As hurricane season arrives, think back 20 years to Andrew

It doesn’t seem that long ago. But 2012 will mark the 20th anniversary of perhaps the strongest hurricane to hit Florida in our lifetime. August 24 was the day back in 1992 when tiny but powerful Hurricane Andrew made landfall in southern Miami-Dade County. Its track across Florida and eventually into Louisiana caused a damage toll that approached $30 billion.

We learned so many lessons in the aftermath of Andrew. We learned how to build more hurricane resistant homes and wound up changing the Florida Building Code to make structures more survivable. We improved the science of hurricane meteorology and have seen storm track forecasts become more accurate, though lots of work is needed to improve storm intensity predictions.

Ironically, improvements in our ability to measure the power of a hurricane led scientists to an important discovery about Andrew itself. A re-analysis of the storm data in 2002, using newer technology, showed that Andrew arrived on the Florida coast as a Category 5, 160-mph storm — a full category stronger than we had believed.

One of the biggest lessons to remember from Hurricane Andrew was how the storm demonstrated the need for a game plan, a family plan of action in advance of any threat. So many folks in Andrew’s path never gave a thought to how to prepare their homes and their families for this powerful storm. In fact, we saw that residents who pre-planned home protection and investigated evacuation options.

Volunteers make tutus and capes so critically ill kids can be superheroes fighting disease

Christina Rynasko models her rainbow tutu.

SEE HEART, A6

A rack of completed tutus and capes awaits delivery.

M ost School Days, Christina Rynasko’s classroom at Hobe Sound Elementary is filled with the bustle of children creating works of art.

But some afternoons, the room is filled with adults creating precious works of heart.

That’s when Ms. Rynasko, her fellow teachers and a team of volunteers transform the room into a fairyland of tulle as they bring out rolls of fabric and elastic and sheets of felt to create tutus, capes and more.

SEE HEART, A6

BY SCOTT SIMMONS

BY JIM REIF

Special to Florida Weekly

Fantasy furniture

Carved tables and chairs from 1900 are popular.

Pick Bobby

Cats and dogs at Peggy Adams Rescue need homes.

Network:
Wells Fargo grant awards at Palm Beach Kennel Club.

“Proof” adds up

Dramaworks presents Tony Award-winning play.

Tom and Victoria Wilson

Palm Beach Gardens couple named foster parents of year

SPECIAL TO FLORIDA WEEKLY

The hardest part of Tom and Victoria Wilson’s calling is letting go. As foster parents with Homes of Hope, a program of Place of Hope, they take care of some of Palm Beach County’s smallest survivors, infants who are born drug-addicted or who have suffered from physical abuse.

After caring for the babies through detox and rehabilitation, it is the Wilsons’ job to prepare both the child and his or her family for reunification or adoption, and the toughest part can be saying goodbye.

“You’re the one who has to have a smile on your face when you let them go,” Mr. Wilson said in a statement.

The Wilsons were recently honored with a “Foster Parents of the Year” award from Child and Family Connections and the Foster and Adoptive Parent Association after being nominated by their Homes of Hope Family Support Specialist Jerris Gay.

Homes of Hope is the traditional foster care and adoption component of the various programs Place of Hope offers to help abused and neglected children.

Established in 2007, Homes of Hope currently serves 42 children and has helped more than 180 children since its inception. Since joining the team, the Wilsons field almost weekly questions from other couples interested in fostering children, and Mr. Wilson is candid with them about the demands of the responsibility.

Charles Bender, Place of Hope executive director, said the Wilsons’ ability to set aside their own feelings to help a child and a family reunite is what makes them so deserving of the award.

Homes of Hope, established in 2007, helps more than 180 children since its inception.

High school all-star game set for June 2 at Roger Dean

SPECIAL TO FLORIDA WEEKLY

The 2012 Dick Howser High School All Star game will take place at Roger Dean Stadium on June 2 at 2 p.m., preceding the Jupiter Hammerheads-Lakeland Flying Tigers Florida State League game. In keeping with the tradition of the annual game, the coaches of the area high schools selected the two high school teams.

This is the 25th year of the event and the 12th year at Roger Dean Stadium. Players from the North squad will be wearing Palm Beach Cardinals uniforms and hats. College and professional scouts are expected for the event. Players are set up in one of the stadium’s locker rooms, with the players names above their locker, and clubhouse attendants handling the players pre-game and post-game needs.

The Roger Dean Stadium Advisory Board puts on the event. Chairman for the ninth consecutive year is local attorney Bill Pruitt. In commenting on the event, Pruitt said in a prepared statement, “Whether this is the last time they will ever put on a uniform or are headed for college or professional careers, playing with a big league uniform on their back in this All Star game is a great experience. The kids are given the same treatment that the big league players get during spring training. Playing on a big league field, in a big league uniform — it’s a great way to end a high school career.” Said Stadium GM Mike Bauer: “Roger Dean Stadium is proud to host this annual event, what better way to promote baseball than a grassroots all star game such as this. The Cardinals and Marlins are very proud to be associated with the Dick Howser game as well, not only because of its namesake, Dick Howser, but as much because it is a local event with local roots and plenty of local history.”

Gates will open at 11 a.m. The Jupiter Hammerheads-Lakeland Flying Tigers game will follow at 6:35 p.m. Tickets can be purchased at the stadium box office for $8.50 and can be used for both games. Roger Dean is at 4751 Main St. at Abacoa in Jupiter.

WHY
DOOR TO BALLOON TIME MATTERS DURING A HEART ATTACK.

The Heart Institute

At Palm Beach Gardens Medical Center

Door to balloon time measures the time it takes for a hospital to get a heart attack patient from its ER to its cath lab to open blocked arteries. The goal is 90 minutes. More is bad. Less is good. One team in this region is consistently doing it in less than 60 minutes. This is what it takes to deliver our kind of heart care. This is what it takes to get the job done. The way we do it.
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**OPINION**

The time-wasting network

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Facebook has transformed oversharing from an annoying habit of the poorly socialized into the very stuff of daily interactions. No thought is too banal, no mood too minor, no photo too embarrassing to be posted on Facebook.

After taking his son to the museum, Gerald Gable handed it to Mary Kirkland. She understood that Facebook is the world’s foremost purveyor of information you shouldn’t care about. Facebook founder Mark Zuckerberg is to uselessness what Henry Ford was to the automobile. He has mastered it on an industrial scale and is riding it to a vast fortune. At more than $100 billion, the valuation of Facebook equals the annual P of Mexico. Vietnam, countries that don’t top anyone’s list of economic powerhouses, but do actually produce something of value.

Can 900 million people, the roughly one-eighth of the planet that uses Facebook; not to mention the ones around photos of pets in party costumes, telling us whether they are having a good or bad hair day and playing the farming simulation game “FarmVille,” the answer is, “Why, yes they can!”

Gen. John Allen, Commander, U.S. Forces Afghanistan, spoke last week at the Pentagon, four stars on each shoulder, his chest bedecked with medals. Allen said the NATO summit in Chicago, which left him feeling “heartened,” was a powerful signal of international support for the Afghan-led process of reconciliation. Unlike Gen. Allen, many decorat-ed U.S. military veterans left the streets of Chicago after the NATO summit without their medals. They marched on the paramilitarized convention center where the generals and heads of state had gathered and threw their medals at the high fence surrounding the convention center. They were joined by women from Afghans for Peace, and an American mother whose son killed himself after his sec-ond deployment to Iraq. Leading thousands of protesters in a peaceful march, NATO’s wars, each veteran climbed to the makeshift stage outside the fenced summit, made a brief statement and threw his or her medals at the gate.

As taps was played, veterans folded the American flag that had flown over each deployment to Iraq, but by Oakland, Calif., police at the Pentagon, four stars and a veteran-led peace movement. And so, this is the begin-nings of something new, some-thing better: reconciliation and peace.

On stage with the veterans were a woman from Afghans for Peace, and call on all NATO representatives to end this inhumane, illegal, barbaric war against our home country and our people ... it’s the first time an Afghan-led peace movement is now working side by side with a veteran-led peace move-ment. And so, this is the begin-nings of something new, some-thing better: reconciliation and peace.

On stage, Lance Cpl. Scott Olsen joked that Allen could join the Cubs. Members of the teams joked that Allen could join them in the dugout, if he would only quit his day job. I dare say, half of people in ones of the 15 Vet-erans Against the War wish he would.

On stage with the veterans were three Afghan women, holding the flag of Afghanistan. Just before they marched, I asked one of them, Sairah Sahar, why she was there: “I’m representing Afghans for Peace. And call on all NATO representatives to end this inhumane, illegal, barbaric war against our home country and our people ... it’s the first time an Afghan-led peace movement is now working side by side with a veteran-led peace move-ment. And so, this is the begin-nings of something new, some-thing better: reconciliation and peace.

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Residents of South Miami and Homestead would make a strong argument against this fact: That the 1992 hurricane season was actually a quiet one across the Atlantic basin. Cooler-than-normal ocean water and stronger-than-normal wind shear allowed only six named storms to form that year. One of them just happened to be a Category 5 major hurricane that hit Florida.

With the 2012 hurricane season beginning June 1, perhaps you’ve already heard some of the long-range forecasts for this summer. Hurricane scientists have observed that water temperatures in the tropical Atlantic have cooled significantly since last year. They also believe that a weak El Nino pattern is developing in the Pacific — ready to bring hurricane-killing wind shear over the Atlantic basin. Most seasonal forecasts are taking these factors into account and predicting fewer storms this year over the Atlantic, Caribbean and Gulf of Mexico.

The final lesson from Andrew is that we should take no comfort in a forecast for a quieter hurricane season, because all it takes is one. We need to approach every season as if another Andrew or Charley or Wilma might threaten our shores.

— Jim Reif is a meteorologist at NBC-2 in Fort Myers, and is general manager of U.S. Weather Consultants Inc., a private weather consulting firm. City and county governments in Florida use his hurricane consulting services.
HEART

From page 1

masks. They do it so that so critically ill children dress up as the stars and superhero-heroes that they are when they fight life-threatening diseases.

Nurse Jean Crippen is busy looping and knotting lengths of tulle around a band of elastic. Rolls of paper towels serve as her maquillage. I come in and help with these things. These girls all work so hard. Their teachers here and they volunteer their time endlessly, not that they don't have enough to do,” she said.

They do it as part of Emmy's Heart, which distributes the poufy bits of cheer to children's hospitals throughout South Florida. This chapter has made about 250 tutus since January. They hope to have made 100 by the end of this May afternoon.

For Laura Pita, founder of Emmy's Heart, it was a matter of dealing with grief. Her 7-year-old son Josh was undergoing treatment for acute lymphoblastic leukae- mia. Then, on April 10, 2011, her mother died.

Ms. Pita said she knew she had to do something.

“It was incredible. I say it was magical. I made my first tutu the day my mom died,” she said by phone from her home in Weston.

On April 11, she and her friends brainstormed for something they could do to help others, and on April 12, she filed to incorporate Emmy's Heart as a Florida nonprofit. The group was named for Ms. Pita's mother.

Emmy's Heart "helps keep me busy and channel my grief in a positive way. Right now, we've done about 600 capes and tutus,” she said.

It helps the rest of the family, too. "My boys, they put on their capes and they're superstars. Their illness doesn't affect the sick child. It affects the whole family,” she said.

In the Hobe Sound classroom, the whole family includes four sons, ages 4 to 10, who had to be careful around Josh, who was undergoing chemotherapy.

"His immune system was gone, and that meant no play dates," she said.

A friend sent her a cape, and the boys were transformed. They get involved with the creative process.

"They help me pick out colors. Even Josh helps pick out the colors,” she said. Her eldest son is 10 and he helps cut the tutus for me because he knows how great it makes the child feel,” she said. It certainly makes the adults feel better.

In the Hobe Sound classroom, Ms. Rynasko walked over to a rack of tutus and capes to sick children at hospitals.

Ms. Rynasko takes it all in stride. “This is going to be my tutu when I volunteer - the rainbow tutu,” she said as she modeled the tutu, the colors of which follow a chromatic scale. “Isn't it awesome? It’s mine.”

“Your'e beautiful,” chimed a chorus of volunteers.

Ms. Rynasko walked over to a rack crammed with capes and tutus, and sifted through them.

“This is a Gator tutu,” she said, pointing to an orange-and-blue-striped tutu. The volunteers said they could use a second $200 rolling rack to hang the tutus, not to mention the capes. It's not cheap to make the tutus — each one can cost $7 to $10, depending on how elaborate they are. They have engaged a Girl Scout troop to help with the tutus; the girls get service hours for doing it.

Not all volunteers get service hours, though.

Frances Hyde sat at a sewing machine stitching stars and lightning bolts to

Then Ms. Hyde showed them photos of the ill children wearing the items, and told them, “These are for children who are very, very sick, and it just makes them feel better. It gives them super powers so they can take some very hard medicine. And you know, they respect that.”

She plans to take the project back North for the summer, where she knows plenty of families who would be eager to sew for a good cause.

In South Florida, Emmy's Heart touches scores of families.

“I have to tell you, that as a parent of a child that is ill, it was just what I needed to hear. It was heart-warming to see the reactions on these children's faces. I had to step out of the room for a moment,” said Stacy Zamora, whose son, 7-year-old Alexander, has a form of muscular dystrophy.

She said it is harder for parents to han-

dle the illness than it is for the kids.

“They don't react the way adults do. I think that is sometimes is more for the parents. We want to see our kids feel healthy and we accomplish that it's amazing and that's what (Ms. Pita) does. It was an incredible idea for her to come up with it. A stroke of genius, I feel,” Ms. Zamora said by phone from her home in Davie.

Alexander loves his cape, and frequently poses in a mirror, she said.

“I could tell he felt like a superhero. I know they say that all the time but it's true,” she said. Children “just want to be thought of like everyone else.”

The long-term outlook for Alexander is bleak, she said.

“There is no treatment. It is psychologi-

cally difficult to deal with. We can't fight anything. It's psychological help for our family,” she said. “That's why I love to volunteer with Laura. It just makes me happy. I love seeing these kids. I want to help children not feel like they're different or sick. I want them to feel like they belong. I think that when I help them feel like an ordinary child. That's why I want to volunteer for her.”

For more information on Emmy's Heart, contact Christina Rynasko at crvmapgo@iad.com.
NEWS OF THE WEIRD

BY CHUCK SHEPHERD
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

Least-competent criminals

Eric King, 21, was leaving a store in Eagan, Minn., in February when a police officer in the parking lot noticed his pronounced waddle. Mr. King was arrested when the officer found a shoplifted 19-inch television set down his pants.

In March, a 34-year-old Lithuanian-born man led police in Wiltshire, England, in a nighttime foot chase after he had aroused their suspicion. Thermal imaging equipment was used from a helicopter to spot the man in the darkness. He was arrested “hiding” face-down in a manure pit.

CVS supervisor Fenton Graham, 35, of Silver Spring, Md., was arrested as the inside man (with two accomplices) in two drugstore robberies in April. Surveillance video showed that in the second heist, the nervous perp evidently failed to take the money with him, and Graham (the “victim”) was seen taking it out to his forgetful partner.

Kyle Voss, 24, was charged with four burglaries in Great Falls, Mont., in April after coming upon a private residence containing buckets of coins. According to police, Mr. Voss first took the quarters and half-dollars ($3,000), then days later he returned for $700 in dimes and nickels. By the third break-in, the resident had installed surveillance video, and Mr. Voss was caught as he came back for a bucket of pennies.

Real life ‘Weekend at Bernie’s’

Thomas Parkin inherited real estate from his elderly mother before she died, but quickly lost it in a risky business venture. To get the deed back, according to New York City prosecutors, he concocted a scheme to pretend that Mom was still alive (it would actually be Thomas in a dress) and still owned the land (and thus that the current deed holder was a fraud). Lawyers arranged a meeting with “Mother” (conducted by the Times of London): a husband objecting to the “malicious” preparation of his most hated dish (tuna casserole), a spouse’s non-communication (for the last 15 years except by leaving Post-it Notes), a spouse’s too-rapid TV channel-changing, a husband’s distortion of the fit of his wife’s best outfits by frequently wearing them, and one’s insistence that a pet tarantula reside in a glass case beside the marital bed.

In sickness and in health

All U.S. states have forms of no-fault divorce, but not England, which requires that couples prove adultery or abandonment or “unreasonable behavior,” which leads to sometimes-epic weirdness, according to an April New York Times dispatch from London. For instance, one woman’s petition blamed her husband’s “unreasonable behavior” (gathered in a darkened room because of Mom’s “recent cataract surgery”), at which she mostly remained silent. Mr. Parkin improbably stayed in character, according to a trial dispatch on the Daily Beast, and jurors apparently kept straight faces as Mr. Parkin testified that recent “communication” between him and his mother were “mostly one-sided.” In May, Mr. Parkin was convicted on 11 counts.

Things people believe

She is not the typical gullible victim. Ms. Priti Mahalnobis is a college-educated mother of two who ran a franchised restaurant in Avalon Park, near Orlando, but when her health, her brother’s marriage and her business experienced problems, she bought a $20 psychic reading from “Mrs. Starr” (also known as Peaches Stevens). The Orlando Sentinel reported in January that, over the next seven months, Ms. Mahalnobis lost about $135,000 in cash, jewelry and gift cards to Mrs. Starr. Astonishingly, neither Ms. Mahalnobis’ health nor her restaurant business noticeably improved. Among the remedies that Ms. Mahalnobis accepted: buying seven tuberanes (30,000 each) to “vanish her family’s negativity” and putting $100 bills and a piece of paper with her relatives’ names written on it under her mattress along with a grapefruit (which, as everyone knows, attracts and then isolates the evil).

Things leaders believe

Though recently elected Councilor Simon Parkes told the Scarborough Evening News in March that his work on the Whitby (England) Town Council would not be affected, he has famously (in a YouTube video) reported life-long “horrid” invasive encounters with extraterrestrials, including many visits from a 9-foot-tall, green “mother”-like being who sends him “messages” through his eyes, down his optic nerve to his brain.

Arni Johnsen, a member of Iceland’s Parliament, survived a serious 2001 automobile crash — a stroke of good fortune he has since attributed to a family of elves (three generations, in fact, according to an “elf specialist”) who live in a boulder near the crash site. Iceland’s Morgunblaðið newspaper reported that Mr. Johnsen recently had the 30-ton boulder relocated to his own property, which he said affords the elves a better view than at their previous home. (Another elf “authority” told reporters, however, that relocating the family was bound to bring Mr. Johnsen bad luck.)

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Heartworm risks high this season, and other pet tidbits

**UNIVERSAL UCLICK**

- Less than 1 percent of the total canine population are pedigreed dogs. The rest are usually cat-egorized by coat length in the United States, with veterinarians marking them in the records as domestic longhairs or domestic shorthairs. Cats of no particular breed are sometimes also referred to as “alley cats” in the United States. In the United Kingdom, they’re called “moggies.”
- Having a hard time finding a rental that will permit your pet? You’re not alone.

The Siamese is perhaps the most recognizable of cat breeds — but most cat lovers prefer mixes.

Apartments.com reports that 35 percent of renters with pets say it’s very difficult to find an apartment that allows pets. Of renters who do have pets, but wish they did, 33 percent blame their lack of a pet on their building’s no-animal policy.

- Dogs can become afraid just as we do, but they express fear in different ways. A fearful dog may cower, hide, drool or tremble. Wide pupils are another sign of a dog in fear. The cause of such behavior may be genetic, it may be because of improper socialization as a puppy, or it may be in response to a frightening episode in an animal’s life. Since fearful dogs are not happy and may in fact bite, it’s important to get a referral to a veterinarian skilled in working with behavior problems.
- The combination of proper medication and behavior modification can make a scared dog’s life a happy one.

The Companion Animal Parasite Council warns that the mild winter in many parts of the country means high populations of mosquitoes, which in turn means a greater risk of heartworms in dogs and cats. The concern this year is that in areas such as the Midwest, the bitter cold has traditionally allowed many pet owners to skip heartworm prevention for much of the year as a cost savings. The lack of mosquitoes for much of the year makes that a calculated risk, at best, in normal-weather years, but not this one. Parasite experts warn of early emergence of mosquitoes, many of which transmit heartworms when they bite.

- Those who took their pets off heartworm preventative medication should talk to their veterinarians about testing for the presence of the parasite this spring, and some may be shocked to find their pets testing positive for heartworms. However, the CPAC says most cats and half of all dogs are not protected against the potentially deadly parasite.

For regional risk assessment, visit www.petsandparasites.org. Parrots are able to control their irises, shrinking and enlarging their pupils rapidly in a display that’s called “flashing” or “pinning.” You have to read the whole bird to put the message in its proper context. Birds may flash their eyes when they’re excited or when they’re angry. Flashing accompanied by aggressive posturing, such as tail-fanning, signifies a bird who’s bound to escalate his warnings — and maybe even bite if not left alone.

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**SIZZLING SUMMER SPECIALS**

<table>
<thead>
<tr>
<th>Regular</th>
<th>Price</th>
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<tbody>
<tr>
<td>Haircut &amp; Blow Dry</td>
<td>$7 &amp; $15</td>
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<td>Partial Highlights</td>
<td>$125</td>
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<tr>
<td>Full Highlights</td>
<td>$185</td>
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<tr>
<td>Signature Facial w/Eyebrow Wax</td>
<td>$100</td>
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<tr>
<td>Microdermabrasion Facial</td>
<td>$110</td>
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<tr>
<td>Full Set of Eyelash Extensions</td>
<td>$225</td>
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<tr>
<td>Brazilian Keratin</td>
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<tr>
<td>Fills (regular)</td>
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<tr>
<td>Full Set Nail</td>
<td>$55</td>
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<td>Mani/Pedi (regular)</td>
<td>$60</td>
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</table>

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**Pets of the Week**

**Toumi** is a 3-year-old neutered shepherd mix. He’s been at the shelter his whole short life. He has a bit of a food allergy. He gets along well with other cats.

To adopt a pet

The Peggy Adams Animal Rescue League, Humane Society of the Palm Beaches, was founded in 1925 and is a limited admission non-profit humane society providing services to more than 10,000 animals each year. It is located at 3100 S. 300 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at hspb.org. For adoption information, call 686-6666.

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Elena Felipe-Thibault | 561.309.2467
Toni Hollis | 561.373.1835
Gloria More | 561.373.7444
If you have economic loss or property damage because of the Deepwater Horizon oil spill, you could get money from a class action settlement with BP Exploration & Production Inc. and BP America Production Company (“BP”). Go to DeepwaterHorizonSettlements.com for more information, including information on how to file a claim.

**Who is Included in the Economic & Property Damages Settlement?**

The Economic and Property Damages (“E&PD”) Settlement Class includes people, businesses, and other entities in the states of Louisiana, Alabama and Mississippi, and certain counties in Texas and Florida, that were harmed by the oil spill. The website DeepwaterHorizonSettlements.com has detailed descriptions and maps to help you determine whether a geographic location may be included in the E&PD Settlement. Additionally, you can call 1-866-992-6174 or e-mail questions@DeepwaterHorizonEconomicSettlement.com to find out if a geographic location is included.

**What does the Economic & Property Damages Settlement Provide?**

The E&PD Settlement makes payments for the following types of claims: (1) Seafood Compensation, (2) Economic Damage, (3) Loss of Subsistence, (4) Vessel Physical Damage, (5) Vessels of Opportunity Charter Payment, (6) Coastal Real Property Damage, (7) Wetlands Real Property Damage, and (8) Real Property Sales Damage. There is no limit on the total dollar amount of the E&PD Settlement; all qualified claims will be paid.

**How to Get Benefits from the Economic & Property Damages Settlement**

You need to submit a Claim Form to request a payment. You can get a copy of the various Claim Forms by visiting the website or by calling 1-866-992-6174. Claims can be submitted online or by mail. If you have questions about how to file your claim, you should call the toll-free number for assistance.

The deadline to submit most E&PD claims will be April 22, 2014 or six months after the E&PD Settlement becomes effective (that is, after the Court grants “final approval” and any appeals are resolved), whichever is later. There will be an earlier deadline to submit E&PD Seafood Compensation claims. The earlier deadline to submit Seafood Compensation claims will be 30 days after final approval of the Settlement by the United States District Court for the Eastern District of Louisiana (regardless of appeals). Actual claim filing deadlines will be posted on the website as they become available. Valid claims will be paid as they are approved, beginning shortly after the Court-Supervised Settlement Program commences. It is highly recommended that E&PD Settlement Class Members complete and submit their claim forms promptly. Please read the Medical Benefits Settlement notice because you may also be eligible for benefits from that settlement.

**Your Other Options**

If you do not want to be legally bound by the E&PD Settlement, you must Opt Out or exclude yourself by October 1, 2012 or you won’t be able to sue BP over certain economic and property damage claims. If you stay in the E&PD Settlement, you may object to it by August 31, 2012. The Detailed Notice explains how to exclude yourself or object.

The Court will hold a hearing on November 8, 2012 to consider whether to approve the E&PD Settlement. You or your own lawyer may ask to appear and speak at the hearing at your own cost. The Court will also consider Class Counsel fees, costs, and expenses including an interim payment of $75 million and additional awards equal to 6% of class claims and benefits paid. Class Counsel fees, costs and expenses under the Economic and Property Damages Settlement Agreement and the Medical Benefits Settlement Agreement jointly cannot exceed $600 million. Class members’ payments will not be reduced if the Court approves the payment of Class Counsel fees, costs, and expenses because BP will separately pay these attorney fees, costs, and expenses.
Deepwater Horizon Oil Spill

Medical Benefits Settlement
Providing Benefits to Clean-Up Workers and Certain Gulf Coast Residents

If you have a medical claim related to the Deepwater Horizon oil spill, you could get benefits from a class action settlement with BP Exploration & Production Inc. and BP America Production Company (“BP”). Go to DeepwaterHorizonSettlements.com for more information, including information on how to file a claim.

Who is included in the Medical Benefits Settlement?

The Medical Class includes (1) clean-up workers and (2) certain people who resided in specific geographic areas in coastal and wetlands areas along the Gulf Coast during specific periods in 2010. The website DeepwaterHorizonSettlements.com has detailed descriptions and maps to help you determine whether a geographic location may be included in one of these zones. Additionally, you can call 1-866-992-6174 or e-mail info@DeepwaterHorizonMedicalSettlement.com to find out if a geographic location is included.

What does the Medical Benefits Settlement provide?

The benefits of the Medical Benefits Settlement include: (1) payments to qualifying people for certain acute (short-term) and chronic (ongoing) medical conditions occurring after exposure to oil or chemical dispersants; (2) provision of periodic medical examinations to qualifying people; and (3) creation of a Gulf Region Health Outreach Program, consisting of projects to strengthen the healthcare system. Benefits (1) and (2) will be provided only after the Court grants final approval and any appeals are resolved.

How to get benefits from the Medical Benefits Settlement

You need to submit a Claim Form to request benefits. You can get a copy of the Claim Form by visiting the website or by calling 1-866-992-6174. Claims can be submitted by mail. If you have questions about how to file your claim, you should call the toll-free number for assistance.

The deadline for filing a Claim Form is one year after the Medical Benefits Settlement becomes effective (that is, after the Court grants “final approval” and any appeals are resolved). The exact date of the claim filing deadline will be posted on the website. It is highly recommended that Medical Class Members complete and submit their claim forms promptly. Please read the Economic and Property Damages Settlement notice because you may also be eligible for a payment from that settlement.

Your Other Options

If you do not want to be legally bound by the Medical Benefits Settlement, you must Opt Out or exclude yourself by October 1, 2012 or you won’t be able to sue BP over certain medical claims. If you stay in the Medical Benefits Settlement, you may object to it by August 31, 2012. The Detailed Notice explains how to exclude yourself or object.

The Court will hold a hearing on November 8, 2012 to consider whether to approve the Medical Benefits Settlement. You or your own lawyer may ask to appear and speak at the hearing at your own cost. Class Counsel will ask the Court to consider an award of fees, costs, and expenses of 6% of the value of the benefits actually provided under the Medical Benefits Settlement Agreement. Class Counsel fees, costs, and expenses under the Medical Benefits Settlement Agreement and the Economic and Property Damages Settlement Agreement jointly cannot exceed $600 million. Class members’ payments will not be reduced if the Court approves the payment of Class Counsel fees, costs, and expenses because BP will separately pay these attorney fees, costs, and expenses.
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Keep children safe from drowning by following four easy tips

While no one ever expects a trauma to happen to him/her or a loved one, what our community can expect is an entire team at St. Mary’s Medical Center’s Trauma Center who is prepared 24/7 to help during these intense and critical moments of life. May is National Trauma Awareness Month, and with the summer quickly approaching, I would like to bring awareness to an important trauma prevention issue: water safety.

Drowning is the leading cause of injury death for children ages 1 to 4; however, parents and caregivers can play a key role in protecting the children they love from drowning. Children are naturally drawn to pools, the ocean and water in general; this is the essence of summer in Florida. Therefore, our Trauma and Palm Beach Children’s Hospital teams want to help you make this summer fun and safe with a few water safety tips.

- Fence it off. Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when a parent cannot supervise them. Pool fences should completely separate the house and play area from the pool.

- Make life jackets a “must.” Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim.

- Be on the lookout. Supervise young children at all times around bathtubs, swimming pools and natural bodies of water. Adults watching kids near water should avoid distracting activities like playing cards, reading books or talking on the phone.

These four simple tips can help save a child’s life, which is what St. Mary’s Medical Center’s Trauma Center has been doing for the past 21 years in Palm Beach County. Our trauma teams are ready at a moment’s notice to administer life-saving care, 24/7.

While we pride ourselves on these capabilities, we also take great pride in our community outreach for trauma prevention. To kick off the summer, St. Mary’s Medical Center developed a water and summer safety handbook titled, “Be Water Smart.” We encourage each of our community members to call 561-843-KIDS for their free “Be Water Smart” handbook, from us to you.

Have a safe summer and be well.

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**ARTHRITIS**
**FIBROMYALGIA**
**GOLFER’S ELBOW**
**SCIATICA**
**HEADACHES**
**STRESS**
**ANXIETY**
**DEPRESSION**
**M. S.**
**MENOPAUSE**
**PMS**
**INFERTILITY**
**IMPOTENCE**
**PARALYSIS**
**KIDNEY PROBLEMS**
**EXCESS WEIGHT**
**IMMUNE SYSTEM**
**ANTI-AGING**
**BALANCE**
Facebook got you down? You can overcome those feelings of inadequacy

Our children can sense when we view their successes as extensions of OUR self-worth. They’ll become ashamed if they believe we are disappointed or embarrassed by them. At times, we should be sensitive to the fact that their pain is very real to them and know they become resentful if we try to minimize their upset by telling them “Don’t worry, it will work out fine.” They don’t always have the ability to look very far into the future and don’t feel equipped to get themselves out of the distressing situations they find themselves in.

Sometimes, it helps to role-play with them so they can try out ways to speak up to their peers in a self-affirming way. Helping them to limit the amount of time spent on the computer and to channel their attention to more constructive endeavors should be an eventual goal.

Letting our children know that we’ll be there as supportive sounding boards should hopefully help them to believe in their worth and to trust their own feelings and abilities.

Linda Lipshtz, LCSW, ACSW, is a psychotherapist serving individuals, couples and families. She holds degrees from Cornell and Columbia and completed post-graduate training at the Ackerman Institute for Marital and Family Therapy in Manhattan. She can be reached in her Palm Beach Gardens office at 561-2827, and at palmbeachfamilytherapy.com.
Florida’s real estate professionals find reasons to be optimistic

**SPECIAL TO FLORIDA WEEKLY**

The University of Florida

Florida’s real estate market outlook improved in the first quarter of 2012, according to the University of Florida.

The Survey of Emerging Market Conditions, conducted quarterly by the Kelley A. Bergstrom Center for Real Estate Studies at UF’s Warrington College of Business Administration, revealed that those in the real estate business felt optimistic because of the falling unemployment rate and because they see more activity in rental housing, such as lease signings.

The unemployment rate dropped from 9.9 percent in December 2011 to 9 percent in March.

“Positive outlooks for occupancy and rent growth along with an improving employment trend are increasing our respondents’ optimism about the real estate markets in Florida,” Timothy Becker, director of the Bergstrom Center, says.

The UF Commercial Real Estate Sentiment Index, a measure of the respondents’ own business outlook, reached its highest level since 2007.

Bergstrom Center officials attributed the rise to lenders and owners seeing a better lending environment with banks as well as an improving economy.

“With billions of dollars of loans coming due over the next year, the increased lending activity is a welcome sign for real estate owners and investors looking for debt capital to refinance quality properties,” Mr. Becker says.

Property fundamentals including occupancy and rental rates improved this quarter, with progress reported in single-family and condominium development, apartments, industrial, land investment and capital availability. Occupancy expectations were rated most favorably in the premium office market. Respondents cited a better employment outlook as the reason for optimism.

Although respondents were optimistic about the industry and the overall economy, they cited concerns about the upcoming presidential election and the state government’s financial situation.

Respondents said that significant policy changes would most likely not be in place before the November elections and not resolving those issues could lead to harsh economic results.

Among those issues are the Bush tax cuts and the payroll tax break, which are both scheduled to expire after 2012, and $2.2 trillion in spending cuts that are set to take effect in 2013. Respondents also were concerned with artificially low interest rates, inflation and increased gas prices.

Overall, the survey revealed that the future for real estate in Florida looks positive, but political and economic uncertainties remain. A majority of respondents expect a slow and measured recovery until the conclusion of the presidential elections.

A total of 189 Florida professional real estate analysts and investors, representing 13 urban regions of the state and up to 15 property types, participated in the survey.
We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover. You can purchase any of the photos too.

Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.

1. Marcus Cobbe and Ulinda Serpa
2. Marcus Cobbe and Vanessa Tonnessen
3. Madalyn Jenkins and Stephanie Patterson
4. Justin Kargt and Derek Frank
5. Lori Valle and Michele Camps
6. Jovany Arevalo and Fannie Strickland
7. Lisa Park and Gregg DeLorenzo
8. Alexis Barbish, Pat Rooney and Valerie Zelikoff
9. James Blaszcyk and Karuna Mohanani
10. Lindsey Nuzzo and Genny Przybielski
11. Shyla Bassey, Jovany Arevalo and Cesar Medina
12. Derek Frank and Revetta Lowe
They found multimillion-dollar homes — opportunity is there again

The perception of today's real estate market depends upon whom you are speaking with, but there is a general consensus that the market is certainly coming back, if it ever be the same as it was? There are mixed opinions on that as well, but I am a believer that our surrounding area is one of the very best places to invest in real estate. Where else in the world offers such incredible weather, superb dining, unlimited shopping and glorious sandy beaches — and is an easy travel destination? We truly live in paradise.

Several years ago when the market was at its strongest, buyers and sellers alike were weighing their options, changing their minds and ultimately many buyers may not have purchased the "perfect" property they were pining for. Housing wars were common and so was paying more than list price. Yet even with the current market circumstances, it usually turned out for the best. The sellers were always pleased with the sale and the buyers were satisfied in their purchase, even if they had to pay more than anticipated. Buyers felt as if they would ultimately walk away empty-handed, but this may not be the case.

During that time period, I had two very affulent clients contact me on the same day regarding property in the Palm Beaches. One was the owner of a very large brand-name clothing and cosmetics line and the other managed hedge funds. Ironically, they were both scheduled to be in town at the same time to view properties. Both were in the $4-million to $6-million price range. I was predominantly selling new-home construction at the time and both clients were deciding between a newly constructed home or an existing house.

There were not many homes on the market that fit both clients' needs so I scheduled a showing on some of the very same homes. My first appointment was with the owners of a very well known clothing company, Bill and his wife, Sally.

With the research I had done prior to their arrival, Bill and Sally thought they would not waste time on the show or even see a few homes but there were several interested parties. Seven bedrooms, private nanny's quarters, room for their children to run in the yard, media room, a chef's kitchen with separate prep kitchen and a southern exposure — a home that truly offered all of the modern amenities. Bill and Sally loved the home and put an offer on the property then they accepted later that day at $250,000 above the asking price.

I scheduled the next appointment with Bill, Sally and their family. It was where they had always wanted to settle, but for my clients, it did not come at the right price. Their family was clear — it was not such good news. Robert and his family were moving from New York and had not known many people in the area. Their three children were clearly less than enthoused about the move, so they wanted everyone they were involved in the decision-making process. They wanted to live in a home where the street neighborhood felt like a community and it would be easy to meet others, a place where the children would feel at home.

The next morning, I met Robert at his office. As we sat down to discuss the day, he commented on how excited he was to see the Mediterranean home in Palm Beach. Ugh! After breaking the news that it was under contract, his reaction was rather evident and he was somewhat agitated that he did not even get a chance to view the house. It convinced him that we would refocus the efforts on other properties so that he could ultimately purchase a beach home for his family. By the end of the day, we had viewed seven homes and he was not interested in one of them. He kept mentioning how he rarely liked the floor plan of the Mediterranean home.

His family would be with us for the following morning and they were expecting to see a few homes and make a decision. But based on Robert's reaction, I had to start our search over again. I recalled a riverfront home that was on the market and I had been to the open house the week prior, Robert had no interest in the waterfront property, but the design of the home was similar to the Mediterranean so it was on our list. I planned on taking his family there if they did not like any of the other homes we were going to show him.

His wife expressed disappointed she was about the missing opportunity to view the Mediterranean. “I had my work cut out for me! After viewing four more homes, I decided to go back to the first one, and I was somewhat agitated that he did not have a chance to view the house. It was a great design situated on one acre of land and the sunset was gorgeous. A new dock had just been installed and would hold a boat up to 50 feet in length. Great, they were not boats so this really had not caught his attention. However, the family elected to settle for the best.

Every time I see Robert he reminds me and thanks me for helping him purchase his home. He claims that without the connections they have made in South Florida, their life would never be as full as it is now. Like many of us at one time or another we may think we are so closed off to one's opportunity. Supply and demand was the deciding factor for this client, but look at the end result and see what can happen when looking at homes.

We may not be in the same market we were a few years ago, but we are still finding good deals.

— Heather Purucker Brettlauf is a broker and Realtor Associate at Fite Shavel & Associates. She can be reached at 561-722-6236, or at hbrettlauf@fshavel.com. 

Q: About 33 years ago, I was metal detecting around Lompoc, Calif. I found a boy scout coin. I have the Scout logo on one side and, on the other, the saying, “When you have done your good deed for the day, secretly pass the coin to the other, the saying, “When you have done your good deed for the day, secretly pass the coin to the other.” I have been unable to find any information about this coin. Can you help?
A: Robert Baden-Powell founded the Boy Scouts of America in 1907. The Boy Scout movement in the United States began in 1910. “A good turn daily” is the Boy Scout logo. “A good deed” coins have been around for years and are not valuable. Today’s Scouts can flip the coin virtually on a smartphone app called “Good Turn” iPhone app records the date, time and location of the Scout’s good turn. It keeps a list of the Scout’s good turns. The Scout’s good turn.

Q: My Madame Alexander “Pussy Cat” baby doll dates from the early 1970s. She is pretty worn because I played with her a lot, but I still have her original box. Value?
A: Madame Alexander made Pussy Cat dolls from 1970 until 1984. They came in two sizes, 14 and 20 inches. The smaller doll, in excellent condition, sells for $150 in her box for about $60. The larger doll is worth about $800. The doll in its original box is less than $20, with a premium for the box.

Q: I would like to know the current price for various old bottles from San Francisco Bay Area. A: Bay City Soda Water Co.
A: Bay City Soda Water Co. was in business from 1871 to 1913. The bottles were embossed “Bay City Soda Water” on the front and “F” and have an embossed star on the back. They were made in green and various shades of blue. The blue bottles are fairly common, but the green bottles are rarer. Both bottlers produced bottles, but the bottles, which were sold locally. To see a picture of the bottle, go to the website.”

— Terry Koveles

Kovels: Antiques

Whimsical furniture breaks the rules of design

TerryKovel

Kovels@Kovels.com

The carved men leaning on the backs of chairs must have been hired into the head of anyone sitting in the chair. But in spite of the chair’s discomfort, the unique humorous design of a buyer who paid $885 for the chair at a Showtime auction in Ann Arbor, Mich.

The carver in wood and the signature “Robert” on the back of the chair suggests that the piece might have come from Europe or the Midwest. It is not dated, but the carver’s mark suggests a date in the 1920s or 1930s. The chair is about 40 inches high, with a seat width of about 18 inches. It is in good condition and would be a great addition to any collection of whimsical furniture.

Q: I received a filigree-and-rhinestone bracelet. It is labeled “Victoria” and was a family heirloom. Is it real? The company’s history dates back to the 1880s, and until the 1930s it often used the mark “R & G.” U.S. trademark filings indicate that Ripley and Gowen filed for use of “La Mode” as a trademark in 1924. The company used the trademark for both women’s and men’s costume jewelry — everything from bracelets and necklaces to cuff links and keychains. The trademark, now “dead,” was assigned to Barrows Industries of Providence, R.I., in the late 1950s. Most La Mode Original bracelets sell online for $20 to $30.

Tip: If your cane or chair seat cushions seem dry, spray them with water using a mister. A chair cushion that is regularly used lasts only about 30 to 12 years. Keeping it from drying out extends its life.

— Terry Kovels answers as many questions as possible through the column. By sending a letter with a question, you give full permission for use in the column or any other Kovels project. Names, addresses or email addresses will not be published. We cannot guarantee the return of any photograph, but if a stamped envelope is included, we will try. Look at their website for more information at Kovels.com.
This custom home built by Casto Homes in Old Marsh Golf Club includes a golf membership and the first year of annual dues. Decorators Unlimited decorated the home at 13340 Marsh Landing. It offers four bedrooms, 5.2 baths and a separate guesthouse.

It features superior finishes throughout, including impact glass, a gourmet kitchen, two master baths and a media room. Old Marsh Golf Club offers 180 half-acre home sites surrounded by Lake Marsh and golf views.

It is recognized as one of the top 35 clubs in the United States. Fite Shavell & Associates lists the home at $2,395,000. The agent is Heather Purucker-Bretzlaff, 772-6136, hbretzlaff@fiteshavell.com.
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—Rosalie & Anthony

"It was so wonderful working with such a professional! You made everything pertaining to my purchase look so easy. Besides that talent, you also were so easy to work with and work with. I appreciate all that special effort you put into helping me, and in return, I do everything in my power to recommend The McAdams Team to all my friends and family."
—Monette

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**Ritz 1001A**
3BR/3.5BA + Den – Direct ocean has rare 10ft ceilings and extra storage. Spectacular ocean to ICW views await you from this designer ready unit.

**NOW** $1,995,000

**Ritz 1102B**
3BR/3.5BA – Awaken to breathtaking views of the ocean and intracoastal from this fully furnished residence. Spacious rooms, Italian cabinetry & top of the line appliances.

$1,595,000

**Martinique ET2201**
2BR/3.5BA. This high NE corner unit has beautiful ocean and intracoastal views. Bright & fresh with storm shutters and views from every room.

Reduction

**NOW** $690,000

**Oasis 14A**
3BR/3.5BA + DEN – Panoramic ocean to ICW views. 4,000 sq ft. World class estate, fully furnished and turnkey. Now at 2002 pricing.

**NOW** $1,675,000

**Beach Front 1402**
2BR/3BR + Den – One of the most beautifully finished and furnished residences on Singer Island. Masterful faux painting, beautifully crafted moldings & woodwork.

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**NOW** $1,050,000

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**NOW** $690,000

www.WalkerRealEstateGroup.com
Jupiter lighthouse and other museums offer free admission to active military personnel

SPECIAL TO FLORIDA WEEKLY

Jupiter Inlet Lighthouse & Museum is participating in the Blue Star Museums program — along with 1,500 museums across the country — offering free admission to active-duty military personnel and their families through Sept. 2.

It’s collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and the participating museums.

The lighthouse and museum is operated by the Loxahatchee River Historical Society. Exhibits that showcase the site during World War II as a secret spy station are part of the visitor experience.

“We are thrilled to be able to participate again this year to honor our brave men and women in the U.S. Armed Forces and their families,” said Kathleen Glover, lighthouse and museum assistant director, in a prepared statement. “With our museum being a former WWII housing building located on a site with such a long military past, we feel like this is a natural fit in terms of partnership.”

Said NEA chairman Rocco Landesmann: “Through Blue Star Museums, the arts community is extending a special invitation to military families to enjoy over 1,500 museums this summer. This is both an opportunity to thank military families for their service and sacrifice, as well as a chance to create connections between museums and these families that will continue throughout the year. Especially for families with limited time together, those on a limited budget, and ones that have to relocate frequently, Blue Star Museums offers an opportunity to enjoy one another and become more fully integrated into a community.”

The free admission program is available to active-duty military and up to five family members. Active duty military include Army, Navy, Air Force, Marines, Coast Guard and active duty National Guard and active duty Reserve members. For a list of participating museums, see arts.gov/bluestarmuseums.

The Jupiter Inlet Lighthouse & Museum is located at Lighthouse Park, 500 Captain Armour’s Way, Jupiter. It is open Tuesday-Sunday 10 a.m.-5 p.m., last lighthouse tour is at 4 p.m. For more information call 747-8380 or see jupiterlighthouse.org.
My job is to collect stories. I like happily-ever-afters and disastrous never-should-have-beens.

I like stories where the men are the bad guys and the women are always wronged, and I like stories where women do the dirty deeds and men maintain the moral high ground. I like tales of heartache and heartbreak and hearts that have found their missing piece.

I like them all — so long as it's a good story. Like this one.

I was at a weekend-long seminar recently, and on the first day I sat next to a pretty young woman named Michelle. We made small talk over coffee and bagels and I asked if she was married.

“No,” she said with an eye roll. “I’m just now getting back into the dating world.”

“How’s that going?” I asked.

“You won’t believe this story,” she said, and I knew I was in for a treat.

Michelle met a man through a popular online dating site and they went out on a couple of dates. Actually, they went out on two dates. On the first, the man was polite and well-mannered. He spoke about his hobbies, his hometown in the Midwest and his job as a computer programmer. He came across as extremely non-threatening, she said, like lukewarm tea or vanilla ice cream.

On their second date, he continued in the same mild manner, but this time he disclosed that he had made up the part about his job.

“I was actually fired a while back,” he said.

Michelle recognized the dating red flag right away and at the end of the evening, when the man asked if he could see her again, she politely declined.

“I don’t think that’s a great way to start a relationship,” she said. “With a lie.”

They parted company, and when the man called Michelle’s phone over the course of the next few days, she ignored him. The calls tapered off until her phone went quiet.

And then the phone calls started again, from numbers she didn’t recognize. They began one morning and continued throughout the day, call after call after call, all from different phone numbers, most in the local area code and always from men.

“I’m calling about your ad on craig’s list,” one of them said when Michelle answered the phone.

“My ad on craig’s list?”

“Aren’t you the woman looking for a man to--?” The list was extensive, with heavy use of the word naughty. The original two-date, lie-telling suitor texted Michelle later that day. “Bet you’re answering your phone now,” he said.

He had played his hand, it seemed, with the modern day equivalent of a “For a good time” message scrawled across a bathroom wall.

Michelle reported the problem to craig’s list and the ad came down; she told the police, but there wasn’t much to be done.

The story was already fizzling out over the weekend of the seminar.

What can I say? Love blows on mercurial winds. Sometimes these stories end happily, sometimes they end tragically, and sometimes they end with smutty voicemails. The best we can do is read caution where we will and throw ourselves back into the game.
CONTRACT BRIDGE

BY STEVE BECKER

Diagnostic analysis

This deal demonstrates how a declarer can take advantage of the knowledge he has acquired during the bidding and play to bring in a seemingly unmakeable contract.

West led the king of hearts and shifted to a low diamond at trick two. Declarer won with dummy’s king, cashed the ace of spades, catching West’s jack, and continued with a low spade to the queen. West took the king and led another diamond.

Declarer put up dummy’s ace, East contributing the ten, and was now in excellent position to judge West’s distribution. West had started with two spades, at least six hearts, most likely four diamonds to the jack and, therefore, at most one club.

So, after cashing the ten of spades, declarer cashed another spade. This forced East to discard a heart as South discarded a club. Now the ace-of-clubs play from dummy, on which West produced the eight, convinced South that West had started with 2-6-4-1 distribution.

This assumption was confirmed when declarer next led a diamond to his queen, forcing East to discard still another heart. South then ruffed the queen of hearts with dummy’s last trump as East followed with his last heart.

Everyone was down to three cards at this point. Dummy had the K-10-7 of clubs, East the Q-10-6 and South the 9-5 of clubs and seven of diamonds. The seven-of-clubs play from dummy then compelled East to win and yield the last two tricks to dummy’s K-10, and the game was home.

★

PUZZLE ANSWERS

1 6 4 8 7 3 5 2

3 9 7 6 4 8 5 1 2

4 2 3 5 7 9 6 8 1

5 8 6 2 3 1 7 4 9

7 1 9 9 6 4 3 2 5

2 3 8 4 9 5 1 6 7

9 6 1 7 2 3 4 5 8

7 4 5 1 8 6 2 9 3

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Play golf in the moonlight with Ernie Els — and help raise funds for autism

SPECIAL TO FLORIDA WEEKLY

At the start of 2012, champion golfer Ernie Els, a part-time resident of Jupiter, officially launched the 2012 Els for Autism Golf Challenge, the largest international charity-driven amateur golf tournament in history.

The event takes place all over the world from April through September, with proceeds benefiting the Els for Autism Center of Excellence — a $30 million first-of-its-kind project that will feature a state-of-the-art education and research facility as well as a global digital learning platform to families all over the world. It’s a tremendous challenge when Mr. Els, a member of the club, and his friends from the PGA Tour and entertainment hosted by Mr. Els and his friends from the PGA Tour in Las Vegas on Oct. 19 and 20. To date, $571,035 of the $2,500,000 goal has been raised.

Area golfers can help contribute to this challenge when Mr. Els, a member of the Els for Autism event.

Mr. Kay Willson, coordinator of the Els for Autism event.

"The event is open to members first and then any spots left are open to non-members."

"After doing so many intense events, Ernie just wanted to do something that would be a lot of fun," said Mary Kay Willson, coordinator of the Els for Autism event.

"In addition to the golfers, the club will be open to members first and then any spots left are open to non-members."

"We tendered our resignations with terms with her inheritance of either the United Kingdom. Two-person teams compete for a place at the grand finale — a two-day extravaganza of golf and entertainment hosted by Mr. Els and his friends from the PGA Tour in Las Vegas on Oct. 19 and 20. To date $571,035 of the $2,500,000 goal has been raised."

"Area golfers can help contribute to this challenge when Mr. Els, a member of the club. "We are pleased that Ernie Els gave Tequesta Country Club the honor of hosting this inaugural moonlight golf tournament to benefit the Els for Autism event."

"The tournament kicks off with a cocktail reception from 6-9 p.m. with one of Chef Bruce’s delicious four-course Italian buffets. The tournament starts at dusk with a display of fireworks as the golfers and carts get ready to tee off. The format is a scramble best ball in teams of two."

"Mr. Els has more than 65 professional career victories, including three major championships, two world golf championships and a record seven world match play titles."

"A limited number of reception/buffet tickets are available for those who would like to attend but not play golf. Registration is $125 per player and includes the buffet and a drink ticket. For $30, guests can purchase a party pass that is good for drinks throughout the entire evening. To register or purchase a ticket for the buffet, call 625-8267."

Lied and Ernie Els and their children Samantha and Ben live part time in Jupiter. Ben was diagnosed with autism, and is the inspiration for the Els for Autism Foundation.

MATH

From page 1

to terms with her inheritance of either his genius or his insanity — or both.

For Mr. Kay, the math itself is disturbing.

"This is unlike any math I would have done in high school," Mr. Kay said. "It’s beyond my kith and kin to even think about. Two plus two equals four and always will be four. In this, there are several possible answers, and it’s on the level of what Einstein did."

That is intimidating.

"Playing a guy with that kind of IQ is pretty daunting for a guy who has trouble balancing his checkbook," he said.

The play has added up big numbers for its creator, David Auburn, for whom it won a Tony Award and Pulitzer Prize in 2001.

And it is Mr. Kay’s second appearance this season at DramaWorks.

He helped inaugurate the company’s Don & Ann Brown Theatre last fall with Arthur Miller’s “All My Sons.”

And back in the mid-’80s, he trod the boards of the space when it was home to the Stage Company of the Palm Beaches.

“It’s radically different now and is a great venue for theater,” he said.

During his time in Florida, he appeared in productions at Boca Raton’s Caldwell Theatre, Florida Stage and Burt Reynolds Dinner Theatre, with Charles Nelson Reilly and Mr. Reynolds himself directing.

"Then Mr. Kay and his wife, actress Kim Cozort, took a break from South Florida theater for a decade to run Blowing Rock Stage Company in North Carolina.

But in the 2007-2008 season, funding for the theater and its $80 million state-of-the-art building evaporated along with the housing market."

"We tendered our resignations with the idea that if they didn’t have to pass that is good for drinks throughout. To register or purchase a ticket for the buffet, call 625-8267."

"So we say, ‘Let’s just take it out the entire evening. To register or purchase a ticket for the buffet, call 625-8267.'"

"All are generous actors. I am the oldest person in the rehearsal room," Mr. Kay said with a laugh, adding he received his Actors Equity card in Janu-ary 1982, after a stint at Mr. Reynolds’ theater in Jupiter.

"I interned at Burt’s in ‘One Flew Over the Cuckoo’s Nest’ with Martin Sheen,” he said.

That was three decades ago.

"I’ve been slogging down this road a long time now," Mr. Kay said. "It’s too late to turn back."

"I like Bill. He’s straightforward as Sheen," he said.

"I think David Auburn, if he continues to work, may be remembered like Arthur Miller," Mr. Kay said. "His work has a timelessness built in it. It’s all about how people dealt with each other. It’s great storytelling."

"That’s an actor’s job, too."

"That’s what you aspire to do — good storytelling. It’s a well-made play. This guy has got the goods," he said.

"When Hayes, a Dramaworks co-founder and its producing artistic director, leads this production.

"I like Bill. He’s straightforward as a director," Mr. Kay said. "He comes into rehearsals with a knowledge — he knows what he wants."

"Mr. Hayes also appreciates what an actor brings to play.

"He works as a collaborator rather than as a dictator," Mr. Kay said. "He is very open to allowing you to fall on your face, then picks you up. He’s given me some fun playmates to work with."

"The cast also includes Cliff Burgess, Katherine Michelle Tanner and Sarah Grace Wilson.

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In memory of St. Jude patient, Nicky Mailliard, RA Sushi will donate 100% of the proceeds from the week-long sale of select menu items to help fund cancer research and treatment.

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**Thursday Special:** $17.95
Chicken Marsala prepared with wild mushroom marsala wine sauce, potato, and vegetable

**Friday Special:** $19.95
Parmesan Crusted Filet of Sole w/Side of Pasta or Potato

All Weekday Dinner Specials Include:
Bread, Soup or Salad, Coffee, Tea & Dessert

20 kids and their mentors from the Big Brothers, Big Sisters organization joined the tournament and fished on four of Jupiter’s top charters — “Black Dog,” “Mystic Rose,” “Samana” and “Red Beard.”

Grand Slam is seeking sponsors to cover the costs of the charter fees, lunch, a complimentary T-shirt and award. A tax-deductible fee of $35 per youngster will help less fortunate kids who don’t get the opportunity to get out on a boat and experience fishing. For more information, see grandslamkidsday.com or call 847-2090.

**Northwood gallery hosts painting, comic-book classes**

Hennevelt’s Gallery & Gifts in Northwood Village is hosting a painting class and a comic-book class in June.

South Florida artist Kris Davis, whose artwork has been seen across Palm Beach County, will teach acrylic on canvas on June 14, 16 and 21. Supplies are included with a $40 fee. Space is limited.

Comic book artist Erick Marquez, penciller/colorist for the Taylor Swift and Conan O’Brien bio comic books — both part of the “Fame” series published by Blue Water Productions, will teach a comic-book class on Friday nights in June, August and September. June classes are the 1st, 8th, 15th and 22nd, 6:30-8:30 p.m. Fee is $80 for the course. For more information, call the gallery at 506-4108 or see hennevelts.com.

**New Summer Hours:** Open Tues - Sun (Closed Monday)
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MAY 27TH – JUNE 2ND

In memory of St. Jude patient, Nicky Mailliard, RA Sushi will donate 100% of the proceeds from the week-long sale of select menu items to help fund cancer research and treatment.

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2. Lillian "Lyanne" Azqueta, Guillermo Rivera, Lian Fanjul de Azqueta
3. Barbara Nicklaus and Mindy Curtis-Horvitz
4. Lian Fanjul de Azqueta, Lillian "Lyanne" Azqueta, Barbara Nicklaus, Mindy Curtis-Horvitz, Randi Cohen, Kristen Cowling, Meg Weinberger, Dutchess and Guillermo Rivera
5. Guillermo Rivera Lian Fanjul de Azqueta, Lillian "Lyanne" Azqueta, Barbara Nicklaus, Randi Cohen, Kristen Cowling, Meg Weinberger
6. Mindy Curtis-Horvitz, Randi Cohen and Stacy Walker

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums.
WEEKLY SOCIETY

Northern Palm Beach County hYPe mixer at 51 Supper Club & Lounge

1. Lisa Fegley, Stephanie Mitrione, Ryan Dinsdale and Danny Simon
2. Christina Delosua, Ginger McCourt, Courtney Watson, Stephanie Hoffman and Jacqueline Fay
3. Andrea Vasquez and Dan Crow
4. Stephen Messa, J.P. Hervis and David Paul
5. Flaire Kenna, Rebecca Blevins and Brooke Kruhm
6. Eddie Tybuszyki, Robert Longchamps and Sean Kopp
7. Robert Eraus and Stephen Hedrick
8. Loren Leamer, Elaine Lilly and Ashley Mosier
9. Michael Hayner and Bryan Sose

In the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.
FLORIDA WEEKLY PUZZLES

TIMBER LINE

ACROSS
1 94 Days Hannah Lisa
7 2F8 sound
11 Poetic monogram
14 Little fellow
16 Burn of the dogs
22 Fear of the sea
23 Spring no.
24 Forgotten
25 Star of the show
114 Across 
26 Teddy-bear president
27 Tuffy relatives
28 Ganesh or Hanuman
29 That’s the ticket
30 Building engines
31 Level
32 With a 1
33 Watch
34 Asteroids
35 Word game
36 Place it!
37 Anatomy
38 Part 2 of 6
42 Aries animal
43 Important number
44 It started in the hub
49 Yes! It’s a number
51 Fiction
52 1982
57 8 Little lake
59 No. 2 pencil
61 Like Hawaiian Eden
62 Yes!!!
65 100,000
66 1,000
67 700
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70 50
71 49
72 42
73 37
74 31
75 36
76 35
77 34
78 33
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DOWN
1 5500 Military Trail, Suite 12 • Jupiter, FL 33458
3 On the 10th of every month
4 Fanny
5 Coo-p
6 Jax
7 Face
8 Truant
9 R. Puce
10 Chubbers
11 Collie
12 Mutt
13 Yak
14 Poodle
15 Husky
16 Irish Water Spaniel
17 Pug
18 Shih Tzu
19 Pomeranian
20 Doberman
21 Chesapeake Bay Retriever
22 Bloodhound
23 Chinese Shar Pei
24 Lhasa Apso
25 Basset Hound
26 Schnauzer
27 Shetland Sheepdog
28 Basenji
29 Schnauzer
30 Border Terrier
31 Beagle
32 Dachshund
33 Basset Hound
34 Poodle
35 Bichon Frise
36 Shih Tzu
37 Pekingese
38 Miniature Schnauzer
39 Poodle
40 Shetland Sheepdog
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42 Beagle
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114 Poodle
115 Shih Tzu
116 Pekingese
117 Miniature Schnauzer

HOROSCOPES

■ GEMINI (May 21 to June 20) Keep your insight focused on the positive as you deal with an unexpected turn of events in a personal or professional relationship. This could be the start of a welcome change.

■ CANCER (June 21 to July 22) Health matters take on added importance at this time. Deal with them before they interfere with your summer plans. A relationship that cooled off could soon warm up again.

■ LEO (July 23 to August 22) While a few details involving upcoming decisions still need your attention, you fun-loving Felines can begin to spend more time enjoying your lively social life again.

■ VIRGO (August 23 to September 22) That long-sought-after career change could require you to move to another city. Weigh your decision carefully before either accepting or rejecting the offer out of hand.

■ ARIES (March 21 to April 19) A recent spate of confusion regarding decision-making begins to clear up. But caution is still advised. Continue to check details. An old friend has important news.

■ SCORPIO (October 23 to November 21) Although your financial situation starts to improve this week, you still need to be cautious about money matters. Avoid major obligations, for now.

■ CAPRICORN (December 22 to January 19) Things seem to be slowing down for the usually restless Sea Goat. But wouldn’t a bit of rest be just what you need right now? Activity picks up by June 17.

■ AQUARIUS (January 20 to February 18) Personal relationships take a positive turn for both married and single Aquarians. Professional commitments, however, could be complicated by newly emerging events.

■ PISCES (February 19 to March 20) A decision you thought was final might be reopened as new facts are discovered. This could lead to a short-term problem, but might ultimately prove beneficial.

■ BORN THIS WEEK: Your keen interest in pursuing global events could lead you into a career as a politician or reporter.

Puzzle Difficulty this week:

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.

★ ★ ★ Moderate ★ ★★ Challenging ★★★ Expert
LATEST FILMS

‘Men In Black 3’

The Dictator

(Sacha Baron Cohen, Anna Faris, Ben Kingsley) A tyrannical North African dictator (Cohen) gets lost in New York City and struggles to adjust. It’s not nearly as good as the original (1997). Basically, it’s half the movie. There are some nice parts, including quirky humor and inspired montages, but as a whole, this one drags to 113 minutes and never inspires interest. Rated PG-13.

Girl In Progress

(Eva Mendes, Matthew Modine, Ciera Ramirez) An overworked and distant single mother (Mendes) doesn’t notice that her teenage daughter (Ramirez) is acting out. It’s manipulative and painfully predictable. There’s nothing you won’t see coming, and none of it is done very well. Rated PG-13.

Dark Shadows

(Johnny Depp, Michelle Pfeiffer, Eva Green) Buried alive for 200 years, vampire Barnabas (Depp) awakens and finds trouble amongst his family and a rival business owner (Green) who has a tie to 1969 — Coney Island, Shea Stadium and the moon launch all make us smile — but it also feels like they chose the iconic moments first and then tried to fit the story around them, when really it should be the other way around.

The stars don’t need a hit. The rest of the performances are fine, though Smith is a bit too old to be so freely playing off his boyish charms. Visually the film is not impressive, and in fact looks like it could have been made 10 years ago, which is a no-no when you’re charging jacked-up 3D prices.

Speaking of the 3D, it’s a mere gimmick that’s only relevant in one scene inside a Chinese restaurant; otherwise, there’s no need for it at all.

The joy of the “Men In Black” franchise is the campy fun spirit, the serious mixed with the silly to give the audience a joyful night out. Based on what it attempts to do, “Men In Black 3” clearly knows this, but simply fails to execute.

Is it worth $15 (3D)? No
Is it worth $10? Yes
For the third film of a trilogy, “Men In Black 3” is far too mediocre to justify its existence. Consider: The storyline from the other films didn’t need closure. The stars don’t need a hit. The visual effects aren’t better than what we’ve seen before. The story, while it has its moments, is hardly so rife with ingenuity that it had to be told. The studio, Columbia Pictures, could’ve reignited any of its franchises instead of this one (and it is, with “The Amazing Spider-Man” and “Total Recall” later this summer).

So why are we watching Will Smith and Tommy Lee Jones do the same-old same-old? They’re a fun odd couple, that’s why, but they also are not enough, especially when Jones is gone for half the movie. “Men In Black 3” is passable, with a level of quality that’s better than the trash heap that was “Men In Black II” (2002), but that’s not nearly as good as the original. Basically, it’s a mildly entertaining lark with a few moments of inspired creativity. The rest is just blah.

While alien crime fighter Agent J (Smith) wonders how his partner, Agent K (Jones), got so old and crotchety, a villain from K’s past, Boris (Jemaine Clement), escapes a lunar prison. J tries to learn more from the new boss, Agent O (Emma Thompson), and is naturally open to his past. There are some nice parts, including quirky humor and inspired montages, but as a whole, this one drags to 13 minutes and never inspires interest. Rated PG-13.

CAPSULES

‘The Dictator’ ★★★★

(Sacha Baron Cohen, Anna Faris, Ben Kingsley) A tyrannical North African dictator (Cohen) gets lost in New York City and struggles to adjust. It’s not always as biting as it should be, but similar to “Borat,” it’s at its best when Cohen pokes at American culture. Rated R.

‘Dark Shadows’ ★★★

(Johnny Depp, Michelle Pfeiffer, Eva Green) Buried alive for 200 years, vampire Barnabas (Depp) awakens and finds trouble amongst his family and a rival business owner (Green) who has a tie to his past. There are some nice parts, including quirky humor and inspired montages, but as a whole, this one drags to 13 minutes and never inspires interest. Rated PG-13.

‘Girl In Progress’ ★★★

(Eva Mendes, Matthew Modine, Ciera Ramirez) An overworked and distant single mother (Mendes) doesn’t notice that her teenage daughter (Ramirez) is acting out. It’s manipulative and painfully predictable. There’s nothing you won’t see coming, and none of it is done very well. Rated PG-13.
A guide to what makes for a bestselling novel

James W. Hall, best known as the prize-winning author of the Thorn thrillers, has fashioned a practical guide to the must-have ingredients for commercial success as a writer. Drawing upon his own experience as well as the insights developed from teaching his popular college course on bestsellers, Mr. Hall presents a lively discussion of 12 blockbuster novels. While each is distinctive, they share many features in ways that are sometimes immediately obvious, sometimes more maverick characters — Think Michael Corleone. Secret societies, sexuality and dysfunctional families. Mr. Hall is careful not to suggest others invoke it in a positive sense, others invoke it only to mourn its contamination. Mr. Hall explores “Peyton Place” and “Valley of the Dolls” from this perspective, but it becomes clear that the other 10 novels also make use of this ingredient.

“Hit Lit,” “Jaws,” “The Dead Zone” and “The Da Vinci Code” are the other titles treated in this entertaining, informative, and totally reader-friendly study. Other characteristics found in all of the test-case bestsellers (and many hundreds of others) include:

- A satisfying abundance of facts — Readers enjoy finding out how high-powered law firms operate (Grisham) and what it’s like to pilot a submarine (Clancy).
- One or more maverick characters — Think Scarlett and Rhett. Think Michael Corleone.
- Secret societies, sexuality and dysfunctional families.
- Mr. Hall is careful not to suggest that the master ingredients are everything. They are essential, but not sufficient. Plenty of failed books share the features of legendary bestsellers.

“Without something emotionally at stake,” Mr. Hall insists, “the writing process is a sham, and the resulting work is likely to be nothing but sterile exercise.” No matter how slavishly a writer amasses and combines the bestseller elements, he or she must link them “to personal concerns and passions” for the story to have any chance of coming alive.

In drawing together his main points, Mr. Hall makes the following observation: “Written in earthy, simple, earnest prose with plots that are driven by a ‘high concept’ and a minimum of backstory or psychological introspection, these novels are peopled by characters whose burning emotions drive them to commit bold and decisive actions.” Except for the “simple, earnest prose” part, this description could be about a novel by Mr. Hall — whose prose in the Thorn books is often infused with lyrical grace. What Mr. Hall provides in “Hit Lit” is not only a dose of common sense for writers looking for readers, but also a revealing examination of American popular culture through the lens of the blockbuster novels that both reflect and create it. Thus, it is a most useful guide for literary agents, editors and publishers. Moreover, it’s just plain fun.
We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover. You can purchase any of the photos too.

Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.

Diane’s Voice, Gilda’s Club ovarian cancer symposium at Scripps Research Center

1. Nancy C. Smith
2. Laura Smith and Christine Serpanenko
3. Leslie Randolph and Bobbi Horwich
4. Linda Freeman and Amy Byer
5. Emmy Ryne and Constance Vaniderstine
6. Jaime Goodman and Robert Horwich
7. Dawn Johnson, Karen Golonka and Andrea Cleveland
8. Melissa Tellingiusten and Rosalie Routh
9. Alane Griffin, Gina Phinney and Erica Kortin
10. Amy Byer, Constance Murphy, Marla Marla Shainman and Trish Weaver
11. Sam Budyszewick and Shelley Goren
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1. Cole Rype
2. Keith Palagye, Michel Delgado and Stacy Palagye
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4. Marijah Speciale
5. Het Heru Raffut and Merid Nefert
6. David Altomaretti and Candice Whipple
7. Bob Lienoff and Sonya Mongioli
8. John Samuels and Eva Ulinski
9. Barbara Becker
10. Patrice Curry
11. Lisa Grossman and Kym Schoenberg
12. Kata Jenkins and Runa Ross
13. Fanny Amiri and Kate Volman
14. Virginia Lang and James Altman
Carmine’s revives Ocean Grill at Umi

FLORIDA WEEKLY STAFF REPORT

Carmine’s Ocean Grill is back. Umi Fishbar, which opened amid much hoopla around the corner from Carmine’s Trattoria and market, has been renamed Carmine’s Original Ocean Grill & Sushi Bar.

Longtime residents may remember the original Ocean Grill, which was across PGA Boulevard in the space that now is home to Hiroki Japanese Buffet.

Much of the concept at the Ocean Grill, which is part of Carmine Giardini’s restaurant empire, appears to be similar to that of Umi. It offers waterfront dining on Asian-fusion cuisine, sushi, small plates, main plates and items prepared on the Japanese-inspired robata grill, which relies on a charcoal-fired hearth.

According to the Ocean Grill’s website, Executive Chef Jeffrey Schlissel, Executive Sushi Chef Mike Jin and Chef de Cuisine Frank Della Riva head up the culinary team.

It’s at 2401 PGA Blvd., Suite 160, Palm Beach Gardens. Phone: 472-7900.

Top butchers: The Whole Foods Market Florida region has invited its in-house butchers to sharpen their knives for a regional Top Butcher Competition. Each store in Florida has nominated its best butcher to compete in a regional “cut-off.” The winner of the regional finals will head to Washington, D.C., to compete against fellow finalists from across the United States in the Top Butcher Competition National Finals and the winning finalist will compete in New York City at the annual Meatopia event.

According to Whole Foods, competitors will be given a specific portion of meat, which will be revealed the day of each competition and 15 minutes to properly cut and present the meat.

They will be judged on how quickly they can cut the meat, the creativity and precision behind their slices and the ability to maximize profit potential. The winner is automatically entered to compete in the regional finals.

Locally, chefs will compete at 11 a.m. June 5 at the Whole Foods Market at Downtown at the Gardens, 1701 Lake Victoria Garden Drive, Palm Beach Gardens.

Chefs competing at this event will be from Whole Foods stores in Wellington, Boca Raton, Fort Lauderdale and Palm Beach Gardens.

Make a BIG SPLASH!

Come join us on June 8th for some free family fun at Loggerhead Marinelife Center for a day of “ocean inspired” games, activities and more with Dr. Seuss’s legendary One Fish, Two Fish, Red Fish, Blue Fish.

★ Fun World Oceans Day activities for kids!
★ Learn how to be a steward of our seas & oceans.
★ Educational and interactive displays.
★ Ocean-themed arts and crafts.
★ Book signing with Michael Patrick O’Neill.
★ Live music, food and beverages available.
★ Photos with the lovable LMC mascot, Fletch.
★ Fish feedin’ and sea turtle viewing and feeding.
★ Find out how oceans inspire our everyday life!

Friday 10am-3pm
June 8th
World Oceans Day

Loggerhead Marinelife Center  14200 US Highway One  Juno Beach, FL  (561) 627.8280  www.Marinelifefl.org/WOD
GOLD COINS
We buy and sell all types of U.S. and foreign gold coins, Krugerrands, Maple Leaf, Eagles, etc. Call for latest pricing.

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IMPORTANT: DO NOT CLEAN YOUR COINS!!! All prices are for coins in fine condition. Cleaned or damaged coins will bring significantly less. PRICES GOOD THRU 6/14/12.
A dance recital from Char-Mar Dance, 2 and 7 p.m. June 3. Tickets: $25; call 575-2733 or visit www.charmar-dance.com.

Films — May 31: “Boy” and “Keyhole.” June 5: “Lost in Bohemia,” “Footnote” and “Payback.”

Opera — June 3: “Don Carlo” from La Scala.

The Eissey Campus Theatre is at Palm Beach State College, PGA Boulevard, Palm Beach Gardens. Unless otherwise noted, call 207-9940 or visit www.palmbeachstate.edu/eisseycampustheatre.

The Mos’ Art Theatre is at 700 Park Ave., Lake Park. Call 337-0POD (6763) or visit www.palmbeacharts.org.

The West Palm Beach Antiques Festival — See a variety of dealers at this monthly show. It’s noon-5 p.m. June 1, 9 a.m.-5 p.m. June 2 and 10 a.m.-3 p.m. June 3 at the South Florida Fairgrounds, off Southern Boulevard, just east of U.S. 441, suburban West Palm Beach. Tickets: Early buyers (9 a.m.-noon June 1), $25, good for the entire weekend; $7 adults, $6 seniors; under 16, free. For more information, call (848) 697-5040, email wpbaf@pbaf.com or visit the website at www.wpbaf.com for a discount coupon.

Call for auditions to be delivered to the Ronald McDonald House. For more information, call 743-7123 or RiverCenter@loxahatcheeriver.org.

Discount coupon available at www.wpbaf.com • email: info@wpbaf.com

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**Admission**

** tight 1-3 pm. June 2 and June 9. Kids Angel Network is collecting paper goods, cleaning supplies and gift cards to Home Depot and Lowes during the auctions to be delivered to the Ronald McDonald House. For more information and to make an appointment, email KidsAngelNetwork@gmail.com. Downtown at the Gardens’ Centre Court, 1081 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-6600.

**The Mos’ Art Theatre** is at 700 Park Ave., Lake Park. Call 337-0POD (6763) or visit www.palmbeacharts.org.

**Films** — May 31: “Boy” and “Keyhole.” June 5: “Lost in Bohemia,” “Footnote” and “Payback.”

**Opera** — June 3: “Don Carlo” from La Scala.

**Gardens Summer Market Nights** — 5-9:30 p.m. Thursdays through Aug. 16. 4001 Burns Road, Palm Beach Gardens. Hear live music and shop for prepared food and drink items, plants, flowers, produce and handmade crafts. No pets allowed. Information: www.pbgfl.com, email recinfo@pbfgfl.com or visit www.palmbeacharts.org.

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**Palm Beach Gardens** — Superstore play sessions with Sam Brans, 10 a.m.-noon Tuesdays; JCC North, 4083 PGA Blvd., Palm Beach Gardens. Play party bridge in a friendly atmosphere while benefiting from expert advice with judgment calls and hand rulings; no partner necessary; coffee and light refreshments provided. Price: Free/Friends of the J; $5/guest; 712-5233.

**Zumba Class** — 11 a.m. Tuesdays, Alexander’s Ballroom, 621 W. Indian River Road, Jupiter, 747-0030.

**And a variety of goodies provided. 12:15-1 p.m. Tuesdays and Thursdays; JCC North, 4803 PGA Blvd., Palm Beach Gardens. Price: Free/Friends of the J; $5/guest; 712-5233.

**Public Fish Feedings at the Loxahatchee River Center** — 2 p.m. Saturdays at the Wild & Scenic Reef and Deep Marine Tanks, Burt Reynolds Park, Jupiter, 805 N. U.S. 1, Jupiter; 743-7123; or visit www.loxahatcheeriver.org/river-center.

**The Kids Angel Network auctions** — 1-3 p.m. June 2 and June 9. Kids Angel Network is collecting paper goods, cleaning supplies and gift cards to Home Depot and Lowes during the auctions to be delivered to the Ronald McDonald House. For more information and to make an appointment, email KidsAngelNetwork@gmail.com. Downtown at the Gardens’ Centre Court, 1081 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-6600.

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WHERE TO GO

Wednesday, June 6

■ Basic Computer Class — noon-1:30 p.m. June 6, Lake Park Public Library, 529 Park Ave., Lake Park. Free. Space is limited; call 881-3330.

■ Break Up Support Group — 10 a.m. Wednesdays, various locations in Palm Beach Gardens. Sponsored by The Counseling Group, which provides free Christian counseling, classes and support groups; 624-4358.

■ Hatching Tales — 10:30-11:30 a.m. Wednesdays, Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach. Free; www.marinelife.org.

■ Bridge Classes with Sam Brams — 10 a.m.-noon Wednesdays — JCC North, 4803 PGA Blvd. Six-week session $72 or $15/class. Pre-registration appreciated. Call Rhonda Gordon, 712-5233.

■ Will and Anthony Nunziata — Extended engagement continues June 1-2, 8-9 and 15-16 at The Colony Hotel, 155 Hammon Ave. (just south of Worth Avenue), Palm Beach. Cost: $90 for dinner and show; $60 for show only; 659-8100 or www.thecolonypalmbeach.com

■ Armory Art Center — Through June 2: “K-12 Palm Beach County School District Art Show” and “Seven Point Perspective.” Hours: 10 a.m.-4 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday, 700 Parker Ave., West Palm Beach; 832-4776 or armoryarts.org.


■ *Proof* — David Auburn’s play runs through June 17 at Palm Beach Dramaworks’ Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach. Tickets: $55, $10 for students; 514-4042 or www.palmbeachdramaworks.org.

■ Palm Beach Photographic Centre — “Insights & Surprises” — “Color Light Abstractions” by mid-20th-century photographer Wynn Bullock. Show runs through June 9. The Photographic Centre is in the City Center, 400 Clematis St., downtown West Palm Beach. Hours are 10 a.m.-6 p.m. Monday-Thursday, and 10 a.m.-5 p.m. Friday and Saturday; call 253.2600 or visit www.palmbeachdramaworks.org.

Ongoing Events

■ Will and Anthony Nunziata — Extended engagement continues June 1-2, 8-9 and 15-16 at The Colony Hotel, 155 Hammon Ave. (just south of Worth Avenue), Palm Beach. Cost: $90 for dinner and show; $60 for show only; 659-8100 or www.thecolonypalmbeach.com

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Good food equals good health

How to get the most nutrition from what you put in your body.

BY MARY JANE FINE
mjfine@floridaweekly.com

Behind the serving counter in the cafeteria at Palm Beach Gardens Medical Center and just past the cheese Danishes and the bran muffins, a quick left brings you to the office Sharon Fischer shares with two colleagues, the office with the “Have you hugged a dietitian today?” bumper sticker affixed to the door. Ms. Fischer and her office-mates are, in a sense, professional foodies. It’s their job to assess the nutrition status of the hospital’s patients, to learn their dietary needs and make sure those needs are properly met. Education is a major component of the job. They often recommend short- or long-term modified diets, depending on a person’s medical condition — following intestinal surgery, for example, or heart trouble.

SEE HEALTH, C6

INSIDE:
BLANK SLATES aid marriage stability/ C2
CHIROPRACTIC a partner in good health/ C4
SKIN CANCER can be prevented/ C5
A friend of mine recently called to relate his recent and painful breakup with a girlfriend. It seems that she left him for a younger man. My friend is 52 and his ex-girlfriend is 27. I attempted to console him philosophically by opining that one of the very things that make certain relationships exciting is their improbability of success. When you find yourself with someone materially younger, more attractive, more educated or wealthier, it can lead to feelings of insecurity or anxiety, which are oftentimes mistaken for excitement.

In my friend’s tale of woe he mentioned that his replacement was younger (around her age), considerably taller, had a full head of hair and was a “blank slate.”

His usage of the term “blank slate” began to resonate with me as a metaphor for why certain marriages don’t last. It seems he realized that the age difference between them was not in and of itself the issue; the real obstacle was their vastly different life experience. His was rough and pitted, like a well-used carpentry tool, or perhaps more kindly you could say multi-faceted, like a precious stone; whereas hers was relatively smooth or blank. I may not have mentioned that I was in my car driving to Miami for Mother’s Day when I took my friend’s call, and continued to think about his statements.

This will hopefully in some small way explain why I next began to reflect on carpentry. I began to consider the necessity in building quality furniture that each plane of wood is perfectly textured and fitted together. Further, if you’ve ever tried to bind two things together with materially disparate surfaces, it is next to impossible.

This is why people, like furniture, adhere to one another better if they have smoother surfaces, or blank slates. As such, one of the reasons that first marriages statistically have a better chance of lasting is that the demographic skews younger and the slates are much blanker.

The problem with second or third marriages is that for the most part the participants are older, and have each acquired their own unique pattern of emotional and intellectual texture, which makes finding a good fit considerably more difficult.

It is objectively true that two smooth surfaces will fit together or adhere better than two rough surfaces. I suppose that one could also correctly extrapolate that a smooth surface and a rough surface would generally stick together better than two rough surfaces, although in my friend’s case that would be cold comfort indeed.

Carpentry aside, the other truly difficult obstacle to overcome in subsequent marriages is the issue of children. Whether the children belong to you, your potential new spouse, or you both have children, there are literal minefields of issues to consider and survive.

Most parents have their children’s best interests at heart, and make their wellbeing a priority. The tricky part is merging this priority with the wants and needs of a new spouse. Someone (maybe me) once said that there is no deadlier assassin of relationships than expectation.

The expectation of what rung on the food chain you will occupy in a subsequent marriage, particularly when there are children involved, is an issue that begs thorough investigation before you say I do ... again.
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Successful Weight Loss Center, located in PGA Commons West, is owned and operated by Mary Jo Cohen, a critical care Registered Nurse, with more than 20 years’ experience in the industry.

Give us a call today. Add years to your life and life to your years.
Chiropractic care: A partner in good health

Not all back problems are created equal. One person may have been working on a home improvement project and injured her back while simultaneously bending and twisting. Another person may be experiencing back pain as a result of a vehicular collision. Another person may have developed back pain as a result of thumb applications to most situations. Yet another person may be experiencing back pain as a result of osteoporosis. Yet another person may have a serious illness that causes back pain as a related problem. Back pain is a problem common to many types of injuries and illnesses. How can you tell the difference — in other words, how can you tell when back pain requires you to take action, such as seeing your chiropractor?

A reasonable approach is to use a 48-hour guideline. Your body usually has a powerful ability to heal itself. If your back pain hasn’t gone away on its own within 48 hours, then seeking professional assistance is a very good idea. However, some situations require immediate attention. For example, if you’ve had an accident, seeing your chiropractor right away is probably the right thing to do. In another scenario, if you begin to experience severe pain without an obvious cause, then seeing your chiropractor right away makes a great deal of sense. Like many things in life, having physical pain requires us to use good judgment. The 48-hour rule-of-thumb applies to most situations, but if you’ve had an accident or are having an unusual problem, see your chiropractor as soon as possible, today if necessary.

When a person has back pain, it’s very important to make sure there are no related problems. Most of the time there aren’t, but no one wants to be the exception and it’s always better to be safe than sorry.

Making your own diagnosis is never a good idea.

“Oh, that’s been bothering me for months,” some people will say. “It’s just back pain.” Of course, such an approach to one’s health violates the 48-hour rule. If the problem really wasn’t anything much, it would have gone away within a few days. Something else is going on, and usually the longer a physical problem is left untreated the more difficult it is to deal with. The old expression, “an ounce of prevention is worth a pound of cure” is as true today as it was 100 years ago. Chiropractors are experts in back pain. They know that physical pain happens for a reason. Their job is to discover that reason, using the tools of history taking, physical examination, biomechanical analysis, and special tests, if necessary, such as X-rays and other imaging methods.

Most of the time, the underlying problem is mechanical in nature, involving the spinal joints and associated soft tissues, including the ligaments, muscles, and tendons. Such mechanical problems cause the vast majority of cases of back pain, and are directly addressed by chiropractic care. In unusual circumstances, your chiropractor will refer you to another specialist. The important approach in all situations is to seek appropriate care. Your chiropractor’s office is the right place to start.

Back pain, chiropractic care and exercise

Most people now know the importance of exercise in daily life. The benefits of exercise range from improved strength, balance, and agility to deeper, more restful sleep, improved outlook on life, and heightened levels of creativity. Of course, there’s also an additional direct benefit for persons with back pain. Most cases of back pain are biomechanical in nature. In these circumstances, spinal joints have lost some mobility and spinal muscles have become tight. The long-term result is back pain, which may be mild, moderate, or severe, depending on the extent of the biomechanical dysfunction. Chiropractic care is the specific treatment for problems involving the spinal joints and muscles. Exercise is an important addition to chiropractic care. When you perform challenging activities throughout a full range of motion, as you do when you exercise, you’re retraining the joints and muscles of your back. By engaging in such activities on a regular basis, you’re helping to restore spinal strength and mobility, enhancing the benefits you’re receiving from chiropractic care. Your chiropractor is an expert in rehabilitative exercise and will be glad to design an exercise program that will work for you.

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How to prevent skin cancer

SPECIAL TO FLORIDA WEEKLY

Skin cancer is a lifestyle disease, affecting young women, older men and everyone in between. One in five Americans will develop skin cancer in the course of a lifetime; 13 million Americans are living with a history of non-melanoma skin cancer and nearly 800,000 Americans are living with a history of melanoma, the most dangerous form of skin cancer.

But there is good news: because skin cancer is chiefly lifestyle disease, it is also highly preventable.

“About 90 percent of non-melanoma skin cancers and 65 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun,” says Dr. Perry Robins, president of the Skin Cancer Foundation. “Everyone, regardless of skin color, should make staying safe in the sun a priority and incorporate sun protection measures into their daily life.”

Following are Skin Cancer Foundation suggestions for reducing risk:

- Seek the shade, especially between 10 a.m. and 4 p.m., when the sun is strongest. An extra rule of thumb is the “shadow rule.” If your shadow is shorter than you are, the sun’s harmful UV radiation is stronger; if your shadow is longer, UV radiation is less intense.

- Do not burn. A person’s risk for melanoma doubles if he or she has had five or more sunburns at any point in life.

- Avoid tanning and UV tanning booths. UV radiation from tanning machines is known to cause cancer in humans, and the more a person has spent tanning indoors, the higher the risk. Those who make just four visits to a tanning salon per year can increase the risk for melanoma by 11 percent, and the risk for the two most common forms of skin cancer, basal cell carcinoma and squamous cell carcinoma, by 15 percent.

- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Clothing can be your most effective form of sun protection, so make the most of it with densely woven and bright- or dark-colored fabrics, which offer the best defense. The more skin you cover, the better, so choose long sleeves and long pants whenever possible.

- Use a broad spectrum UVA/UVB sunscreen with an SPF of 15 or higher. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.

- Keep newborns out of the sun. Sunscreens may be used on babies over the age of six months, but they should also be protected by shade and clothing. Children are very sensitive to ultraviolet radiation — just one severe sunburn in childhood doubles the chances of developing melanoma later in life.

- Examine your skin head-to-toe every month. While self-exams shouldn’t replace the important annual skin exam performed by a physician, they offer the best chance of detecting the early warning signs of skin cancer. If you notice any change in an existing mole or discover a new one that looks suspicious, see a physician immediately.

- For more information, visit www.SkinCancer.org.
HEALTH

From page C1

Good food is essential to good health, and Ms. Fischer’s good food/good health mantra includes the words “variety” and “moderation.”

And a variety of foods are thought to boost one’s ability to fight off illness. A major research emphasis is on antioxidants — vitamins and minerals and other nutrients that protect cells and repair the damage caused by free radicals, the molecules responsible for aging and tissue damage.

Vitamin A, Vitamin C, Vitamin E — all the bright, colorful vegetables and fruits,” Ms. Fischer says. “The reds and yellows and oranges.” An artist’s palette of immune-system boosters would include carrots, cantaloupe, peaches, nectarines, tomatoes, watermelon and berries. “Selenium and zinc are important, too.” Those elements are contained in Brazil nuts, tuna, red meat, poultry, beans and whole grains, among others.

Fresh, natural foods — those eaten raw or, at least, not overcooked — are the healthiest. “The more processing steps a food goes through, the more chance that somebody has added salt and that (nutritional) things were lost,” Ms. Fischer says.

Another caution: Taking supplements, such as zinc or selenium supplements, isn’t a good substitute for the zinc contained in foods (such as red meat, poultry, beans, nuts, seafood, whole grains). Ditto, selenium (Brazil nuts, tuna, beef, poultry, fortified breads and other grain products).

All those choices get back to Ms. Fischer’s emphasis on variety and moderation.

Brussels sprouts and broccoli are among the cruciferous vegetables thought to be cancer preventatives, but a handful of potato chips can brighten one’s day. With a guilty sigh, Ms. Fischer admits that chips are her favorite unhealthy treat. She’s an advocate of treats, though, if consumed in reasonable quantities. Some of them are even — sigh — good for you. Eating dark chocolate (small amounts) is thought to lower blood pressure and possibly prevent blood clots and hardening of the arteries, according to some studies.

“Like any research area, we need to build a body of research before we can say, ‘This is the truth.’ We’re not there yet,” Ms. Fischer says. “This is really an active area of study.”

Another active study area: probiotics (live microorganisms, such as lactic acid bacteria and certain yeasts) and probiotics (non-digestible foods that stimulate the growth of beneficial bacteria in one’s digestive tract). “The intestinal system is an active part of our immune system,” Ms. Fischer says, “and a big, important one.”

Researchers are investigating whether probiotics, such as those added to yogurt, can alleviate chronic intestinal inflammatory conditions and other intestinal diseases. Specific probiotics also are being studied for possible benefits in treating colon cancer, skin infections and irritable bowel syndrome.

The emerging research specifies which probiotic is being tested with regard to a given ailment. “To me,” Ms. Fischer says, “the takeaway message is: Look at all of these. This will help you for this, and this will help you for that.”

Yet another interest area for researchers: omega 3 fatty acids, commonly found in fish, nuts and flax seed. Omega 3s have been shown to reduce inflammation throughout the body, to boost heart health, to help with rheumatoid arthritis and depression. One study looked at a group of older individuals. Ms. Fischer says, to determine whether they were getting an adequate amount of omega 3 in their diet. “They looked at their actual (dietary) intake, and they did blood levels and checked and monitored their immune function.”

The conclusion: Yes, they were.

In the hospital, Ms. Fischer and her colleagues do far smaller-scale studies of their own, often with the same contradictory outcomes as the scientific studies conducted by researchers.

“Surveying patients about their (in-hospital) food is kind of like ‘The Three Bears.’ Too hard. Too soft. Just right,” she says, and smiles. “And it’s the same food.”

On the subject of eating well to be well, though, the opinions are virtually unanimous. Ms. Fischer says: “The heart people, the cancer people and the government (food pyramid) are all getting on board: the vegetables, the fruits, the whole grains. And exercise.”

Healthy living

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DOOR TO BALLOON TIME MATTERS DURING A HEART ATTACK.

The Heart Institute
At Palm Beach Gardens Medical Center

Door to balloon time measures the time it takes for a hospital to get a heart attack patient from its ER to its cath lab to open blocked arteries. The goal is 90 minutes. More is bad. Less is good.

One team in this region is consistently doing it in less than 60 minutes. This is what it takes to deliver our kind of heart care. This is what it takes to get the job done. The way we do it.
In Southeast Florida, we enjoy a semi-tropical lifestyle, which means sandals and flip-flops are staples. We enjoy the simplicity of a shoe we can slip on and off at the beach, pool, even at work. We also are very picky and are always looking for that something new and different.

Well, Juil footwear is just that. Juil is an up-and-coming startup company that is all about your wellbeing.

Juil footwear connects you to the earth and brings your body back to its natural state of being through its Energy Flow Technology.

The soles of Juil footwear have copper conductors that “discharge and absorb the Earth’s natural energies with every step you take, connecting you to the earth in a way that traditional footwear doesn’t.”

As their website says: Yoga restores your physical balance. Meditation restores your mental balance. Juil sandals restore your natural balance of energy.

You’ll feel it from your heel and toes to the very core of your being. And more importantly, you’ll be connected to essential life forces, like you’ve never been before.

The fundamental principle behind Juil’s footwear is that we live on a planet alive with energy and traditional footwear blocks us from it.

Connecting (as Juil coins it) brings consciousness into our body and is essential for forming healthy boundaries.

We feel more awake and alive by embracing our natural tendencies rather than denying them.

When we are truly connected to the Earth, we can be more dynamic, present and focused. Our attention is in the here and now.

When we are disconnected, we are unstable and lose our center. We become scattered and also lose our ability to build up inner power. In turn, our natural energy and excitement gets diluted, dissipates, and we become inefficient in our lives.

When we lose our connection, our attention strays and we become vague and insubstantial. Whether one observes a yogic view or not, there are other, even more simple ways to experience connectedness. In its simplest form it is to be one with nature.

Take a walk. Observe the animals and plants around you. Go outside and get a breath of fresh air. Tend to a garden. Everyone can connect one way or another.

This connection is cultivated by any activity that directly connects you with the Earth.

Juil sandals are the complete package and I mean that literally. Many footwear companies design great shoes and simply throw them in an uninspiring box.

Juil understands the whole experience.

From the very moment you see Juil’s box, it’s a wonderful experience. From the pull-tab to the colors and quality of the box, you can see the folks at Juil know what they are doing. Once opened, you notice a beautiful yoga mat bag wrapping the sandals.

Juil footwear is not only stylish and comfortable — it offers added functionality.

If you’re looking for some sandals to keep your feet happy then check out Juil’s current lineup of sandals in a variety of colors and styles.

For more information on Juil footwear, visit Keola Health & Well-Being Studios at Downtown at the Gardens or www.juil.com.
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