at \$32,900. Even the base ILS model is well-equipped with a touchscreen infotainment system, power front seats and a nifty automatic climate control system that doesn't take

up much precious dash space.

Power windows and a power convertible top are also standard. Few drop-tops require manual labor anymore, but it's nice to acknowledge never needing to leave the driver's seat to open the car up to the world.

As attractive as the packaging may seem, the Camaro still suffers from the typical sports car ailments. The back seat is only for small children. Also, the muscular high door line creates less glass to let light inside. Owners will get used to this in the first few days, but new passengers might feel a little claustrophobic — making for a particularly good excuse to keep the top down.

Those who opt for the lower-priced

convertible will be able to choose from a 275 horsepower 2.0-liter turbocharged four-cylinder and a 375 hp V6. But those who pay the premium for a test car like ours get a 6.2-liter V8 with 455 hp.

This motor does what a Camaro was meant to do: growl at lesser cars. The rumble is not loud enough to trigger letters from the homeowner's association, but it does give the kind of bass that instantly makes other enthusiasts pay attention.

It's worth mentioning again how many people fondly look on a classic American nameplate with a proper V8 rumble. It's a nice ego boost, especially when the convertible allows direct eye contact. But the secret is that the nostalgia is only skin deep.

The Camaro SS convertible might have the look and sound of the traditional American muscle car, but its moves are modern and European. The steering is heavy and deliberate, the throttle response is linear and predictable and the suspension has a wonderful sense of grip that doesn't even lose cornering in the wet.

It all creates a level of confidence that's usually reserved for a BMW M-series vehicle or something from Mercedes AMG. That poise makes it especially fun to enjoy the monster motor to its fullest.

If there were a BMW badge on the front, this car would be praised for keeping its German composure while offering some American muscle car snarl. The fact that it's a Camaro means it creates nostalgia in the parking lots, attracts fans with its rumble and secretly is refined for the driver. That's a pretty convincing total package. ■

REAL ESTATE



COURTESY PHOTOS

Embrace a luxury lifestyle

SPECIAL TO FLORIDA WEEKLY

Experience amazing views and gracious living in this lower penthouse residence at the Resort/Marriott at Singer Island.

The 10-foot ceilings make the living area feel open and cheerful. The accommodations include three bedrooms, 3½ baths, a gourmet kitchen with Viking appliances and beautiful granite counters.

Fall in love with the exquisite porcelain floors and more than 2,700 square feet of light and bright living space in a transitional theme. Experience ocean to Intracoastal views from every room of this luxury condominium, with stunning landscapes from the master suite, living room, dining room and family room. Take in the beauty of the Atlantic Ocean and the Intracoastal Waterway from your own private balcony. Entertain guests amid tropical ocean breezes and the alluring island-style ambiance. This spectacular residence is simply unparalleled.

The resort amenities and luxuries are at your fingertips. From the outdoor swimming pools with poolside service to the renowned restaurant and coffee bar downstairs, you'll have everything you could want or need.

The Resort/Marriott at Singer Island rises 20 stories and houses 66 private condominium residences and 239 resort units. The hotel is managed seamlessly by Marriott Resorts. The private residences at the Resort at Singer Island also are among the finest in luxury living in South Florida.

Residents have the privilege of their own amenities and services in addition to all the outstanding five-star amenities available to hotel guests. All residences are on the preferred east side of the building and feature extraordinary Atlantic Ocean and Intracoastal Waterway views and the finest interior appointments.

Treat yourself to a massage at the resort's luxury spa. Savor a delicious meal and great views at one of the three restaurants. Go for a swim in either the outdoor infinity pool or lagoon pool with a slide. Enjoy the fitness center, sauna, whirlpool, scuba diving or beach yoga. Explore area beaches from the Resort, including West Palm Beach, John D. MacArthur Beach State Park and Manatee Lagoon. Offered at \$1,799,000.

Represented by: **Walker Real Estate Group**, Jeannie Walker 561-889-6734 email - Jeannie@JWalkerGroup.com. www.WalkerRealEstateGroup.com. ■



PET TALES

Working dogs

BY KIM CAMPBELL THORNTON
Andrews McMeel Syndication

In Patagonia, the sheep are hardy, and the dogs are harder. At Cerro Negro Estancia (Black Hill Ranch), halfway between Punta Arenas and Torres del Paine National Park in Chile, sheep are managed by a team of gauchos, herding dogs and flock guardian dogs. Together, they drive the sheep from winter to summer pastures and back again, direct them through chutes into stalls to be shorn of their heavy coats, and protect them from predators.

The current reigning member of the team is Manta, a cross between a border collie and a Patagonian dog called a barbucho, also known as a Magellan sheepdog. Barbuchos are typically used with cattle, but when crossed with border collies, they make good sheepdogs.

The cross combines the cleverness and trainability of the border collie with the endurance and weather-resistant coat of the barbucho. The goal is to create a working dog with traits suited to the climate and type of livestock worked.

Breed is less important than behavior. If a dog has good working ability, he or she is brought into the gene pool.

The result, in Manta's case anyway, is a dog with the black-and-white coloring of a border collie but a wirier coat and an ability to do anything she's asked — at least as long as it doesn't require opposable thumbs or speech.

One dog can work up to 300 sheep.



Manta's wiry coat helps protect her from the wind, rain and snow of Patagonia's harsh climate.

With about 4,000 sheep on the ranch, plus some 300 head of cattle, a number of dogs stay busy. At 7 years of age, Manta is still going strong, but younger dogs are in training to take over her job. Other puppies go to neighboring estancias, where they are in high demand.

Manta doesn't work alone. She's aided by Great Pyrenees dogs who act as enforcers against the region's primary predator: the puma. The 3-year-old Great Pyrenees who greeted us at the estancia is a friendly family pet, but her relatives who guard flocks on the ranch don't take any guff from the big cats, and they aren't especially fond of people, either.

Brought up with lambs from an early

age, the 80- to 120-pound dogs are fierce protectors of their woolly charges. They work independently, and a pair of them stay in the field with flocks for days at a time. Their presence alone is often enough to deter pumas and send them packing to seek easier prey. That's good for the ranchers, the sheep and the pumas themselves, who otherwise risk being shot for killing livestock — money on the hoof.

The Great Pyrenees originated in France, where the breed was used to protect flocks from wolves. The Kusanovic family, the owners of Cerro Negro, traveled widely and became familiar with the majestic white dogs in other countries. When they needed a guardian breed for their sheep, the Great Pyrenees was a natural choice, with a weather-resistant coat that allows them to thrive in cold weather and a serious, protective nature.

Now they breed the dogs for themselves as well as selling them to other estancia owners, who appreciate the protection from puma predation. The pumas might not like it so much, but it protects them from being shot, and that's an important boost to the local economy, where puma trekking by wildlife enthusiasts is taking off.

Visitors to Patagonia can see Manta and dogs like her demonstrate their abilities on estancias that offer tours, as well as at local shearing festivals, which usually run from October to the end of January (summer in the southern hemisphere). ■

Pets of the Week



>> **Maci** is a 5-year-old, 47-pound female mixed breed dog with a sweet personality that sometimes borders on the shy side.



>> **Maggie** is a 5-year-old female cat that is quirky and loving. She has stomatitis, or inflammation in her mouth, so her tongue always sticks out a little bit.

To adopt or foster a pet

■ **The Peggy Adams Animal Rescue League**, Humane Society of the Palm Beaches, is at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at www.hspb.org. For adoption information, call 561-686-6656.



>> **Emerald** is a gray and white female with captivating emerald-colored eyes. She likes other cats, but is shy with people and likes to observe life from above.



>> **Stella** is a big, beautiful, but shy, brown tabby with loving eyes. She loves to cuddle and sleep with her humans.

To adopt or foster a pet

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

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3BR/3.5BA - \$2,385,000



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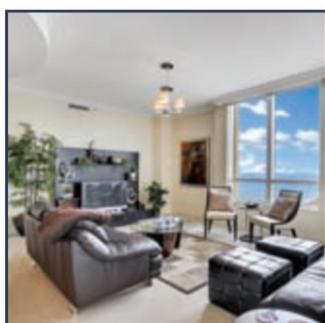


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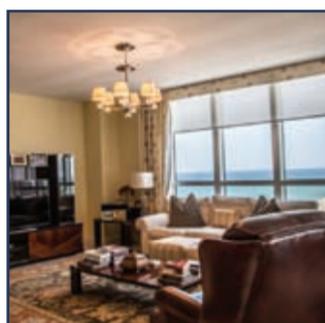
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ARTS & ENTERTAINMENT

WEEK OF OCTOBER 4-10, 2018

WWW.FLORIDAWEEKLY.COM

SECTION B



KRISTIN PAVLIK, "HOG'S HEAVEN"

HAPPENINGS



COURTESY PHOTO

Screen on the Green will feature "Coco" at 6 p.m. Oct. 12.

CityPlace plans family fun at Fall Fest

BY JANIS FONTAINE

pbnews@floridaweekly.com

Once a month, CityPlace in West Palm Beach hosts a special event just for families. In October, the TGIFamily series kicks off with a Fall Festival that's 5:30-10:30 p.m. Friday, Oct. 5. Free entertainment and autumn-themed activities are planned, including a performance by Miss Amy, a young children's musical entertainer who will take the stage from 6 to 6:45 p.m. A hands-on, Earth-friendly activity is planned by Palm Beach Farmyards and Quantum House will host a pumpkin ring toss. Lisa Kaw will lead a Halloween mask decorating activity, and the South Florida Science Center will be making nitrogen ice cream. Face-painting and balloon artistry are planned, and live music starts at 7 p.m. For more information, visit www.cityplace.com/tgifamily-fridays.

Rock & Ride at Copper Blues

The fifth annual Rock & Ride will leave from the Hurricane Grill in Palm Beach Gardens at noon Saturday, Oct. 6. The 100-mile police escorted motorcycle ride will finish at Copper Blues for the Battle of the Bands event which begins at 5 p.m. Tickets are \$35 online and include a T-shirt, admission to the Battle of the Bands and one free drink and appetizers. Additional passengers are \$25. All proceeds benefit United Way. For more information or tickets, visit www.cityplace.com/rockandride.

"Coco" on the big screen

Screen on the Green, families' favorite free al fresco movie night, will screen "Coco" at 6 p.m. Oct. 12 on the Great Lawn at the West Palm Beach

SEE FEST, B6 ►

Play with your food

Cultural Council show explores an art-you-can-eat buffet

BY GRETEL SARMIENTO
Florida Weekly Correspondent

PLAY WITH YOUR FOOD, SAID NO PARENT. Ever. Despite the sound parental advice, 21 grown-ups set out to do precisely that in a curious exhibit that offers fabric Italian sausages and porcelain ice cream cones.

SEE FOOD, B6 ►

Symphonic Band set for 58th season

FLORIDA WEEKLY STAFF

Fifty-eight is great.

So says the Symphonic Band of the Palm Beaches, which has announced its 58th season.

The series of 10 concerts is designed to showcase the talent and musical maturity of an ensemble that performs a wide variety of music, from classical and jazz to marches and Broadway hits.

"The organization has reached a pin-

nacle of excellence and dedication to the craft of musical performance. Our membership includes extremely talented professional and amateur musicians, and we are planning a full season of memorable concerts that you won't want to miss," Music Director Mark Humphreys said in a statement.

Besides its cultural offerings, the band has a strong philanthropic mission: The not-for-profit group recently added \$38,000 to the growing total of \$661,943 it

has awarded in the form of scholarships, grants and musical instruments to local students and schools.

The 2018-2019 concert series includes:

"The Russians Are Coming!" — 7:30 p.m. Oct. 20, Eissey Campus Theatre, and 7:30 p.m. Oct. 27, Duncan Theatre. The Symphonic Band's 58th season opens with a definitive bang: bombastic overtures by Tchaikovsky and Shostakovich,

SEE BAND, B6 ►

COLLECTOR'S CORNER

Early phonograph cranks out sounds of the past



scott SIMMONS

ssimmons@floridaweekly.com

The day we visited the Edison Home was a hot one.

It was 1973 and I was 10 years old and I was on a fourth grade field trip.

I remember the sweat pouring down our faces as the school buses dropped us off near the huge banyan tree that shades the museum and laboratory.

The buses, like our classrooms at Orange River Elementary School, were not air-conditioned, and we longed for a breeze as we bumped and we bounced along Palm Beach Boulevard, past the motels, big houses and royal palm trees to downtown Fort Myers, before making the turn onto McGregor Boulevard and exiting the bus.

For me, the Edison estate was a place of mystery.

The houses were on one side of McGregor, and the only parts you could see were the rooftops — hedges of croton and aralia and banks of the exotic shrubs and trees Thomas Edison had planted all but hid the views of the houses from the street.

The buildings are quite visible from the road today, but back then, you literally had to lean over the white picket fences to see anything more. The hurricanes of 2004, 2005 and 2017 cleared

all that vegetation.

Edison's laboratory and museum were across the street, and that's where tours started.

In the 1970s, many of the docents had been lab assistants to Edison himself, those lads of the teens and the '20s now old men themselves.

We checked out the laboratory, where his lab coat hung just as he left it, then moved to the museum, where his cars and his inventions were on display, including phonographs, their painted Morning Glory horns offering a symphony of pinks and blues that stood in stark contrast to the low-fidelity scratches and squawks that came from the early recordings.

At another display, I remember there being a large lightbulb.

"You can press this button and light up the entire room," the docent told us.

I lingered at the display, all set to push the button, but was chastised by another docent to stay with my group. I guess that hadn't been an invitation.

My mother, grandmother and I often returned to the Edison Home and neighboring Henry Ford estate at Christmas to see the decorations.

But it was 30 years before I returned to the museum portion of the property, to hear a holiday musical performance that included my niece and nephew.

I looked — the phonographs were still there — so was the lightbulb.

That time, I was not tempted to touch. ■

THE FIND:

A Victor VV-50 portable phonograph

Seen: DejaVu Estate Liquidators, 4086 PGA Blvd., Palm Beach Gardens; 561-225-1950 or www.dejavuostateliquidators.com.

The Price: \$150

The Skinny: Thomas Edison's creation in 1877 of a marketable phonograph was transformative — for the first time, you could record and keep a copy of the sounds of people's voices.

Early recordings were primitive — the sounds of thin, ghostly voices and tinny instruments arise from the scratches and surface noise of those first cylinder records.

Little had changed in recording techniques by 1921, the year Victor first marketed this VV-50 portable phonograph — singers and instrumentalists performed in front of a recording horn. There was no way to regulate the sound, other than by moving toward or away from the recording horn. Records became more true to sound in the late 1920s, with the advent of electrical recording processes that used microphones.

This player was the Walkman or iPod of its day. You could take this phonograph with you on picnics or easily move it around the house, and tuck it out of the way.



The wood case is pretty, and the phonograph still gives a thrill with the shrill sounds of the past.

Don't forget:

The West Palm Beach Antiques Festival — Early buyer is noon-5 p.m. Oct. 5. Regular show hours are 9 a.m.-5 p.m. Oct. 6 and 10 a.m.-4:30 p.m. Oct. 7. It's at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Cost: \$8 adults, \$7 seniors, \$10 for early buyer and \$10 for two-day admission. Info: 941-697-7475 or www.wpbf.com. ■

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Cultural Council announces grants to 13 organizations

The Cultural Council of Palm Beach County has recommended funding to 13 small and emerging organizations in Palm Beach County for fiscal year 2018-19 — the first of two cycles.

The recommendations were approved at the Cultural Council's board of directors meeting on Wednesday, Sept. 26.

"The Cultural Development

Fund supports a diversity of arts and cultural programming focused on children's education and cultural heritage in The Palm Beaches," Jan Rodusky, the council's chief grants officer, said in a statement. "These programs advance cultural opportunities for children and youth and create opportunities for Palm Beach County residents to experience innovative cultural programs. The council is honored to help these organizations grow through our grants program."

The Cultural Development Fund for Small or Emerging Cultural Organizations is an annual grant program open to nonprofit cultural organizations with operating revenues of at least \$25,000. It is funded through ad valorem tax and is one of several public grant programs the council manages on behalf of the Palm Beach County Board of County Commissioners. The council also manages several private grants for philanthropists with a desire to support individual artists.



Grant award amounts are based on the organizations' budget size, grant application score and the funding available. A panel of Cultural Council board members and community volunteers

reviews and scores grant applications based on excellence and impact.

The fiscal year 2018-19 Cultural Development Fund grantees include:

■ Aequalis Inc. d/b/a The Core

Ensemble

■ Arts Dance Generation Inc.

■ Blue Planet International Explorers Bazaar & Writers Room

■ Boynton Cultural Centre Inc. d/b/a Schoolhouse Children's Museum & Learning Center

■ Caribbean-American for Community Involvement in Florida Inc.

■ Center for Creative Education

■ The Chamber Music Society of Palm Beach, Inc.

■ The Children's Museum Inc. of Boca Raton

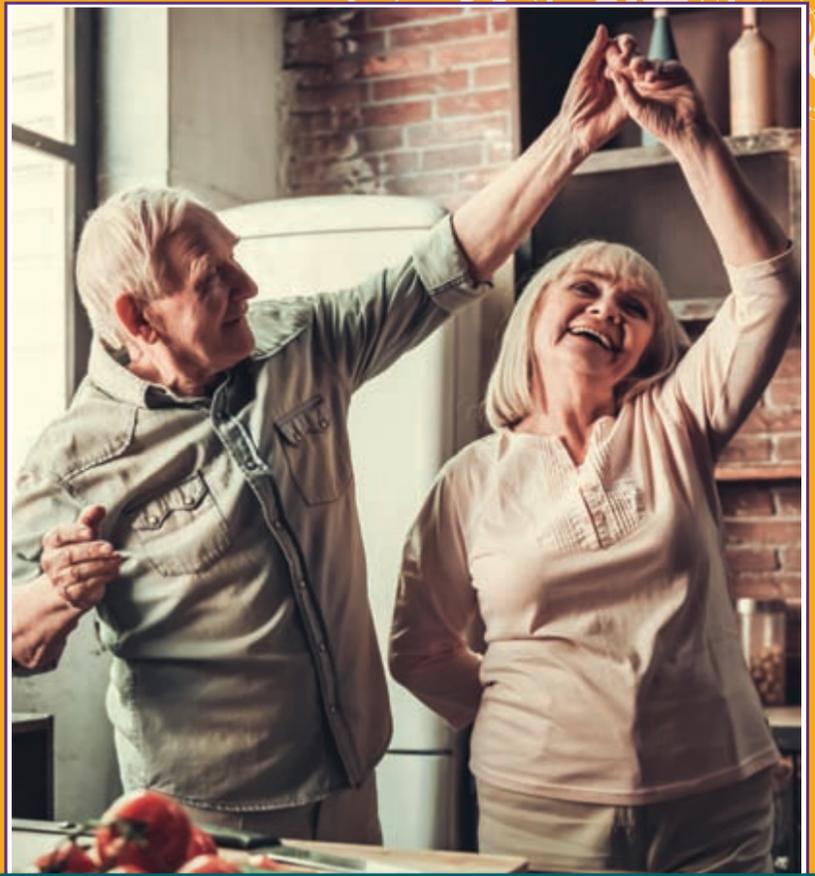
■ The Friends of Sandoway House Nature Center, d/b/a Sandoway Discovery Center

■ The Masterworks Chorus of the Palm Beaches Inc.

■ Milagro Foundation Inc. d/b/a Milagro Center

■ Street Beat Inc.

■ VSA Florida Inc. d/b/a Arts4All Florida — Palm Beach County ■



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CALENDAR

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

THURSDAY 10/4

The Church Mouse has reopened — 10 a.m. to 5 p.m. Monday-Saturday, Church of Bethesda-by-the-Sea, 378 S. County Road, Palm Beach. Resale shop of designer clothing and furniture with proceeds benefiting local charities and communities. 561-383-1157 or 561-853-0962.

Holiday Harvest 2018 — 1-8 p.m. Oct. 5 and 9 a.m.-2 p.m. Oct. 6, Boca Raton Community Center, 150 Crawford Blvd., Boca Raton. Southern Handcraft Society Boca Raton Chapter's fall show. www.shsboca.com.

Palm Health Foundation Train the Brain Series — Lectures are free, but reservations are required. Info: www.PalmHealthFoundation.org or 561-833-6333.

■ **Better Brain Health: Combat the Side-Effects of Cancer Treatment** — 5:30-6:30 p.m. Oct. 4, Raso Education Center on Jupiter Medical Center's Campus, 1266 S. Old Dixie Highway, Jupiter. Tools to tackle treatment. Registration is required at jupitermed.com/events or 561-263-2628 or 561-263-2234.

■ **Sleep and Brain Health - A Vital Connection** — 1:30-3 p.m. Oct. 11, Raso Education Center on Jupiter Medical Center's Campus, 1266 S. Old Dixie Highway, Jupiter. Registration is required at www.jupitermed.com/events or 561-263-2628 or 561-263-2234.

Music in the Courtyard — 5-7 p.m. Thursdays, in the Courtyard at Royal Poinciana Plaza, 340 Royal Poinciana Way, Palm Beach. Local artists. Bring a blanket or find a seat on the patio. www.theroyalpoincianaplaza.com.

Clematis by Night and Antique and Flea Market — 6-9 p.m. Thursdays, the Great Lawn at the Waterfront, Flagler Drive and Clematis Street, West Palm Beach. Free music, vendors, food and drink. The market takes place under the trellises along S. Clematis St. with antiques and crafts, including jewelry, clothes and decorative items. 561-822-2222 or www.clematisbynight.net.

■ **Oct. 4:** Big Al & the Heavyweights (Gumbo, Blues, Zydeco). Info: www.bigal.net

"SHOTS!" — 7 p.m. Oct. 4-6, The Burt Reynolds Institute, 115 U.S. 1, North Palm Beach. Written by 18-year-old Christina Karabiyik, this original play offers an in-depth look at gun violence at the moment a crime is committed. Tickets: \$20, includes a \$10 gift certificate toward dinner at Entre Nous Bistro. 561-743-9955.

Wind Down with Wine and Music — 7 p.m. Thursdays, Midici, 218 Clematis St., West Palm Beach. Live music and 50 percent of wine and bubbles. 561-619-5299 or www.visitmymidici.com

"The Luck of Roaring Camp" — Oct. 4-13, Fern St. Theater, 500 Fern St., West Palm Beach. A newly revised, folk-style musical adapted by The Lubben Brothers from Bret Harte's short story. Recommended for age 12 and older. Email Joshua Lubben at thelubbenbrothers@gmail.com or call 305-962-1754.

FRIDAY 10/5

Singer Island Green & Artisan Market — 10 a.m. to 2 p.m. Friday, Sing-

er Island's Ocean Walk, 2401 Ocean Ave. along scenic A1A. Pet and kid friendly. www.singerislandgreenmarket.com.

Palm Beach Home & Design Show — Oct. 5-7, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. The three-day event features more than 100 companies with everything from appliances to window treatments. homeanddesignshow.com.

Jazz in the Gardens — 5:30-8:30 p.m. Fridays at the PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. Tickets: \$15, includes hors d'oeuvres. Beer and wine for sale. Sponsors, food and merchandise vendors and jazz performers wanted. Info: southfloridafinearts.org

The PBA Symphony — 7:30 p.m. Oct. 5, DeSantis Family Chapel, 300 Okeechobee Blvd., West Palm Beach. Program: "Ravel's Bolero and Other Dances." Armando Alicandu and Sara Rogers, winners of the student concerto competition, will be featured. Email ticket_central@pba.edu or 561-803-2970.

40th Anniversary Screening of "Battlestar Galactica" — 9:45 p.m. Oct. 5, The Movies of Lake Worth, 7380 Lake Worth Road, Lake Worth. A special one-night only screening of the 1978 science fiction classic. Activities start at 8 p.m. in the lobby and outside the theater. The first 100 people get a Battlestar Galactica comic book. Advance tickets are \$8 in advance at www.cosmictimes.net/bsg-40.html. Ask about the VIP package for \$25. Info: 561-601-4137; www.cosmictimes.net.

SATURDAY 10/6

DejaVu Auction — 1 p.m. Oct. 6, 4078 PGA Blvd., Palm Beach Gardens. Featuring Burt Reynolds' Smith & Wesson from "B.L. Stryker." Free, but bring a jar of peanut butter for the food bank. www.dejavuestateliiquidators.com

"Pink Floyd: Dark Side of the Moon" — Oct. 6, Old School Square, 51 N. Swinton Ave., Delray Beach. Part of MusicWorks Classic Albums Live series where bands perform a classic album live. Tickets: \$75 VIP (exclusive lounge area, three drink tickets, reserved seating area); \$40 premium (reserved seating area, chairs are provided); \$20 general. Bring your own chair or rent one for \$5. www.OldSchool-Square.org or 561-243-7922, Ext. 1.

"Commentaries: The Art and Text of American Culture" — Opening reception 7-9 p.m. Oct. 6, The Box Gallery, 811 Belvedere Road, West Palm Beach. Featuring the work of Roland Ruocco, David Wilson, Gisela Pferdekamper, and Rolando Chang Barro. Donation requested at the door. www.TheBoxGallery.info.

"Hard Bodies" — Contemporary Japanese Lacquer Sculpture" — Through March 31 at the Morikami Museum and Japanese Gardens, Delray Beach. The 36 works by 16 artists comprise the first-ever comprehensive exhibition of contemporary Japanese lacquer sculpture. 561-495-0233 or visit www.morikami.org

SUNDAY 10/7

Julian Marley headlines the sixth Annual Dirty River Reggae Fest — Oct. 7, Guanabanas, 960 N. A1A, Jupiter. An all-day, all-ages show featuring reggae royalty, beginning at 12:30 p.m. Also performing: SOW-FLO, Moska Project, Artikal Sound System, Spred the Dub, and Roots Shake-down. Freed. www.Guanabanas.com; 561-747-8878.

WEDNESDAY 10/10

Pizza with a Purpose — 11 a.m. - 10 p.m. Oct. 10, California Pizza Kitchen at the Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens. Tell your server you're there to support the Pet Cottage, a Jupiter nonprofit. www.ThePetCottage.Org or 561-818-5025.

Former U.S. Ambassador Robert M. Orr speaks — 2 p.m. Oct. 10, PBSC Public Safety Conference Center, PSD 108, Lake Worth campus, 4200 Congress Ave. The U.S. presidential elections will be the topic. Free, but RSVP at www.palmbeachstate.edu/Honors/SpeakerSeries.

A behind-the-scenes tour Fright Nights — 7, 8, 9 and 10 p.m. Oct. 10, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. See the four haunts on this 45-minute tour. \$10, includes a free promotional ticket for Preview Night on Oct. 11, which includes one free admission and one haunted house. www.myfrightnights.com

Hope Floats Kids' Dock Fishing Tournament & Family Night — 4 p.m. Oct. 14, Sailfish Club of Florida, 1338 N. Lake Way, Palm Beach. A fishing tournament for kids on the docks, cocktail party for adults, followed by a family barbecue dinner and a dive-in movie for children. Proceeds will be used to restore four fishing villages damaged by Hurricane Matthew in October 2016. Tickets: \$150 per adult, \$50 age 12 and younger, \$360 per family (includes two adults and two children 12 and younger). Call Marni at 888-404-4248 or email at marniw@foodforthepeople.com.

LOOKING AHEAD

Clematis by Night — 6-9 p.m. Thursday, West Palm Beach Waterfront, West Palm Beach. Music, food, drink, vendors and a sunset. Info: www.clematisbynight.net.

■ **Oct. 11:** Luis Manuel & The Charambo Band (Latin)

■ **Oct. 18:** Jason K & Signal Fire (Rock)

■ **Oct. 25:** Clematis By Fright

Fright Nights — Oct. 11-13, 18-20 and 25-27, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Admission: \$30 and includes 30 fright tickets, online at www.myfrightnights.com

Fall Dance Festival — 8 p.m. Oct. 13, the Great Big Room at Memorial Presbyterian Church, 1300 S. Olive Avenue, West Palm Beach. Demetrius Klein Dance Company/DIY Projects performs. Pay what you can. 561-758-8726; dkdcdiy-projects@gmail.com

"Florida Made" Authors Book Talk — 3-5 p.m. Oct. 14, Flagler Museum, 1 Whitehall Way, Palm Beach. This book-signing and reception for "Florida Made: The 25 Most Important Figures Who Shaped the State" features authors former U.S. Senator George S. LeMieux and Laura E. Mize. \$25, benefits The LeMieux Center for Public Policy at PBAU. Includes museum admission 561-655-2833; www.flaglermuseum.us.

Bob Woodward — 7 p.m. Oct. 15, Coral Springs Center for the Arts, 2855 Coral Springs Drive. The Pulitzer Prize-winning journalist and author will speak about "The State of the American Presidency." Tickets start at \$39.50. 954-344-5990; www.TheCenterCS.com.

AT THE COLONY

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

Copeland Davis — 5:30-9:30 p.m. Sunday, Wednesday, Friday and Saturday in the restaurant

Lenny Zinni — 5:30-9:30 p.m. Monday and Thursday in the restaurant

Jazz Trio — 5:30-9:30 p.m. Tuesday in the restaurant

Motown Fridays — 9:30 p.m.-12:30 a.m. Royal Room

Live Jazz Brunch — 11 a.m.-3 p.m. Sunday.

AT THE EISSEY

The Eissey Theatre, Palm Beach State College, 3160 PGA Blvd., Palm Beach Gardens. 561-207-5900; www.eisseycampus-theatre.org.

The Art Gallery at Eissey Campus — 9 a.m.-5 p.m. Monday-Friday on the first floor of the BB building. 561-207-5015.

■ **Misoo Filan: "Inner Struggle Fought on Paper"** — Through Oct. 19.

AT THE KELSEY

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

Dark Tranquility, Amorphis, Moonspell, Omnium Gatherum — 5 p.m. Oct. 6. Metal music.

Electric Six with Jeremy & The Harlequins — 8 p.m. Oct. 10. Rock.

"The Rocky Horror Picture Show" — 7 p.m. Oct. 13.

AT THE KRAVIS

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

"My Way: A Musical Tribute to Frank Sinatra" — Through Oct. 14.

AT THE LIGHTHOUSE

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way, Jupiter. 561-747-8380, Ext. 101; www.jupiterlighthouse.org. As a Blue Star Museum, active duty U.S. military and their immediate families, are admitted free year-round. Valid U.S. military ID required.

Hike Through History — 8:30-10:30 a.m. the first Saturday of the month. Discover the topography and natural history of Jupiter's National Conservation Lands historic site on this 2-mile trek. Free, but RSVP required. Next hike: October.

Twilight Yoga at the Light — 7-8 p.m. Oct. 8, 15, 22 and 29. By donation. Mary Veal, Kula Yoga Shala, leads.

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

Affion Crockett — Oct. 5-7

Ghost Killers: Proof of Concept Short Film Showing — Oct. 9

CALENDAR

Joey Coco Diaz — Oct. 11-13

AT THE JCC

Mandel Jewish Community Center, 5221 Hood Road, Palm Beach Gardens, FL 33418; 561-712-5200; www.jconline.com.

Ongoing events:

■ **Duplicate Bridge** — 12:30-3:30 p.m. Tuesday- Friday. \$9 members; \$11 guests.

■ **Timely Topics Discussion Group** — 10:30 a.m.-noon Mondays. Lively discussions. \$4 drop-in fee.

■ **Bridge: Advanced Beginner's Supervised Play** — 9:30-11:30 a.m. Mondays. \$13 members; \$15 guests

■ **Bridge: Intermediate Class** — 9:30-11:30 a.m. and 1:30-3:30 p.m. Thursdays. \$13 members; \$15 guests

■ **Bridge: Advanced Beginner's Supervised Play** — 9:30 a.m.-11:30 a.m. Fridays, \$13 members; \$15 guests

■ **Pickleball** — 9-11 a.m. Monday and Wednesday beginning Oct. 3. \$20/month or \$5 drop in fee.

Special events:

■ **Perseverance Adult Basketball League** — The 18-and-older league plays 6-9 p.m. through Nov. 14. The 40-and-older league plays through Nov. 15. \$650 per team.

AT THE MALTZ

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

Single Tickets — \$60 and up — on sale now to the following shows:

■ **"Steel Magnolias"** — Oct. 28 - Nov. 11

■ **"Beauty and the Beast"** — Nov. 27 - Dec. 16

■ **"Mamma Mia!"** — Jan. 15 - Feb. 10

■ **"A Doll's House, Part 2"** — Feb. 24-March 10

■ **"West Side Story"** — March 26-April 14

ONGOING

■ **Ann Norton Sculpture Gardens** — 253 Barcelona Road, West Palm Beach. 561-832-5328; www.ansg.org

■ **Exhibition:** David Kapp: Crossing the Grid — Oct. 3-Dec. 9. Oil paintings.

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

■ **"New & Now: Work By New Faculty"** — Through Oct. 12.

■ **Armory's New Artists-in-Residence Gallery Talk and Walk** — Oct. 6.

■ **CityPlace** — 700 S. Rosemary Ave., West Palm Beach. 561-366-1000; www.cityplace.com

■ **\$5 Ticket Tuesdays at AMC Theaters CityPlace** — AMC Stubs members (it's free to join) entitle you to \$5 tickets on Tuesdays. With the \$5 Cameo Combo get a savory popcorn and Coca-Cola, it's a cheap date day or night at \$10.

■ **Live music: 7:30 - 10:30 p.m.** Friday and Saturday.

■ **TGIFamily: Fall Festival** — 5:30-10:30 p.m. Oct. 5. Miss Amy, young children's musical entertainer plays from 6-6:45 p.m., Earth-friendly activity by Palm Beach Farmyards, a pumpkin ring toss, Halloween mask decorating, nitrogen ice cream, face-painting and balloon artistry. www.cityplace.com/tgifamily-fridays.

■ **Rock & Ride at Copper Blues** — Noon-4:30 p.m. Oct. 6. A 100-mile police-escorted motorcycle ride starts at Hurricane Grill in Palm Beach Gardens and will finish at Copper Blues for the Battle of the Bands event at 5 p.m. Tickets: \$35 online and include a T-shirt, admission to the Battle of the Bands, one free drink and appetizers. Additional passengers pay \$25. Benefits United Way. www.cityplace.com/rockandride.

■ **Afrique Ngozi Dance & Drum Children's Company Performance** — 6-6:30 p.m. Oct. 7. www.cityplace.com/afriquedancedrumcompany.

■ **Wellness Wednesday: Cross-Fit Squad** — 6:30-7:30 p.m. Oct. 10. Led by CrossFit Squad owner and head coach Derek Bishop. Free. www.cityplace.com/wellnesswednesdaycrossfitsquad.

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

■ **Friday Night Live** — 6-9 p.m. Fridays. Family-friendly concerts in Centre Court

■ **The Historical Society of Palm Beach County and The Richard And Pat Johnson History Museum** — 300 N. Dixie Highway, West Palm Beach. 561-832-4164; www.hspbc.org

■ **Remembering the Storm of '28** — Through Jan. 5.

■ **Building Palm Beach: Addison Mizner's Legacy** — Through June.

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

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

■ **MNM Theatre Company** — Performs at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. 561-832-7469; www.kravis.org or www.MNMTheatre.org.

■ **"My Way: A Musical Tribute to Frank Sinatra"** — Through Oct. 14.

■ **"Grease"** — Nov. 16-Dec. 2

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

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

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

■ **The 22nd Annual Members' Juried Exhibition 2018** — Through Oct. 27. The exhibition, which is open to photographers worldwide, both amateur and professional, encourages experimental and mixed techniques. 561-253-2600;



#SFL TOP PICKS

10.7

■ **Julian Marley at Dirty River Reggae Fest** — Oct. 7, Guanabanas, 960 N. A1A, Jupiter. www.Guanabanas.com; 561-747-8878



#FREAKY

#HAHAHA

■ **A behind-the-scenes tour Fright Nights** — 7, 8, 9 and 10 p.m. Oct. 10, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. www.myfrightnights.com

■ **Affion Crockett** — Oct. 5-7, Palm Beach Improv at CityPlace. 561-833-1812; www.palmbeachimprov.com



#METAL

■ **Dark Tranquillity, Amorphis, Moonspell, Omnium Gatherum** — 5 p.m. Oct. 6. Metal music, Kelsey Theater. 561-328-7481; www.thekelseytheater.com or www.holdmyticket.com

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

AREA MARKETS

■ **Singer Island Green & Artisan Market** — 10 a.m. to 2 p.m. Friday, Singer Island's Ocean Walk, 2401 Ocean Ave. along scenic A1A. Pet and kid friendly. www.singerislandgreenmarket.com.

■ **West Palm Beach GreenMarket** — 9 a.m.-1 p.m. Saturdays through April 20, West Palm Beach Waterfront. Parking is free in the Evernia/Olive garage during market hours and for a flat fee of \$5 in the Banyan/Olive garage before 1 p.m. Info: www.wpb.org/GreenMarket or call 561-822-1515.

■ **Lake Worth High School Flea Market** — 5 a.m.-3 p.m. Saturdays and Sundays, year-round, under the Interstate 95 overpass on Lake Worth Road. Info: 561-439-1539.

■ **The Palm Beach Gardens GreenMarket reopens** — 8 a.m.-1 p.m. Oct. 7, City Hall Municipal Complex, 10500 N. Military Trail. More than 140 vendors. Through May 5. No pets. 561-630-1100.

■ **Tiki Market** — 4-7 p.m. Sundays at the Rivera Beach Marina, 190 E. 13th St., West Palm Beach. Food and Caribbean merchandise. Vendors wanted. 561-844-3408.

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

■ **Waterfront Market at Harbourside Place** — 10 a.m.-3 p.m. Sundays along the waterfront. Yoga class at 10 a.m. Live music at noon. Free parking during the market. Pet friendly. harbourside-place.com ■

FOOD

From page 1

And that's just the start.

Running through Nov. 3, "Play with Your Food!" features 54 pieces never exhibited before. Acrylic and oil paintings, commercial photography, ceramics, mixed media and sculptures are among the offerings. Where to begin the gallery walk depends on whether one is a dessert-first kind of person. If Anita Lovitt's swinging cured meats — hanging near the entrance — don't get you salivating, head toward the back and Ray Gross's gigantic soft-serve cones will. They are among the local artists the Cultural Council of Palm Beach County handpicked earlier this year for the food-themed show.

"I always wanted to do a show on food, but wanted to have a creative twist on it," said curator Nichole Hickey, who serves as manager of artist services at the council.

In "Chocolate Dip, Cherry Dip" and "Double Dip Chocolate," Mr. Gross nails that spongy characteristic of the "Safe-T" milk-and-honey cone, down to the sandy color and honeycomb design. The tallest of these voluptuous pillars stands at 32 inches. All three flaunt a glossy smooth surface and that hyper-realistic trait for which Mr. Gross is known. One appears to defy gravity with its swirled bright crown while another slowly precipitates like a flavored creamy avalanche. Mr. Gross is one of two artists behind the GARALA interactive art studio and gallery that opened in CityPlace in February.

A witty 2013 piece titled "Sausages" recreates the ambience of local Italian delis in New York City, where Ms. Lovitt lived for many years. She made the sausages out of pantyhose and bubble wrap and painted the casings — traditionally made from intestine — to look as real as possible. To leave no doubt as to their authenticity, the cylinders sport designed labels reading



RAY GROSS, "CHERRY DIP CONE"

"La Traviata," "La Buona Risata" and "Salamo La Principessa."

"There is so much to love about food," said Ms. Lovitt, who began her professional career as an artist for Hallmark in Kansas City and is behind the "Dancing Pineapples" mural in Delray Beach. "The packaging, the sensory delight, the design of a meal, a menu, a garden, all appeal to me as a designer and just a plain old eater. Let's face it, you can't eat a painting."

Many of the works on view look as though one could eat, drink or play with them.

Take Karla Walter's "Sardinhas Frescas," which depicts more than two dozen ceramic fish swimming upstream to escape the shiny plate holding five of their friends on ice. To say they look frightened is an understatement. The last sardine in line, which is also the closest to the distressed nightstand holding the plate, looks equally frozen in fear.

An unmade bed of noodles with tossed



BARRY SEIDMAN, "MILK BOTTLES"

pillows representing carrots, radishes and veggies recreates a delicious supersized broth in "Conversation Pieces: Noodles for the Soul." The giant fabric bowl created by Marilyn Walter and Gillian Kennedy Wright invites viewers to interact with the artwork and explore their personal connection with food as well as its cultural significance. The artistic duo even provides fabric chop sticks.

"Food has such an impact on us, fostering community but very connected to our human soul and memory," Ms. Wright said. "By having direct contact with the food, whether we are cutting, slicing, the simmering of the broth, everyone is contributing to the communal event or memory."

Which bring us to "Breeding Discontent," an installation featuring two rows of "calcium fortified enriched" classic white bread near expiration. The iconic Wonder Bread bags lead up to a pedestal holding two molding slices inside a glass cake dome. Directly below this altar of sorts lies a brick path that culminates with a beautifully baked, and presumably fresh, loaf. The colorful wrapping featuring the fantastic nutritious attribute is certain to trigger sandwich-eating and lunchbox memories.

"The commodification of bread, such as Wonder Bread, with its colorful dots on the packaging, and the boasting of its

in the know

'Play with your Food!'

- >> **When:** Through Nov. 3
- >> **Where:** Cultural Council of Palm Beach County, 601 Lake Ave., downtown Lake Worth.
- >> **Cost:** Free
- >> **Info:** 561-471-2901 or www.palmbeach-culture.com.

wonder properties gives me pause," said Nazaré Feliciano. The Portuguese-born artist first came up with the concept for the piece in 2001 while studying at the School of Art Institute of Chicago. The 2018 work is the latest in a sequence of versions that evolved and changed titles through the years.

"This piece for me is about the ending of a ritual of breaking bread — good wholesome home baked bread — or sharing bread together as a family or a group of friends," Ms. Feliciano said.

Shattering passive observation in favor of concrete action or reaction is a recurrent theme throughout "Play with your Food!" It is everywhere, from the timing of its September opening — which perfectly complements a food drive organized by the council in response to hunger action month — to the careful selection of the works displayed.

A bite of advice? Chew them slowly, one piece at a time. ■

FEST

From page 1

Waterfront, Clematis Street at Flagler Drive, West Palm Beach. The film is rated PG. Don't miss the free kids' activities before the movie. Bring your own chairs or blankets and pack some snacks or pick them up downtown. For more information, call 561-822-2222 or visit www.wpb.org.

Best of the Brits

Sunday on the Waterfront, the free concerts held the third Sunday of the month from 4 to 7 p.m. at the Meyer Amphitheatre, is a salute to the best of '80s British bands — Queen and Def Leppard — on Oct. 21. It's like getting two performances packed into one night. Bring your own chairs and snacks. For information, call 561-822-2222 or visit www.wpb.org.

Oktoberfest WP-style

The Oktoberfest West Palm Beer Crawl takes place Oct. 6 at two breweries and two bars in West Palm Beach. The fun begins at 1 p.m. at Ookapow Brewing, 1142 Old Okeechobee Road, West Palm Beach. The times for the other venues (Copper Blues, West Palm Brewery and Wine Vault and the Butcher Shop Beer Garden & Grill) will be announced upon your arrival. Each venue will offer specials and/or free beer and food. Come dressed in Oktoberfest attire for a chance to win raffle prizes at each location. After the Crawl, the party continues with drink specials at Voltaire WPB. Get tickets (\$8.01) at www.eventbrite.com/e/oktoberfest-west-palm-beach-crawl-tickets-49316891149.

Pumpkins, painting and pints

Explore your artistic side and paint along with Lauren of Paint with Sensei at Pumpkins & Pints Paint Party at 3 p.m. Sunday, Oct. 7, at O'Shea's Pub, 531 Clematis St., West Palm Beach. With her



PHOTO BY JULIETA CERVANTES

Betty Buckley stars in the national tour of "Hello, Dolly!" which comes to the Kravis Center from Dec. 11-16.

guidance you'll create a fall keepsake decoration just in time for Halloween. The cost is \$30, which includes your pumpkin and painting supplies. For information, call 561-833-3865.

Buckley in "Dolly"

Betty Buckley, Broadway legend and Tony winner, will play the iconic title role in the first national touring produc-

tion of "Hello, Dolly," on stage at the Kravis Center in West Palm Beach on Dec. 11-16. Adam Feldman of Time Out New York said, "It is, in a word, perfection." Single tickets, which start at \$28, are on sale now at www.kravis.org, 561-832-7469; at the box office at 701 Okeechobee Blvd., West Palm Beach.

Halloween starts early

The newest Halloween party is the Purge Crawl, which takes places on Oct. 20, with a five-venue, five-drink, five-party bash in downtown West Palm Beach.

General admission gets you five complimentary cocktails, a commemorative cup, and entry in raffles and giveaways.

The night will wrap with a costume contest with a \$1,000 cash prize for best individual and group costumes. Registration starts at Roxy's Pub from 6 to 9 p.m.

Other venues include Banko Cantino, the Loft, the Pawn Shop and Sketch. Get tickets at www.eventbrite.com. ■

BAND

From page 1

dances of Glière and more.

"Winter Dance Party" — 7:30 p.m. Nov. 30, Eisse Campus Theatre, and 7:30 p.m. Dec. 8, Duncan Theatre. A festive presentation of seasonal favorites.

"Swing+Salsa, Two!" — 7:30 p.m. Feb. 2, Eisse Campus Theatre, and 7:30 p.m. Feb. 9, Duncan Theatre. Jazz sax and vocalist Greg Diaz and the Symphonic Band's rhythm section perform special arrangements.

"Screen and Stage Spectacular" — 7:30 p.m. March 23, Eisse Campus Theatre, and 7:30 p.m. March 30, Duncan The-

atre. The 37th annual Rudolph von Unruh Memorial Scholarship Concert featuring vocalists and memorable themes from the history of screen and stage.

"Rhapsody in Red, White and Blue" — 7:30 p.m. May 13, Duncan Theatre, and 7:30 p.m. May 17, Eisse Campus Theatre. Pianist David Crohan presents Gershwin's "Rhapsody in Blue" and more of his famously attractive stylizations, helping the Symphonic Band mark the highlights of America's most stirring patriotic and sentimental themes.

Reserve seats by calling 561-832-3115, or purchase tickets online at www.SymphonicBand.org. Season tickets for a series of five concerts at either the Eisse Campus Theatre in Palm Beach Gardens or Duncan Theatre in Lake Worth are available at a special rate. ■



COURTESY PHOTO

The Symphonic Band of the Palm Beaches will play concerts this season at the Eisse Campus Theatre and at the Duncan Theatre, both on Palm Beach State College campuses.

LATEST FILMS

'Night School'

danHUDAK

punchdrunkmovies.com



★★½

Is it worth \$10? Yes

Kevin Hart is annoying. This is not to mean he isn't funny — he certainly is, at times. Rather, he is annoying in an irksome manner: His pipsqueak screen persona, coupled with his occasionally high-pitched exasperation, can be grating. You want to smack him just as much as you laugh at or with him. But you do laugh, and that's the key.

In "Night School," he plays another in his long line of immature man-boys. Teddy is a high school dropout attending night school in an effort to earn his G.E.D. First and foremost, bravo to Teddy for going. Secondly, bravo to Teddy for having a beautiful girlfriend Lisa (Megalyne Echikunwoke), who he acknowledges is out of his league, and for wanting to better himself to be the man he feels she deserves. Certainly his intentions are pure — even if the lies he tells Lisa to cover up what he's doing are misguided.

The premise is standard, and director Malcolm D. Lee's ("Girls Trip") execution of the humor in the opening half hour is poor. Jokes are too absurd to be funny (Teddy makes a scene while taking the SATs, blows up his workplace, pulls a ruse in a fancy restaurant to avoid the bill, etc.), which is likely the byproduct of having six (!) credited writers on the script. These moments are Hart-centric, and a slog to sit through.

When Teddy starts attending night school the film becomes more of an ensemble piece, and everyone — especially Hart — shines. He's joined in school by homemaker mom Theresa (Mary Lynn Rajsuk), defiant teenager Mila (Annie Winters), dumb-as-nails Big Mac (Rob Riggle), aspiring singer Luis (Al Madrigal), a convict (Jacob Batalon) who attends via Skype and a guy (Romany Malco) who believes robots are taking over the world. Their caring but hardnosed teacher is Carrie (Tiffany Haddish), and the antagonist is Stewart (Taran Killam), a former classmate of Teddy's who's now a principal with an unhealthy affection for Morgan Freeman's "Lean On Me."

All the aforementioned cast members

have moments to shine, and for the most part succeed.

Attempting to steal the midterm exam is humorous, as is Rajsuk's Theresa trying to flirt for the first time in 20 years. Why Haddish's Carrie had to beat the crap out of Teddy to help him learn remains unclear, but darn if it didn't add some welcome physical humor. Malco has some timely one-liners, and Riggle's character is so stupid it's endearing.

One issue, though, is the timing of the dialogue after big laughs. Usually



filmmakers know when laughs are coming and allow the movie to breathe for a few seconds afterward before someone speaks. This enables audiences to enjoy the moment and not miss anything. Inexplicably, Lee repeatedly has dialogue quickly follow a big laugh, and the words are impossible to hear with the crowd still roaring. It's a good problem to have, but it shouldn't be a problem at all.

"Night School" is ultimately a harmless amusement, an otherwise forgettable date night pic good for a laugh or two — and little more. ■

in the know

Tiffany Haddish recently won an **Emmy** for hosting "Saturday Night Live."

PUZZLE ANSWERS

O	L	D	S	A	L	T	C	A	R	O	B	S	A	C	C	E	S	S		
P	O	O	H	B	A	H	I	B	E	R	I	A	L	E	A	D	T	O		
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3. Patti Travis and Bill Meyer
4. Adrianna Harris, Jessica Willoughby, Gina Masilotti, Melissa Lazarchick, Shannon Perez, Brooke McKernan, Maura McGuire, Carin Acree
5. Wayne Perry, Maura McGuire, Melissa Lazarchick, Gina Masilotti, Jessica Willoughby and Erin Devlin
6. Don McKenna, Jana McKenna, Mary Lynn Magar and Bob Stillely
7. Danielle Navarro, Cameo Rankin and Eva Aranyos
8. Chip Mills, Jennilee Perez, Christine Mastroianni, Jessica Mastroianni and Nicholas Mastroianni
9. Jeanmarie Burigo Connor and Nika Ciarfella
10. Marty Dytrych, Liv Vesely and Joe Taddeo
11. Kelly Rooney and Joe Rooney
12. Louise Brien Felcyn
13. Christy Sheehan and Kimberly Villa



TRACEY BENSON PHOTOGRAPHY

PUZZLES

CRADLE OF THE MIDEAST

- ACROSS**
- 1 Seasoned seaman, slangily
 - 8 Trees that yield a chocolate substitute
 - 14 Entry
 - 20 Muckety-muck
 - 21 Spain and Portugal, collectively
 - 22 Produce
 - 23 Start of a riddle
 - 25 There since birth
 - 26 Zeta-theta link
 - 27 Longtime name in gas
 - 28 "Three Lives" ('50s TV series)
 - 30 Sri Lankan language
 - 31 Light unit
 - 33 Toothpaste-endorsing org.
 - 34 Big and oafish
 - 36 Riddle, part 2
 - 42 Small Aussie parakeet
 - 43 Variety
 - 44 Small, for short
 - 45 Ending for baron
 - 46 Plum lookalikes
 - 47 Diner cuppa
 - 49 Warms up, as leftovers
 - 53 Riddle, part 3
 - 59 Fighter with Fidel
 - 60 Neighbor of Egypt
 - 61 Retina locale
 - 62 Italian farewells
 - 63 Baseballer Aparicio
 - 65 Clark of "Hee Haw"
 - 66 Original "Hee Haw" ailer
 - 67 A fire sign
 - 70 Threaded fastener
 - 71 Pop singer Goulding
 - 73 Gunky stuff
 - 74 Perm parlor
 - 76 Ph.D. hopeful's test
 - 77 Riddle, part 4
 - 83 Pedal for a floor loom
 - 84 Domain
 - 85 11 hours before noon
 - 87 Lead-in to Magnon
 - 90 "I'm — loss"
 - 91 Bikini part
 - 92 Acting unthinkingly, informally
 - 93 End of the riddle
 - 100 Cry to a good dog
 - 101 18-wheeler
 - 102 "I — Say No" (show tune)
 - 103 Cheese-topped chip
 - 104 Help to do wrong
 - 106 Jiggly treat
 - 108 Real heel
 - 111 Torino locale
 - 113 Riddle's answer
 - 117 Stop, legally
 - 118 "Seinfeld" gal pal
 - 119 Via E! or FX
 - 120 Will concern
 - 121 Prison boss
 - 122 Harmful flies
- DOWN**
- 1 Boy of Mayberry
 - 2 Place for hay
 - 3 "A little dab'll —"
 - 4 "Shameless" ailer, briefly
 - 5 Aladdin's monkey pal
 - 6 City in southeast Wyoming
 - 7 Big Apple opera house
 - 8 U.S. prez, militarily
 - 9 "Peek- —, I see you!"
 - 10 Kylo — (Darth Vader's grandson)
 - 11 Tater Tots brand
 - 12 Sch. locale with microscopes
 - 13 In no danger
 - 14 Foe of Spinks
 - 15 NBA position
 - 16 Rabbinical mysticism
 - 17 Descendant of Esau
 - 18 Bowling aims
 - 19 Having only daughters
 - 24 Skye of films
 - 29 Bad boy in "The Omen"
 - 31 Raced in a certain sled
 - 32 Big IT company
 - 33 Biblical boat
 - 35 Eastern rice dish
 - 36 Half a fl. oz.
 - 37 Hilo dance
 - 38 "Modern Family" actor
 - 39 Sofa type
 - 40 Writer Paton
 - 41 Grades K-12
 - 47 Karate relative
 - 48 "Scram!"
 - 49 Light units
 - 50 Vegas-to-Denver dir.
 - 51 Tic- — -toe board
 - 52 Peeved state
 - 54 "— Mutual Friend"
 - 55 Football's Tim
 - 56 Ensarl
 - 57 Concert itinerary detail
 - 58 Bone: Prefix
 - 59 Musical score symbol
 - 64 River buildup
 - 66 Manage
 - 67 Not on time
 - 68 Lioness in "Born Free"
 - 69 "How lovely!"
 - 72 ENT part
 - 73 Hair stiffener
 - 74 Singer McLachlan
 - 75 Political columnist
 - 76 Peggy
 - 78 1954-77 defense gp.
 - 79 Sister of Tito Jackson
 - 80 Hard cheese
 - 81 Singer Corey
 - 82 Not fitting
 - 86 Labor Day, e.g.: Abbr.
 - 87 Whodunit poison stuff
 - 88 Goes around
 - 89 One rejected
 - 91 Seek alms
 - 92 Cincinnati citizens, say
 - 94 Mexican bloom
 - 95 Certain reed player
 - 96 Ring of the iris
 - 97 Build-it-yourself auto
 - 98 Rights group, for short
 - 99 Actor Lyle or actress Nita
 - 105 Percolate
 - 106 Mrs. Jetson
 - 107 Idyllic garden
 - 108 Airport waiters?
 - 109 Fit for the job
 - 110 Hair colorers
 - 112 Gobbled up
 - 114 Lad or lass
 - 115 Road hazard
 - 116 Belfry animal

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◀ SEE ANSWERS, B7

HOROSCOPES

LIBRA (September 23 to October 22) Watch that you don't take on more than you can handle when offering to help someone with a personal problem. There might be hidden factors you weren't told about.

SCORPIO (October 23 to November 21) That major move you've been considering could come sooner than you expected. Make sure you'll be ready with the facts you need when decision time arrives.

SAGITTARIUS (November 22 to December 21) Languishing relationships can benefit from a break in routine. Get out of the rut and do something new and maybe more than a little unpredictable this weekend.

CAPRICORN (December 22 to January 19) Although you don't think of yourself as a role model, your ability to make a tough decision at this time sets an example for others, who admire your courage.

AQUARIUS (January 20 to February 18) You need to move any

remaining obstacles out of your way before you can take on a new challenge. Seek advice from close, trusted friends and associates.

PISCES (February 19 to March 20) A career change appears increasingly likely to happen during the next several weeks. It's a good idea to start now to prepare, so you can be ready to make the move when the time comes.

ARIES (March 21 to April 19) A bid for you to step in and take over an incomplete project could prove to be an excellent learning experience that you can take with you when a new opportunity opens up.

TAURUS (April 20 to May 20) It's a good time for socializing, both with family and with friends. Your aspects also favor developing new relationships, any or all of which might become especially meaningful.

GEMINI (May 21 to June 20) Your success in handling a recent difficult situation prompts a request to

handle another workplace problem. But this is one you should accept only if you get all of the relevant facts.

CANCER (June 21 to July 22) New information about a past decision raises some unsettling questions from an old friend. Be prepared to explain your actions fully and, if necessary, make adjustments.

LEO (July 23 to August 22) This is not a good time to share personal secrets, even with someone you've known for a long while. What you don't reveal now won't come back to haunt you later.

VIRGO (August 23 to September 22) Pushing yourself to meet a project deadline is admirable. But be careful not to leave out important details in your rush to complete your work and send it off.

BORN THIS WEEK: You have a strong sense of obligation to justice, which inspires others to follow your example and do the right thing. ■

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

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◀ SEE ANSWERS, B7

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VINO

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jerryGREENFIELD

vino@floridaweekly.com



If you're ever in the enviable position of introducing a newbie to the world of wine, what would you pour? For me, the answer is Zinfandel, because this particular varietal makes big, luscious wines that are easy to understand and easy to enjoy.

To get a bit more insight, I interviewed Charlie Tsegeletos, the winemaker at Cline Vineyards. It is famous for its "Ancient Vines" Zin, so-called because many vines in California were planted decades ago and are still producing quality fruit to this day. As we've noted in past columns, Zinfandel grapes (which came originally from Croatia through Italy) were planted as far back as the Gold Rush era. They were shipped all over the country to home winemakers during Prohibition.

"There was usually wine on the dinner table when I was growing up," he recalls. "And, of course, I did a little unauthorized tasting at family gatherings. But when I had a taste of a 1976 Charles Krug Reserve Cabernet Sauvignon I thought, 'I'd really like to make something like that.'"

Everyone has their own wine epiphany: the bottle that does it for us. Ours was a Sauvignon Blanc from New Zea-

land. But whatever it was for Tsegeletos, he became an apprentice winemaker right out of college almost 40 years ago.

He sums up his approach the way most winemakers do: striving for balance. "The grapes will give you the fruit and herbal flavors. As winemakers we choose the sugar level and alcohol potential. We decide on the levels of oak and tannin, and none of these components should stick out — the flavors and aromas need to be in balance with one another."

The other good news is that the majority of Zinfandels are very attractively priced and are made to be enjoyed right away. We don't lay them down in the cellar for years and years, because the characteristic rich fruit flavors tend to fade over time. According to Tsegeletos, "We make reserve, single vineyard wines and wines for everyday drinking. You can find a very enjoyable bottle of Cline Wine for under \$20. I think if you make a delicious wine and price it right folks are going to find it."

And, of course, I had to ask my standard question about wine ratings. "If the rating is coming from a critic or publication that you have learned to trust, then they

can be a great help in guiding you to a wine you'll like," says Tsegeletos. He notes that consumers should do a lot of exploring on their own. "I'm the best judge of what I like in a wine."

Since there has been a lot of interest in so-called "vegan" wines, Tsegeletos follows through. "We farm using no synthetic fertilizers or herbicides or pesticides of any kind. We do not 'fine' our wines or use enzymes so all our wines are vegan friendly."

Here's a Cline discovery, and some others to seek out and enjoy.

Cline Ancient Vines Zinfandel Contra Costa County 2016 (\$15) - Cline produced this wine from 100-year-old vines. Dense ruby color, and a bit medium-bodied for a Zin, with bold flavors of strawberry. Oak aging adds more complexity, including layers of coffee and chocolate. WW 91.

Dutton Goldfield Zinfandel Russian River Valley Morelli Lane Vineyard 2015 (\$50) - Like most Zinfandels, this wine is dense on the nose and palate, but not heavy. Extracted flavors of blackberry and



raspberry, along with cocoa and caramel from the 15 months it spent in French oak. Big stuff and great to pair with barbecue. WW 90.

Scheid Vineyards Sauvignon Blanc Monterey 2017 (\$22) - A sweeter version of this grape, round on the palate with harmonious flavors of peach and tangerine. The acidity balances the somewhat rich fruit flavors and provides a long, satisfying finish. WW 89.

Ask the Wine Whisperer

Q: Everyone says wine is such an "ancient" beverage. How old is it, really?
— Suzanne C., Naples

A: Pieces of pottery jars with traces of wine in them have been discovered in the Zagros Mountains in Iran and dated back over 5,400 years. It's also known that wine was made in the Nile delta as early as 3,000 BC. Thousands of wine jars have been found in the tombs of the Pharaohs. ■

— Jerry Greenfield is *The Wine Whisperer*. He is creative director of Greenfield Media & Marketing, and Wine director of the international Direct Cellars wine club. His new book, "Ask the Wine Whisperer," has just been published. Read his other writings at www.winewhisperer.com.

COCKTAILS IN PARADISE

How will legalization of cannabis affect the spirits industry?

alexKOWTUN

alex@monkeyinparadise.com,
Instagram: @successful

The legalization of cannabis is a growing reality and is rapidly gaining traction globally. People often ask me how this change will affect the spirits industry and my company, Monkey In Paradise Vodka. How big will the cannabis market get?

As cannabis becomes more mainstream and legalized for an increasing number of uses, the spirits industry as a whole will see impacts and shifts.

Right now, the cannabis industry is massive and is projected to be even more so within the next eight to 10 years.

According to Forbes Magazine, spending on legal cannabis worldwide is expected to hit \$57 billion by 2027. The adult-use (recreational) market will comprise 67 percent of the spending, with medical marijuana the remaining 33 percent. The largest group of cannabis buyers is expected to be in North America, going from \$9.2 billion in 2017 to \$47.3 billion a decade later. The largest growth spread, however, is predicted in markets abroad, from \$52 million spent in 2017 to a projected \$2.5 billion in 2027.

Will spirits customers turn away from spirits and turn to cannabis for relaxation and recreation? A delicious drink with a meal, a heartfelt toast, or clicking cheers may be impossible without a favorite spirits beverage. However,



research suggests that the legalization of cannabis will take at least some consumers away from spirits.

On a positive note, I believe that this new challenge for spirits companies will force some great innovations, such as offering higher quality products at more competitive price points, as well as getting creative with the product offerings and brand positioning. More time and resources may be needed for spirits companies to truly connect with

consumers via social media marketing. An overall shift to more authentic content that resonates with their consumers will be crucial.

As we researched, crafted, launched and marketed Monkey In Paradise Vodka, I realized cannabis is a formidable competitor, especially in the millennial generation, one of our main target markets.

For this reason, we devoted a considerable amount of time, energy, and

resources to developing the highest quality product we could, adjusting the price point, building our social media following to create an exciting and loyal community of consumers, and connecting the brand to a lifestyle or movement, the "Get Social" movement. These steps and others on the way will be more important than ever for us at Monkey In Paradise Vodka. Other spirits companies that seek to maintain market share in this increasingly competitive space will also need strategies to be more than just a drink, and somehow capture "the spirit" of their spirits.

Several large spirits companies are experimenting with cannabis-infused drinks. Some brands are even investing in the cannabis space.

The five largest spirits brands currently investing in the cannabis industry are Constellation Brands, Heineken, Molson Coors Brewing, Alcanna, and Great Northern Distributors. These investments prove that spirits companies are aware of, are closely watching and are attempting to make the most of the current trends and capitalize on the future of both industries.

Will cannabis be legalized in all states medically and recreationally?

The great debates and processes will be fascinating to watch over the next decade. As always, the changing marketplace will force companies in related spaces to deliver their best quality and most effective innovations and offer consumers new and exciting ways to enjoy good friends, family and great times.

We can toast to that.

Cheers! ■

FLORIDA WEEKLY CUISINE

Modern American grill opening in Wellington

janNORRIS

jan@jannorris.com



When they return this Thanksgiving, the horsey set out in Wellington will find a modern American grill open in the former **The Grille Fashion Cuisine** space.

Opening soon is the **Trophy Room**, created by **T&R Restaurant Group**, a division of a developer's brand of the same initials.

Joe Bonavita Jr. is executive chef, and has been developing recipes throughout the summer for the new 175-seat restaurant and lounge. He's most recently from the **Tideline Ocean Resort & Spa** in Palm Beach.

Prime meats and seafoods are a focal point of sorts, with menu changes and specials to reflect seasons and availability of local food.

With a nod to time spent at **50 Ocean** in Delray Beach, the chef's seafood extends to a chilled bar with items such as farmed oysters sourced from Duxbury Bay off Massachusetts, and a daily ceviche.

Prime ribeye tomahawk steaks will be dry-aged; a daily butcher's cut is on the list.

Other items go global mash-up: duck confit tacos, Kurobuta pork ribs with a hoisin BBQ sauce, kimchee fried rice, cobia "al pastor" — with tequila, pineapple, hearts of palm, and pistachios. Brick-oven pizza and pastas are on the menu.

The chef is planning to source vegetables locally and is working with Swank Farm in Loxahatchee for now.

Chef's signature dessert of marshmallows and graham crackers with salted caramel ice cream is morphing into a seasonal offering, such as pumpkin pinwheel cake with toasted marshmallow ice cream, a brown butter-hazelnut crumble with caramel and toffee bites.

The restaurant will switch over to a lounge in later evenings, as the former occupant also did.

A bar, patio, lounge and private room are part of the restaurant's design. It's expected to open this month. Meal service will be dinner only, daily from 4 p.m.

The Trophy Room is at 12300 Southshore Blvd., Wellington. Phone 561-793-2110; www.trophyroomrestaurant.com.

Steakhouse opens market

No time to rest on its laurels, so the **Okeechobee Steakhouse** launched a



COURTESY PHOTO

Okeechobee Steakhouse has opened the nearby **Okeechobee Prime Meat Market**.

retail shop next door.

The **Okeechobee Prime Meat Market** gives diners a chance to take home meats cut on the premises to their own grills.

It has been in the works for a few years, but acquiring buildings and permits for it took more time than expected.

But it's beyond prime steaks, veal, lamb, pork and seafood that are sold — the shop carries a group of prepared meals, including 13 soups, 18 sides, and more than 30 entrees, including foods not on the steakhouse's menu.

Meatballs and marinara, veggie lasagna, pork bowtie pasta, honey chicken kebabs, chicken pot pie and pot roast are just some of the items listed. Wines and desserts, including the candied bacon-peanut butter pie, are available.

From the store, they also offer catering and yacht provisioning.

Along with the meat market, the restaurant also debuted a new private event space across the street from the market.

Okeechobee Prime Meat Market is at 1959 Wabasso Drive, West Palm Beach. Phone 561-570-7200; www.1947gourmetmeatmarket.com.

In brief

Oktoberfests bring out special beers all around South Florida at the breweries. But food is on the menu, too, at **The Butcher Shop** in downtown West Palm Beach, where veal schnitzel with spaetzle, beer-braised pork shank, sausages, pretzels and streudel are served every Friday to Sunday through Oct. 14. ... The cooks at the **American German Club** in Lantana are busy working on the foods for the club's 45th annual Oktoberfest fling — the largest in Florida. The two weekends this year are Oct. 12-14, and Oct. 19-21. Info and tickets are at www.americangermanclub.org. ... **The Mellow Mushroom** has closed its **CityPlace** spot, which faced Okeechobee Boulevard. ■



COURTESY PHOTO

In addition to its downstairs dining room, Tapeo has an upstairs space that can be used for private functions.

JAN'S THREE FOR 3 Private rooms

A trio worth noting

1 TAPEO

118 S. Clematis St., West Palm Beach. 561-514-0811; www.tapeotapas.com.

The full upstairs room can be used for parties here, and the menu is well fitted for pleasing crowds. Paellas, of course, could feed a hungry group of 40, but tapas suitable for passing as cocktail foods are also on the menu. House-made sangria makes for a festive crowd drink, though a full bar can accommodate everyone's choice. You can dance, too: There's room for a musical combo as well.

2 EVO

150 N. U.S. Highway 1, Jupiter. 561-745-2444; www.evoitalian.com.

In the restaurant's contemporary redesign, chef/owner Erik Pettersen has created a private room off the main dining room and behind sliding "barn" doors. The elegant room with impressive chandelier can accommodate 25. Special menus can be designed for the group as well as those diners with dietary restrictions — the chef is known for accommodating diners.



COURTESY PHOTO

3 LIMONCELLO

2000 PGA Blvd., Palm Beach Gardens. 561-622-7200; www.limoncellopbg.com.

The owners have had the private banquet room in the works for some time, but it's now ready for guests. An entrance completely separate from the restaurant gives this large room an advantage over others where privacy is desired, say, for "special" guests. Both the space, and the classy Italian menu can be configured for parties through their special group reservations. Space for musicians is here, as well. ■

— Jan Norris, jnorris@floridaweekly.com

THE DISH: Highlights from local menus

The Dish: Pecan-crusted Chicken and Apple Salad

The Place: Berry Fresh Cafe, 3755 Military Trail, Jupiter. Phone 561-407-5693; www.berryfreshcafe.com

The Price: \$12.99

The Details: Some days, especially hot ones, you just want a salad as a meal. This fills the bill deliciously. A crisp chicken-breast half, coated with a finely ground pecan crust, sits atop a sizeable salad. Field greens, Craisins, crisp green beans, green apple slices and a generous crumble of goat cheese are tossed, and

served with a bacon-Dijon mustard vinaigrette, touched with honey. A dollop of melon salsa tops it all. It's served with a square of sweet, cakey cornbread. We were really hungry, but ended up taking half home — the portions here are large. Service is friendly in the casual cafe, but it's among the more popular spots in Jupiter on weekends, largely for its choices. Expect a wait; go very early or late toward closing. ■

— Jan Norris, jnorris@floridaweekly.com



JAN NORRIS / FLORIDA WEEKLY

Thursday, October 11, 5:30-8 PM Palm Beach Outlets



Join Us When West Palm Beach's Favorite Community Football Night Returns Brimming with Fan-Loving Food, Fun and Fundraising!

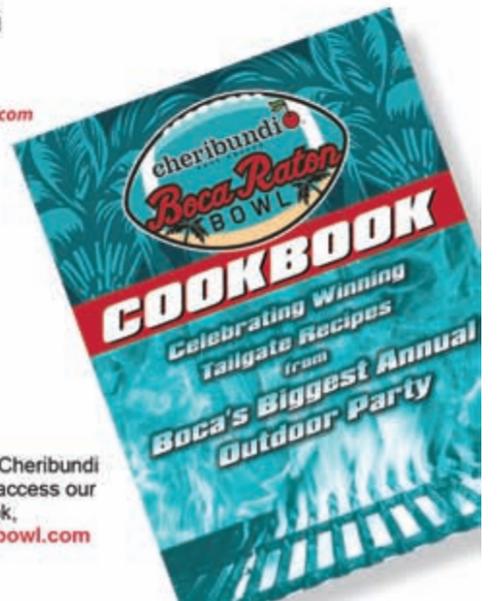
The friendly competition is heating up for "what's cooking" at the Cheribundi Tart Cherry Boca Raton Bowl's third annual Built Ford Tough Tailgate Party. That is when the area's top restaurant and hotel chefs and mixologists will once again 'bring on' their creative tailgate-inspired A-game to rally bowl fans and raise funds to support Spirit of Giving's annual year-end Holiday Gift Drive.

\$25 Gets You Unlimited Samplings and Drinks!
Casual College Football "Tailgate Attire" Encouraged.

The event benefits Cheribundi Tart Cherry Boca Raton Bowl charity partner:



and its annual holiday gift drive that spreads magic to 4,000+ in Palm Beach County
Tickets on sale at www.SpiritOfGivingNetwork.com



To keep current on the fifth annual Cheribundi Tart Cherry Boca Raton Bowl and access our inaugural tailgate cookbook, visit www.cheribundibocaratonbowl.com

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PALM BEACH COUNTY'S GUIDE TO THE ARTS

Arts Preview is the insider's guide to the highlights of the season's best performing and fine arts events.

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ACT I

PUB DATE: November 8, 2018

SPACE DEADLINE: Wednesday, October 31st @ 12pm

ADS THAT NEED PROOFS: Wednesday, October 31st @ 12pm

CAMERA READY ADS: Friday, November 2nd @ 10am

ACT II

PUB DATE: February 7, 2019

SPACE DEADLINE: Wednesday, January 30th @ 12pm

ADS THAT NEED PROOFS: Wednesday, January 30th @ 12pm

CAMERA READY ADS: Friday, February 1st @ 10am

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Good Samaritan
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Community CONNECTIONS



Smoking Cessation Classes

Six, one-hour sessions beginning Tuesday, October 9 and continues every Tuesday through Nov. 13 from 5:30-6:30pm

Good Samaritan Medical Center
1309 N Flagler Dr., West Palm Beach

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



Healthy Heart Screenings

Thursday, October 11th @ 8-11am

Good Samaritan Medical Center – HR Classroom
1309 N Flagler Dr., West Palm Beach

Free Blood Pressure, Cholesterol, Glucose, Triglycerides, LDL, HDL and Cardiac Risk Assessment



Breast Cancer Awareness Lunch and Learn

Wednesday, October 17th @ 11:30am

Courtney Hoey, MD – Breast Radiologist

St. John Missionary Baptist Church – Multipurpose Center
2006 A.E. Isaacs Avenue, West Palm Beach

Please join us for a lunch and learn featuring Dr. Courtney Hoey. She will be speaking on the latest advancements in Breast Cancer treatments and research.



Breast Cancer Fighter Luncheon

Thursday, October 25th @ Noon

Good Samaritan Medical Center – Atrium
1309 N Flagler Dr., West Palm Beach

Join us at Good Samaritan Medical Center as we celebrate and honor the lives of breast cancer survivors in honor of Breast Cancer Awareness Month. This event is open to anyone who has been touched by the cancer experience. A luncheon, along with a presentation of survivor stories will begin at noon. Reservations are required.

RESERVATIONS ARE REQUIRED, CALL
844.790.7315



1309 N Flagler Dr | West Palm Beach | GoodSamaritanMC.com

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THE PALM BEACH HOME REDEFINED

INSPIRED *by nature*

Beauty runs deep
at Excentricities

Page 4



COURTESY PHOTO

GETAWAY

Pamper yourself
at PGA National.
Page 7 ▶



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highlights the best
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EDITOR'S PICKS

Naturally beautiful

Autumn is finally here.

Yes, it's still hotter than the proverbial blazes, but the shadows are growing longer, and if you stand still, you can feel the slightest of chills in the evening breeze.



SIMMONS

For Floridians, it marks the end of our slowest season and the beginning of what we hope will be cooler seasons that bustle with fun activities, happy holidays and gatherings and visits with those we love the most.

It's also an opportunity to embrace the natural beauty that is the Sunshine State.

With that in mind, here are a few decorative finds that draw on nature. Enjoy!

— Scott Simmons,
Editor



You've got a frond

This palm fire screen incorporates offers a Florida look that would be at home in either a contemporary or a traditional space. The design of this antique gold-tone aluminum piece is inspired by the beauty of a windswept palm tree and the perfectly imperfect shapes of woven palm leaves and fallen fronds.

And each piece in this collection undergoes a series of casting, filing, welding and oxidation techniques. Because of the handwork involved, each piece is like a work of art.

Available for \$1,750 at Hive, 424 Palm St., West Palm Beach; 561-514-0322 or www.hivepalmbeach.com.

Pitcher this!

I love Michael Aram's constant nods to nature — his lily pad tables are among my favorites.

This 78-ounce botanical leaf pitcher of nickel-plate and stainless steel, can be dressed up or down — use it on your holiday table, or use it for every day — it's refined enough for formal occasions, but not too fussy for a simple family meal.

It's priced at \$270 at Hamilton Jewelers, with stores in Palm Beach and at The Gardens Mall in Palm Beach Gardens. www.hamiltonjewelers.com.



Hop to it!

It's easy to see why American architect Marc Phiffer's bench is dubbed "Grasshopper."

Crafted of tiger maple in the late 20th century, this bench's angular, streamlined form would be as at home in a midcentury environment as in a contemporary space. Heck, it's so clean and classic it would look equally at home with antiques.

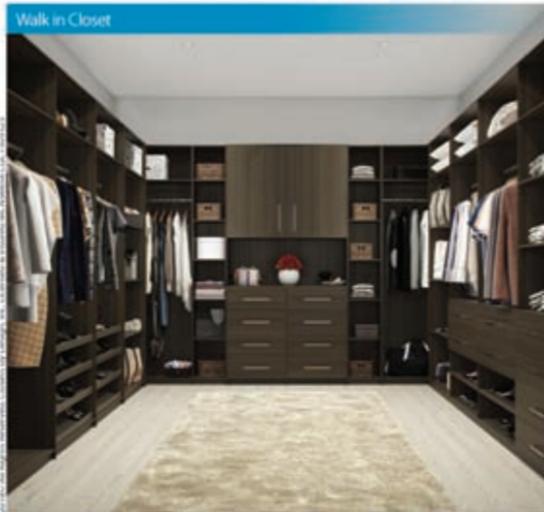
It's priced at \$2,200 at Iconic Snob Galleries, 2800 S. Dixie Highway, West Palm Beach; 561-832-2801 or www.iconicsnobgalleries.com. ■



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All reports published September 2018 based on data available at the end of August 2018. Reports pulled from Trendgraphix, Inc.



SCOTT SIMMONS / FLORIDA WEEKLY



COURTESY PHOTO

COURTESY PHOTO

INSPIRED *by nature*

The aura of the ocean glows from Excentricities' showrooms

BY AMY WOODS
awoods@floridaweekly.com

Pelicans, seahorses, turtles and other marine-inspired art and accessories fill nearly every nook and cranny of the nearly 8,000-square-foot space. Paintings featuring alluring beach scenes and pretty palm trees hang from the walls. The various vignettes set up throughout the store have a clear coastal connection via their blue-and-white themes.

"We do have the blue-and-white customer," general manager Jose Salleras said. "Being in Florida, it's apropos."

It's apropos, and it's abundant. The pillows and throws scattered about the chairs and sofas come in all manner of blue and white, with little bits of green here and there.

The vibe is casual and cottagey, yet eye-catchingly elegant.

"It's all about bringing the ocean into the house," Mr. Salleras said. "Bright, with lots of light — that's what customers want."

The store's logo is blue and white, as well, and a mural on the exterior of the Old Dixie Highway building depicts two large windows framed by blue-and-white drapery that puddles beside a bench.

"This is a happy store," designer Christine Berge said. "It's happy because of the colors. We really do have a big following of customers that come back because of the atmosphere."

The following began in 1986, when Excentricities opened its flagship store to serve customers with winter homes in South Florida. The business since has expanded to locations in Delray Beach, which opened in 2003, West Palm Beach, which opened in 2012, and Jupiter, which opened in 2014. In addition to home accents and furnishings, the inventory includes lighting, rugs and statement pieces not found anywhere else, along with candles, gifts, jewelry and tableware. It also offers select upholstery from CR Laine and Lee Industries.

"I think that we're a very unique store," Ms. Berge said. "We're not a corporate chain. We're not big box. We offer a mix of items mostly made in the USA."

Excentricities' signature seller is its floral arrangements. Made of fine fabric, they range in price from \$15 to \$750.

Sky Moman puts all of them together. She also bounces between each of the four stores delivering her fabulous florals and also handles the company's online and social-

media marketing.

"Each store looks completely different," Ms. Moman said, noting that the Delray Beach store has bolder, more vibrant colors, the West Palm Beach store has a transitional to modern schematic, and the Jupiter store is nautical in nature. "But each store is dog-friendly. There's typically always a dog to greet you at the door."

Expect to see owner Carol Adams' Goldendoodle, Dixie, who greets everyone.

Excentricities also is known for selling works by local artists, notably Carol Korpi McKinley, who paints large-scale acrylics on canvas. Sarah LaPierre's palette-knife paintings soon will be on display.

"Everybody wants something local," Ms. Moman said.

The woman who makes all that happen is Ms. Adams, a former runway model for Gucci who also helped curate the Italian brand's storefront on Palm Beach.

"I sort of segued that into a design business," said Ms. Adams, a native of North Palm Beach. "My philosophy is, whatever the customer likes, we try to make them as happy as possible. We also suggest things. We ask them what they prefer. After many meetings, we perhaps say, 'This might be better.'"

She said almost every project starts with space planning.

"Scale is key," Ms. Adams said. "Everything must begin there."

Cashmere, linen and velvet — and dogs — are among her favorite things.

She sources merchandise from hundreds of vendors across the country and goes to trade shows every year in Atlanta and New York City. This month, she will attend the High Point Market in North Carolina.

"I buy what I think will work," said Ms. Adams.

And it helps that she has passion. "I love what I do," Ms. Adams said. "We work with both designers and homeowners, and we're very service-oriented. Many of my clients have become friends. That makes me feel wonderful." ■

— Excentricities has four stores in Palm Beach County — Jupiter, North Palm Beach, West Palm Beach and Delray Beach. www.excentricities.com.



COURTESY PHOTO



SCOTT SIMMONS / FLORIDA WEEKLY



COURTESY PHOTOS
ABOVE: Excentricities owner Carol Adams has a passion for gardening. RIGHT: Carol Adams' Goldendoodle, Dixie, is a frequent visitor to the stores.





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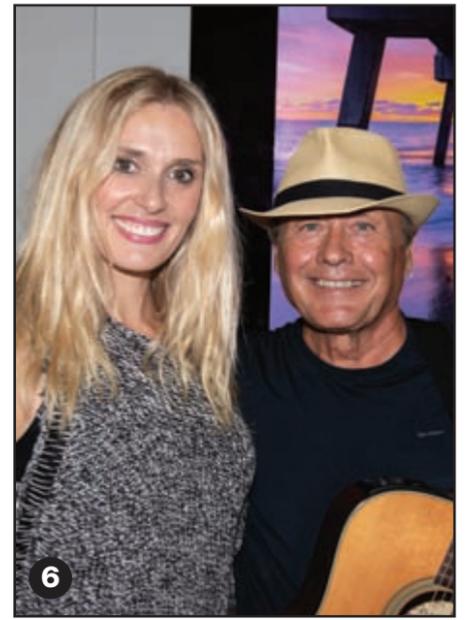
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Party with a Purpose, Knight Gallery, Juno Beach



Tillie Knight, Bob Hamilton and Jessica Moscato

- 1. Donna Hamilton and Chris Banker
- 2. Donna Hamilton, Kay Braden and Cynthia Ortiz
- 3. Jeri Glynn, Don Grasso and Donna Hamilton
- 4. Laurine Hamilton and Brion Weinberg
- 5. Lorrain Lovegren, Frank Jiffo and Lauren Op't-holt
- 6. Monique McCall and Donny Paulson
- 7. Patrice Cheviot and Ann LoGudice
- 8. Patrice Cheviot, David Knight and Jack Rheinhold
- 9. Samantha Mindell, Gary Gelman and Bob Hamilton
- 10. Mike Stauder, Suzy Stout and Brian Smith

ANDY SPILOS / FLORIDA WEEKLY

GETAWAY

Challenging golf courses and a top-ranked spa are big draws for PGA National Resort

BY MARY THURWACHTER

mthurwachter@floridaweekly.com

I just watched a teary-eyed Tiger Woods accept the trophy for winning the 2018 Tour Championship, his first win since 2013. It moved me to tears, too. After all, who doesn't love a good comeback story?

I'm not even a golfer, although I occasionally enjoy watching the game on TV. Golfers — at least the good ones — inspire me. So focused. So driven. So masterful at driving — and sinking putts. And the courses themselves are a thing of beauty. Perfectly manicured and landscaped. Lush, green grass, white sandy bunkers and tranquil ponds.

For a chance to spot a masterful golfer, or at least have a chance to play a course challenging enough to test the best of them, plan a getaway at PGA National Resort & Spa in Palm Beach Gardens, home to the Honda Classic since 2007.

There are 1,250 golf courses in Florida and PGA National Resort & Spa has some of the best. In fact, the resort boasts five 18-hole courses for putters, designed by respected architects like Tom and George Fazio, Jack Nicklaus and Arnold Palmer. The world-renowned Champion Course is known for its "Bear Trap" — a series of three demanding holes that are often considered the toughest stretch in golf.

The clubhouse is massive, but since the course is open only to hotel guests and members, the greens are not typically overcrowded.

Earlier this year, at the Honda Classic, Mr. Woods hit a goose with a drive on the 8th hole on the Champion Course and went on to make a birdie, although he didn't win the tournament. Was the legendary golfer's turnaround launched at PGA National when he nicked that golden goose? Perhaps.

It's not surprising that guests looking to tackle the fairways consistently give the resort high marks. But you don't have to be a golfer to enjoy this paradise golfer's paradise.

When my friend and I booked a room at the resort recently, we were looking for a more low-key experience — a girlfriends' getaway.

For us, that meant happy hour at iBar, dinner at Ironwood Steak & Seafood and, in the morning, some pampering time at the resort spa, which boasts 32 treatment rooms and areas and "more than 100 ways to indulge."

We indulged in manicures. We indulged in pedicures. We indulged in wine. (Not too much, really). And then we had lunch at the Waters of the World Café and lazed around the spa's private collection of healing mineral pools with ancient restorative powers. We felt restored enough to start making plans for an encore visit.

The AAA four Diamond resort recently underwent a \$4 million comprehensive renovation.

Upgrades included state-of-the-art exercise equipment, indoor racquet ball court, three aerobics studios with new sound systems, five-lane saltwater lap pool, spin room with video road mapping, indoor volleyball court, two lighted pickle / paddle ball courts, 18 Har Tru tennis courts (11 lit for night play) and one lighted hard court with a hitting wall.

Rated as "Best Spa in Palm Beach County" by Florida Weekly and recently named in the Top 25 US Spas by Conde Nast Traveler, Palm Beach National Resort has 339 guest rooms and suites.

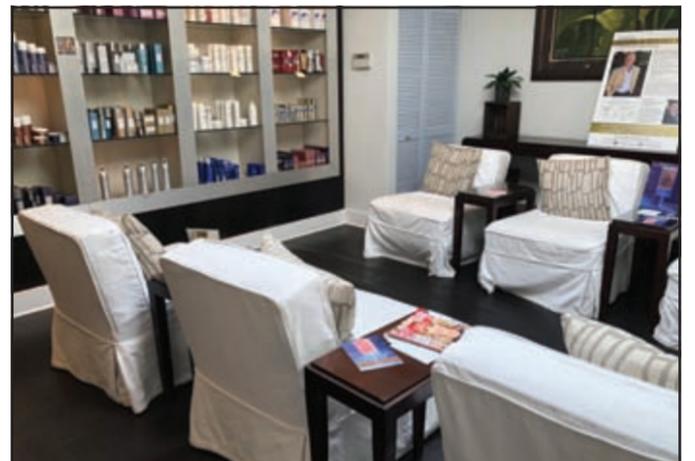


One of five golf courses at PGA National, home of the Honda Classic.

PGA NATIONAL/COURTESY PHOTO



Locals and sophisticated travelers go to iBar for drinks, shared plates, conversation and, sometimes, dancing.



The spa has a private collection of healing mineral pools with ancient restorative powers.



PHOTOS BY RUTH CINCOTTA

From the lobby and iBar, guests will see a beautiful zero-entry pool, a popular gathering place for guests.

All are equipped with contemporary furnishings (including brand new and very comfy beds), 42-inch LCD TVs, mini-fridges and iPod docking stations. Guests can bring their pets along for their vacation because PGA National is a dog-friendly hotel.

Besides the spa pools, the resort has a gorgeous, large, zero-entry pool — a favorite gathering place — with cabanas they can rent.

Special events like the annual ice cream and craft beer festivals keep locals coming to PGA National, too. To entice festival-goers to spend the night, special reduced rates are offered.

And, as for that Egyptian goose Tiger nicked earlier this year? I think I spotted her contentedly waddling around outside the golfer's lounge, Bar 91. I'm thinking she had one too many spiked Arnold Palmers. Or maybe that was me? ■

in the know

>> PGA National Resort & Spa, Palm Beach Gardens is at 400 Avenue of the Champions, Palm Beach Gardens. For information or reservations, call 800-533-9386 or visit www.pga-resorts.com.

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