Florida’s past informs its present. Tales of kind Indian chiefs, rumbling muscle cars, beach invaders, Communist threats and Spanish-speaking exiles all coalesce to bring us where we sit today, with a newspaper or e-tablet in hand in paradise. Here, Florida Weekly’s award-winning writers share surprising stories of growing up in the Sunshine State.

1. Kevin Pierce cruises through the 1960s. 2. Scott Simmons takes us on a hot ride. 3. Athena Ponushis’ family traveled to Disney World. 4. Osvaldo Padilla watched too much TV in the late 1970s. 5. Baseball and the bomb with Glenn Miller. 6. Artis Henderson eases into beach living in the 1980s.

Film festival to feature 26 world premieres

SPECIAL TO FLORIDA WEEKLY

The 18th Palm Beach International Film Festival has announced its lineup for the weeklong event, which opens Thursday, April 4, and features 26 world premieres, eight U.S. premieres and three North American premieres.

“Think it is the best ever. I’m very, very happy with it. I’m very pleased. I think it’s diverse. I think it’s educational. I think it’s worldly. I think there’s some fun in there,” said Randi Emerman, festival director. “I think you’re going to meet people you never would have met before.”

The PBIF will present features, documentaries and short films from the U.S. and from around the world, including works from Russia, Spain, Argentina, Italy, France, England, Israel, Thailand, Palestine, Ethiopia, Nepal, Haiti, Croatia, Australia, Canada, Romania and Singapore. Filmmakers, producers, and actors will be on hand to represent and discuss their films.

The festival opens with “Decoding Annie Parker,” directed by Steven Bernstein. The film stars Maggie Grace, Academy Award winner Helen Hunt, Samantha Morton (as Anne Parker), Rashida Jones and Aaron Paul. Based on a true story, the film follows two women on remarkable journeys over 15 years. The brave, funny

Don’t be money fickle

Chasing good performers can be a bad investment. A18

Enter the maid

Actress cleans up in Dramaworks’ “Exit the King.” B1

Society photos

See who was out and about in Palm Beach County. A20-23

Pet secrets

Seven things you can do to better care for your pet. A6

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INSIDE
and irreverent Anne Parker watches her family stalked and devastated by a cruel illness, leaving her virtually alone and her family stalked and devastated by a cruel illness, leaving her virtually alone.

Dr. May Claire King, a brilliant geneticist, believes there is a genetic link to the type of cancer that afflicts people like Annie, but few believe her and even fewer support her. As the years pass, the illness reaches Annie and changes not only her body, but her relationship with her husband and her son, both ill-equipped to deal with the mayhem that descends upon them. Remarkably, Annie rises up and fights against the odds as she is dealt, learning as she goes something that she believes might save her.

Dr. King also manages to find something of unimaginable significance as slowly, inexorably these two women’s stories begin to converge, until the heroic and uplifting finale. Mr. Bernstein, the real-life Annie Parker and some cast members will be attending. Opening night festivities will take place Thursday, April 4, at Muvico Parisian at CityPlace, followed by a party on the rooftop of Two City Plaza.

Ms. Parker will be at the festival, as will one of the “Lost Boys of Sudan,” according to Ms. Emerman. The festival closes Thursday, April 11, with the U.S. premiere of “Chez Upshaw,” a comedy directed by Bruce Mason and starring Illeana Douglas and Kevin Pollak.

An endlessly bickering but truly devoted and quirky couple run a B&B that’s about to sink, when along comes the opportunity of a lifetime — they turn it into a “check-in, don’t check out” last resort for assisted suicides. Ms. Mason and Ms. Douglas will be attending.

Closing night festivities will take place at Frank Theatres CineBowl & Grille/IMAX, Delray Marketplace, Delray Beach, followed by the “It’s a Wrap” party.

She said audiences will want to see “Comedy Warriors: Healing Through Humor,” about injured service members who have used comedy to help themselves heal. “All the Comedy Warriors will be here at their screening,” Ms. Emerman said.

Ms. Emerman said one of her biggest points of pride is seeing many directors return for their third and fourth times. “I’ve seen some really grow up over the years,” she said.

And along the way she has seen some major change. “I’d say the biggest change is that the quality of films is so much better. We’re well known. Look at how technology has changed since our very first festival, and our outreach to the world,” she said.

Perhaps one thing that has not grown is the price. “I’m trying to make this about film and filmmakers and having some fun, too,” she said. “We want to show them, when they travel here, a really good time. They’re spending a lot of money, so we want them to have a great experience.”
Sat. April 20
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Tomas Young and the end of the body of war

Tomas Young was in the fifth day of his first deployment to Iraq when he was struck by a sniper’s bullet in Baghdad’s Sadr City. The single bullet paralyzed him from the chest down, and changed his forever. Now, nine years later, at the age of 33, Tomas has decided to end his life. He announced recently that he will soon stop his nourishment, which comes in the form of liquid through a feeding tube.

Tomas was the subject of the award-winning documentary “Body of War,” made by legendary TV talk-show host Phil Donahue and Ellen Spiro. The 2007 film follows Tomas’ rehabilitation, struggles with his injuries and his political awakening to become one of the most prominent anti-war U.S. veterans of the invasion and occupation of Iraq. He was first moved to action by the efforts of Cindy Sheehan to speak with President George W. Bush while he was on vacation at his so-called “vacation home” in the Gulf Coast. The Obama administration has been happy to keep the nation’s foremost shovel-ready project in a state of suspended animation for years, so it can be constantly studied toward no end whatsoever except placating people with a theological objection to pipelines.

For state of the 21st-century American attitude toward building things, I direct your attention to Volume 2 — not Volume 1, 3 or 4 — of the Draft Supplemental Environmental Impact Statement, not to be confused with the three prior ones.

Therein is a section considering the pipeline’s impact on endangered and threatened species and plants. It evaluates the effect on everything from the Sprague’s Pipit to the blowout penstock, although special attention is devoted to the American burrowing beetle. Just like your congressman, the beetle is a “federally protected invertebrate.”

It lives in a handful of counties to be traversed by the pipeline in Nebraska and South Dakota. Its habitat could be disrupted. It could be hit by trucks. If the pipeline heats the ground, beetles burrowed into the soil for the winter could be cooled into emerging prematurely. Artificial lighting could expose it to increased predation. Not to worry. Keystone has been in discussions with federal and state officials about minimizing the impact. Prior to construction, the beetles should be trapped and relocated, in keeping, of course, with the Nebraska American Burrowing Beetle Trapping Protocol. Not much effect on South Dakota. Trapping and relocating American burrowing beetles, the statement explains, “is not authorized in South Dakota.”

Vegetation should be mowed to no more than 8 inches tall to render the area temporary unsuitable to the beetles. Carcasses should be removed, lest beetles return to eat. A sheltered site will be kept free of attractors. All workers should be trained in beetle protection and issued “a full color Endangered Species Card,” which includes a picture of the American burrowing beetle and a summary of relevant conservation information.

This is the case of one insect glancingly affected by one project, but it stands for an epoch of red tape and hostility to development.

The betting now is that the Obama administration will eventually green-light the pipeline. If it does get built, it probably won’t be in operation until 2016, when the original completion date was to have been two years after the perverse art of not building things.

— Rich Lowry is editor of the National Review.
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PET TALES

Seven secrets
Tips to make life easier on yourself — and your dog

BY DR. MARTY BECKER

As the veterinarian on “Good Morning America,” I’m always hearing about and looking at pictures of other people’s pets. I truly enjoy hearing about the love people share with their companion animals.

But being recognized so frequently also means I hear a great deal about the things that bother pet lovers. The other day I was thinking about those annoyances that apply to dogs, and thinking about the knowledge I’m always sharing with people. I’ve written entire books sharing tips and cutting-edge information, but here’s a short list of seven secrets I wish more dog owners knew:

**Secret No. 1:** Poisoning hazard.

*from this No. 1 poisoning hazard.*

When you lock away your medications — human and pet prescriptions, and all over-the-counters — safely and securely, you’ll protect your pet and your family. So what if you fail to treat — and even worse, to lose — your pet thin (and therefore healthier) and even barking up the wrong tree. The kind of dog who sheds the least? A small one (less dog, less fur) with long fur (long fur stays in longer than short fur) who’s kept clipped short (less left on to clean up when it does eventually fall out).

**Secret No. 2:** Preventing accidents.

*Locked away, you’ll protect your pet.*

The solution for them is a pet health insurance policy, which can cover the bulk of costs for an expensive accident or illness without forcing any compromises on care.

**Secret No. 3:** Stop the post-bath shake.

*One simple trick will keep a dog from shaking water all over you when you bathe him.*

Working with your veterinarian to provide your old dog “neutraceuticals,” such as omega-3 oil and glucosamine, along with prescription pain medications (such as Rimadyl) can put the bounce back in your old dog’s step.

**Secret No. 4:** Getting old doesn’t need to mean misery for your dog.

*Most people want it easy and better for both you and your dog.*

“Early shots” are no longer recommended. Current advice is to tailor vaccines to fit your pet. Most dogs should now get “core” vaccines on a three-year-cycle for the most common and most deadly diseases, including parvovirus and distemper. All dogs need rabies shots on a schedule set by law. But other vaccines may depend on a dog’s breed type, size or the region where you live, and you’ll need to go over the options with your veterinarian.

**Secret No. 5:** Pet insurance.

*It’s not hard or expensive to make life easier and better for both you and your dog.*

It’s easy to promises on care. The solution for them is a pet health insurance policy, which can cover the bulk of costs for an expensive accident or illness without forcing any compromises on care.

**Secret No. 6:** Wasser fur.

*Secret No. 3: Stop the post-bath shake from getting water all over your bathroom and you. It’s simple:*

While you shouldn’t skip wellness exams (they can spot a problem when it’s still easier and less expensive to treat) or lower the quality of your dog’s food (good nutrition means good health), you can save money by price-shopping for prescription medications but do give your veterinarian the option of matching prices), buying items in bulk and sharing with others, keeping your pet thin (and therefore healthier) and even bartering for your pet’s needs.

**Secret No. 7:** Yearly shots are no longer recommended. Current advice is to tailor vaccines to fit your pet. Most dogs should now get “core” vaccines on a three-year-cycle for the most common and most deadly diseases, including parvovirus and distemper. All dogs need rabies shots on a schedule set by law. But other vaccines may depend on a dog’s breed type, size or the region where you live, and you’ll need to go over the options with your veterinarian.

It’s not hard or expensive to make life easier and better for both you and your dog. You just have to know the secrets!

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**PETS OF THE WEEK**

**Dixie**: a 6-year-old spayed terrier hound mix. She loves to go for walks and stalk critters. She adores human companionship but would do best in a home with no other pets.

**Red Ruby**: a 10-year-old spayed domestic. She’s been petting at dogs, she’s very affectionate and loves people.

Dixie and Red Ruby qualify for the Senior to Senior program; adopters 65 and older pay no adoption fees.

To adopt: The Peggy Adams Animal Rescue League, Humane Society of the Palm Beaches, is located at 3100/3200 Military Trail in West Palm Beach. Adoption pets and other information can be seen at hspb.org. For adoption information call 561-486-6066.

**Little Ed Taylor**: is a spayed female black domestic shorthair, approximately 6 months old. She is very affectionate and loves to play.

**Abbie**: is a neutered male American, approximately 1 year old. Along with his mother, he lost his home when his owners moved, and would love a new “forever home.” He interacts well with people.

To adopt: Adopt A Cat is a no-kill cat rescue facility located at 1125 Old Dixie Highway, Lake Park. For additional information, and photos of other adoptable cats, visit the website at www.adoptacatfoundation.org or call 561-491-1.

**PBG Member, Sharon F.**

*PBG Member, Sharon F. went from a Size 12 to a Size 8 in 3 months!*

Joining Get In Shape For Women has been one of the most successful and rewarding accomplishments in my life. I lost 15 lbs. and went from a Size 12 to an 8 in 3 months. The answer to my success is the professional care the training staff has provided me in nutrition, strength training and most important instilling accountability for my goal.

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Jack Lighton named Marinelife Center CEO

Jack Lighton has been appointed president and CEO of Loggerhead Marinelife Center, a non-profit sea turtle research and rehabilitation center in Juno Beach.

“Jack is a long-standing, passionate supporter of LMC and a former board member,” said Brian Waxman, chairman of the center’s board, in a prepared statement. “His global management expertise, along with his love for sea turtles, education and conservation, will provide significant resources to the entire Loggerhead Marinelife Center team.”

Mr. Lighton will be responsible for the not-for-profit center’s strategy, committees, donor development, capital campaigns, finance, research/rehab and operations, including LMC’s large and growing educational and volunteer arms.

“Loggerhead Marinelife Center has been a part of my life as long as I can remember,” Mr. Lighton said. “It has been exciting for me to be a supporter of the center as it has grown.”

Mr. Lighton most recently worked for 10 years as senior vice president of Global Client Services at Harris Interactive Inc., which conducts The Harris Poll and is one of the world’s largest custom market research and management consulting firms. Prior to joining Harris Interactive, he was a manager and founding team member of J.D. Power and Associate’s Recreation and Financial Services Practices.

“Loggerhead Marinelife Center is one of the most visited cultural attractions in Palm Beach County,” Mr. Lighton said. “More than 250,000 people come each year to our incredible beachside campus to learn about our work in protecting the endangered sea turtles that come to our shores.”

The Juno Beach veterinary and hospital staff rehabilitated literally thousands of sick and injured sea turtles over the 30 years since the museum that became Loggerhead Marinelife Center was founded. The center’s research biologists monitor one of the most prolific sea turtle nesting beaches in the world. The 2012 nesting season marked the highest nesting number in the center’s 23 years of monitoring.

“I am delighted to work with one of the most advanced sea turtle research teams on our planet,” said Mr. Lighton. “I look forward to being an integral part in Loggerhead Marinelife Center’s next chapter and I look forward to raising the visibility of our center locally, nationally and internationally.”

Gannon’s REAL ID campaign wins ADDY ad chapter

Anne M. Gannon, constitutional tax collector for Palm Beach County, has announced that her office received a Silver ADDY Award from the American Advertising Federation’s Greater Fort Lauderdale chapter. The award honors creative excellence in marketing and advertising.

Ms. Gannon’s REAL ID public education effort won in the category for public service in an integrated campaign.

“This is a great creative campaign. It gets people’s attention. And most importantly, it alerts the public about the federal REAL ID mandate and delivers tools that help,” said Ms. Gannon in a prepared statement. “We are honored by the Advertising Federation’s award for our effort.”

REAL ID is a federal law designed to fight terrorism and reduce fraud. To get a REAL ID, a person must present Homeland Security-required documents proving birth, Social Security number and residence.

Ms. Gannon’s office created a multi-lingual community toolkit. Items include REAL ID checklist envelopes, fliers, posters, web banner advertisements, informational magnets, bookmarks, and Public Service Announcements. Utility bill inserts, along with city and community publications, helped get the REAL ID message out to local residents. Posters were placed in every Tri-Rail train and Palm Tran bus in the county.

Local tax collectors began issuing REAL ID driver licenses and state identification cards when the Florida Legislature transferred these duties in 2010. By the end of 2014, anyone born after Dec. 1, 1964, must have a REAL ID to board a commercial plane or enter a federal building. Everyone else has until Dec. 1, 2017.

REAL ID tool kits can be downloaded at www.taxcollectorpbc.com or are available by calling 355-2264.

The tax collector’s REAL ID campaign has also earned other awards, including the Gold Coast Public Relations Council’s Bernays Award and the Public Relations Society of America’s Palm Awards, both honoring excellence in public relations. The ADDY Awards is recognized as the advertising industry’s largest and most recognized competition.
DREAMING ALONG STATE ROAD 80

BY SCOTT SIMMONS • SIMMONS@FLORIDAWEEKLY.COM

STATE ROAD 80 WAS HOT, AND MAMA’S 1963 OLDSMOBILE DID NOT HAVE AIR CONDITIONING.

But the breeze sang through the window vents of that blue sedan as it headed east from Fort Myers to Labelle and on to Clewiston and South Bay, where Daddy was operating a crane to build the Royal Fertilizer plant.

At a certain point, the car got warm and Mama pulled the handle on the floor vent, which opened with a “whoosh!” and the warm air rose from the asphalt.

It was hot but at least the air was moving. The speedometer read “60” and life was good. It was 1964 or so, and the Glades was a magical place where people answered with sir and ma’am, and where seemingly everyone doted on Fred Simmons’ grandson — that little blond boy they said had a Yankee accent.

Open your eyes and you see weeds. That much is still there. Beula hated that, and said it irritated her allergies. It’s why she left the Glades for Jupiter.

But one whiff of that and I return to my childhood.

NOT IN MICHIGAN ANYMORE

BY KEVIN PIERCE • SPECIAL TO FLORIDA WEEKLY

I BEGIN WITH A DISCLAIMER: DESPITE HAVING LIVED HERE NEARLY 50 YEARS, I WASN’T BORN here (a condition which the real old-timers still greet with, “How’re you liking it so far?”).

My birthplace is Ironwood, Mich., an Upper Peninsula town as far north of Southwestern Florida as you can go without crossing into a foreign country that puts cheese on its eggs.

In searching for a photo to accompany this, I noted, for the first time, a Wizard of Oz quality in my childhood photos: all pre-Florida pictures are small and black-and-white, while everything after the move to Florida is larger and in color. The north’s wicked witch must’ve been squashed flat when we plopped down.

The photos show these items of note:

— in the ’60s and ’70s we had vacant LAND. Huge hundred-acre fields of sandspurs, meadowlarks and black snakes. We had woods of palmetto, slash pine and fire-control paths cut through sugar-cane.

— while everything after the move to Florida is larger and in color.

The north’s wicked witch must’ve been squashed flat when we plopped down.

The photos show these items of note:

— even had one over for dinner. I don’t remember what year the air conditioning came to the schools, but the smells of the years before were equal parts perspiration, purple mimeographs and brown paper towels.

— purple mimeographs and brown paper towels.

— However, when I look toward the entrance to Pahokee. There’s the Beverly home, now an endless flow of tourists who have never been to the Glades, and when I look toward the driver’s seat, I do not see a woman in her 70s. I still see the young mother who was anxious for her family.

— The road into Pahokee looks much as it did in the ’60s and ’70s, though the billboard that hailed the city as the home of country singer Mel Tillis is long gone.

— Elegant royal palms still mark the entrance to Pahokee.

— There’s the Beverly home, now home to Dr. Hatton, with pillars that remind you of Tara. Lawn jockeys guard the driveway, and you smile at the sight. It’s still beautiful.

— Up the road sits another home that has all but collapsed.

— Turn right, right at the drugstore, then left onto Second Street and there’s Tommie Lee DuBose’s house. Squint, and you can see the beautiful daylilies and Gerberas she and her husband cultivated. Open your eyes and you see weeds.

— Open your eyes and Cleo is gone, but you smile at the sight of a happy home.

— We take a photograph of the well-tended house built of heart pine and cypress to last the ages, and muse that it’s now 72 years old.

— The avocado trees Cleo started from seed are heavy with fruit.

— She and Bob would be proud.

— We pause and we look.

— Then my mom puts the car in gear and drives forward without looking back.
GROWING UP IN THE TIME OF TEXTILES

By Osvaldo Padilla

TIME OF TEXTILES

The rhythm of a sewing machine — click-clack-click-click — sneezed — filled our evenings. By the light of one lamp, my mother would sit at our compact two-bedroom house, working her way through plastic bags filled with piecework. She'd starch pocket after pocket or crutch-shaped section of clothes, printing labels for brands like Ocean Pacific and L.L. Bean. Long after the rest of the lights had gone out, the lamp stayed lit, and the sewing machine's vibrations carried gently along the wood-frame floor, lulling my brother and sister and me to sleep.

It was 1979, or ’81 or ’83. It was all of them.

This was the height of Hialeah's factory phase — before NAFTA took our sweatshop jobs and exported them to sweatier shops in other countries. Then, like a “Miami Vice”-style jacket over a “Miami Vice”-style shirt, jingling the sheen off as we mocked our elders' accents.

It's also where the place Ms. Bohr read a story I had written for an assignment in sixth grade. It was a book, about eight pages of loose-leaf papers stapled together, written in the neatest penmanship I could command. It was a complete narrative that ended with a doomed fleet of Earthlings discovering a planet of peaceful alien monkey-men. Ms. Bohr gave me a perfect score. Those were “G.I Joe” and “A-Team” years.

The sewing machine was set in a thick wooden table. My mother piled one stack of fabric pieces to her left and another stack, the smaller pieces, on a square bench next to her squat, swiveling six-legged chair of metal and wood. She’d bring two pieces together, matching them up just so. Moving quickly, she’d set the pieces down in the needle’s path. Then she'd push. At just the right pressure. Finger-tips on the fabric, her foot would ease onto the exquisite steel pedal. She'd guide the fabric along the table's surface toward the back of the machine.

My mother, in a foreman in a factory that produced parts for Nike and those generic sneakers you used to find in bins at the general store, spoke no English. The Anglo-Saxon company owners had this little Cuban guy in charge of a band of Haitians who spoke neither English nor Spanish.

"Ma-cheen gwan: Bro-keng. Ma-cheen two, macheen tree: " Ma-cheen for ever, my mother would say, just as ever for ever. The fabric was like a map of the world. She'd head for the moose patterns, the moose of Finland, away from home, away from the coast. She'd head for the camouflage patterns, the camouflage of Cubans communicating, like trumpets, filled the air the way the smell of roast pork would (and still does) on Christmas Eve.

My father, a foreman in a shoe factory that produced parts for Nike and those generic sneakers you used to find in bins at the general store, spoke no English. The Anglo-Saxon company owners had this little Cuban guy in charge of a band of Haitians who spoke neither English nor Spanish.

“Ma-cheen gwan: Bro-keng. Ma-cheen two, macheen tree: " Ma-cheen for ever, my mother would say, just as ever for ever. The fabric was like a map of the world. She'd head for the moose patterns, the moose of Finland, away from home, away from the coast. She'd head for the camouflage patterns, the camouflage of Cubans communicating, like trumpets, filled the air the way the smell of roast pork would (and still does) on Christmas Eve.

Those were Fonzie years, Mork from Ork years. Box ball and football games with friends after school in the cool of evening, with the kids of the neighborhood — all those expanse of fabric. My mother and my Uncle Jorge would drive past the neighborhood, the kids would go wild. The kids would cry, "Daddy, Daddy, where you going?"

But who am I to say anything? The moment I could, I left the beach. I went to college in the northeast and stayed there, away from Florida, away from humanity that raised me. I became a knowledge-monger, a low-rent roots. It would have meant owning where I'm from, not just the stretch of white sand that fronts the gulf but everything that comes with it — the Oldsmobile and the too-many cats and the seeder parts of FMB living. I lived because one no up north would know what it means to be home. Only now, after many years away, have I come to appreciate the unique character of Fort Myers Beach and the blessing it was to grow up there. The beach has a distinct saltiness that works its way into your bones. I'm glad it's in mine.
A10 | NEWS | WEEK OF MARCH 28-APRIL 3, 2013

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SURVIVING NUCLEAR CRISIS NEAR TAMPA BAY

BY GLENN MILLER * FLORIDA WEEKLY CORRESPONDENT

The Cuban Missile Crisis led to the only occasion I recall my Dad shouting at my mom. He wasn’t mad at Khrushchev or Castro or Kennedy. Not that sunny Saturday afternoon.

It was October 1962, I had just turned 10 the month before. My chances of reaching 11 were, perhaps, about to evaporate in a nuclear holocaust.

We lived on the second story of a two-unit, two-story apartment building on Livingston Avenue near the north end of St. Petersburg, across Tampa Bay from MacDill Air Force Base. That — the base, not the apartment — would have been a prime target for the Soviet Union if war came.

My parents had jugs and bottles of water and cans of food, saving in case we survived into some dystopian, apocalyptic, post-attack nightmare.

My mom worked the midnight shift at Spurlock’s Diner out on 34th Street. My dad, at that time, may have been driving a cab.

Dad was at work. Mom was exhausted from working on her feet all night and was sleeping. I loved three things in 1962 — baseball, movies and books. Still do.

That morning, as the world teetered on the precipice of war, I broke my mom and asked permission to go to the movies and for some tip money, the nickels, dimes and quarters she earned at the diner. She said yes. I suppose.

I grabbed some change, opened the screen door and walked down wooden steps, through a small back yard, up an alley and a couple of blocks to Fourth Street and a bus stop. Took the bus downtown to Williams Park, the bus depot. Then walked a few blocks to either the Florida or State theater. Maybe I watched “The Longest Day” or “Birdman of Alcatraz” or perhaps “The Miracle Worker,” 1962 releases a few blocks to either the Florida or State theater. Maybe I watched “The Longest Day” or “Birdman of Alcatraz” or perhaps “The Miracle Worker,” 1962 releases.

It was October 1962. I had just turned 10 the month before. My chances of reaching 11 were, perhaps, about to evaporate in a nuclear holocaust.

Meanwhile, my dad had returned home. My brother and sister were there, Not me. Not as World War III edged closer. As I walked up the stairs and then opened that screen door I could hear my dad yelling at my mom. How could she let me go out at such a time?

The Soviets, of course, never fired a nuclear missile at MacDill Air Force Base, a few miles from our Livingston Avenue apartment.

It was in that little two-bedroom apartment, a place without air conditioning, that I also learned a little about race relations.

Florida was still segregated, I attended white Rio Vista Elementary. At the time kids often said things such as “Eenie, meenie, minnie-moe pick a tiger by the toe.” At least that’s what I said. Other kids, alas, substituted the “n” word for tiger.

I was appalled. That word wasn’t used in our home. So I asked my parents about this. Wouldn’t these other kids, I asked, get in trouble if their parents knew they used a bad word for colored people?

My parents explained, as much as they or anybody could, that the parents likely used that bad word and taught it to their kids.

Mom and Dad’s message was this: Some of my classmates were being taught to hate. I didn’t understand it then. Heck, I still don’t.

But thanks, Mom and Dad, for trying to explain it.

My dad passed away in 1999. My mom is now 82 and resides near St. Petersburg, in a town called Dunedin, with my brother and sister, who wisely didn’t go to the movies during the biggest world crisis of the past 60 years. ■
WOODS INTO NEIGHBORHOODS

BY ATHENA PONUSHIS * APONUSHIS@FLORIDAWEEKLY.COM

My family goes back five generations in Fort Myers, seven generations in the state. My great-great-grandmother used to tell of the time the Indian chief came to see her father, urging him to hide his family, for that night there was going to be a raid. She hid up under a footbridge, holding onto her little sister, listening to the hooves crossing above. Their homestead was just south of the Charlotte County line, out by Hammock Pond.

My great grandmother would steer her skiff to Thomas Edison’s dock, where the two would sit and fish and swap stories. Her daddy ran the ferry between Fort Myers and North Fort Myers before there was a bridge. She ran Crescent Fish Market, a market she opened with her husband in 1924. My mama believes this was the first fish market downtown. And every Thursday, that’s where Thomas Edison sent his attendant to buy his fish.

My grandmother’s daddy was a mullet man. She remembers riding out to Pine Island, watching him glide his skiff without leaving a ripple, fishing back in the days of gill nets. Riding out there with her now, whenever you cross the bridge at Matlacha Pass, she always looks down and says, “That’s where I got my freckles on my shoulders.”

My grandmother was born in the old Lee Memorial Hospital, across the street from where the hospital stands now. Soon as she was big enough, she was feeding chickens. Her brother milked the cow. Every Saturday, the family would go into town to buy groceries and see a movie at the Edison Theatre. Once or twice they went to the Ritz, a movie house in the Patio de Leon with an alligator pit out front so city folk could see a real gator.

My mama remembers saying goodnight to her husband in 1924. My mama believes this was the first fish market downtown. And every Thursday, that’s where Thomas Edison sent his attendant to buy his fish.

My great-great-grandmother used to tell of the time the Indian chief came to see her father, urging him to hide his family, for that night there was going to be a raid. She hid up under a footbridge, holding onto her little sister, listening to the hooves crossing above. Their homestead was just south of the Charlotte County line, out by Hammock Pond.

“Seems we always lived out in the woods somewhere and my friends all lived in lovely little neighborhoods,” Mama says. “I could not understand why we had to live so far away. Now I wish we could go live in the woods again, but all the woods have been cleared into neighborhoods.”

My mama remembers eating from her grandma’s grove of guava trees. She remembers climbing her grandma’s mulberry tree. She says that’s where she ran when she ran away from home — “grandma’s mulberry tree.”

“My mama remembers when trips to the beach took a long time not because of the traffic, but because of the anticipation. She remembers celebrating all the February birthdays down at the Edison Festival of Light parade. That’s when her memories start to meld into mine.

I remember growing up down the same dirt road as my mama. I remember me and my cousins spray-painting our initials on the shells of gopher turtles, so when we saw them later, we knew who saw them first. (Forgive me, turtles). I remember picking sweet peas and green beans with my grandmother. I remember rolling out sheets of Visqueen, drenching them in dish soap, turning them into slip ‘n slides out by the pond on the farm. My little sister bruised her tailbone because of such escapades.

I remember my mama and my grandmother running us to Silver Springs to see the glass bottom boats, to Weeki Wachee to see the mermaids dance under water with their air hoses, to Cypress Gardens to see the girls done up like Southern belles, like they were trying to outrun time to show us our home. But what I remember most would be going to Fort Myers Beach, my sister chasing birds, my mama making sandwiches and me digging my toes in the sand playing with coquina shells, till I got shoulder freckles of my own.


These stories were inspired by “Homegrown in Florida” by William McKeen, a collection of stories from various writers who grew up in the state.
Max Planck grants will fund research into Parkinson’s, epilepsy

The Max Planck Florida Institute for Neuroscience, Jupiter, has received more than $1.2 million in recent grant funding from four national and international organizations. The institute, which opened its 100,000-square-foot research facility in December 2012, focuses solely on basic neuroscience research that aims to analyze, map, and decode the human brain.

“The Max Planck Florida Institute for Neuroscience continues its mission to provide a new and more detailed understanding of the structure, developmental and functional organization of the nervous system,” said Scientific Director and CEO Dr. David Fitzpatrick in a prepared statement. “These grants and the research they will support will pave the way for new insights, hopefully leading to advances in treatments and cures for brain disorders ranging from Parkinson’s to epilepsy.”

The grant awards included the following:

- The National Eye Institute awarded the Institute $522,500 to fund a two-year research project to develop the next generation of molecular tools to probe the structure, function and development of neurons in the living brain. The work represents a collaboration between Dr. Young and Dr. Fitzpatrick, with the goal of creating new therapeutic tools to treat neurological disorders.

- Dr. Hiroki Taniguchi, a research group leader, received $100,000 from the Japan Science and Technology Agency to develop cutting-edge methods to track fine details in local circuits of inhibitory neurons that are thought to be linked to epilepsy, autism and schizophrenia. His related work was published in the January 2013 issue of Science Magazine.

- Dr. Sam Young, a research group leader, received two separate awards, totaling nearly $142,000 from the Michael J. Fox Foundation for Parkinson’s Research for his work to develop better models for the study of Parkinson’s disease. The first grant will be used for a collaborative research program with the University of Florida.

- The Max Planck Florida Institute for Neuroscience is the first American institute established by Germany’s prestigious Max Planck Society. It brings together top research neuroscientists that research weightlessness and unlocking the mysteries of the brain by providing new insight into the functional development of the nervous system, and its capacity to produce perception, thought, language, memory, emotion, and action. In addition, Max Planck Florida Institute for Neuroscience meets this challenge by forging links between different levels of analysis – genetic, molecular, cellular, neural, circuit, and behavioral – and developing new technologies that make cutting edge scientific discoveries possible. The results of the research will be shared publicly with scholars, universities and other institutions around the globe to advance life-saving and life-improving treatments and cures for brain disorders ranging from autism, to Parkinson’s to Alzheimer’s.

For more information, visit www.maxplanckflorida.org.

SPECIAL TO FLORIDA WEEKLY

Good Samaritan Medical Center offers birthing tubs for rent

The arrival of water birthing brings a new option for delivering babies at Good Samaritan Medical Center and gives mothers other opportunities for increased relaxation and comfort. The hospital’s Maternity Services and Special Deliveries program now offers the option of renting special birthing tubs filled with soothing water that could help reduce stress hormones and pain in labor, the medical center said in a prepared statement. Birthing tubs can be used in both labor and delivery. The solace of water births can also produce feelings of a warm bath.

“Today’s woman has a number of choices when it comes to giving birth. We’re delighted to offer another healthy option with the introduction of water births in our hospital,” said Mark Nosacka, chief executive officer of Good Samaritan Medical Center, in the statement. “Our goal is to provide specialized birthing plans to accommodate every mother’s needs, and we are pleased to add water births to our labor and delivery options.”

The buoyancy experienced during laboring in the water helps to lessen muscle tension and promote relaxation during labor, making breathing easier. That optimal oxygenation created is healthy for both mother and baby.

Laboring in a water setting may also relax pelvic floor tissue and decrease the need for an episiotomy, less maternal blood loss and fewer pain medications, the statement said. Some women find that restored weightlessness associated with water buoyancy can help with muscle support, repositioning and comfort. Each woman should discuss her specific birth plan with a physician or certified nurse midwife. In addition to water birth, Maternity Services and Special Deliveries at Good Samaritan Medical Center offer private patient suites, a Level II NICU, Childbirth Education Program and specialized birthing plans. To learn more about the birthing options at Good Samaritan Medical Center call 650-6023.

SPECIAL TO FLORIDA WEEKLY

Bruce Grout honored by Marine Industries Association

The Marine Industries Association of Palm Beach County named Bruce Grout, general manager of New Port Cove Marine Center in Riviera Beach, as the 2013 Member of the Year. Mr. Grout joined the association’s board in 2010. He also sits on the association’s executive committee, events committee, membership committee, and the Palm Beach Holiday Boat Parade committee.

Mr. Grout is a seasoned marine industry veteran with more than 25 years of marina management experience in Broward, Palm Beach and Martin counties, the statement said. Mr. Grout is recognized for designing and operating a Clean Marina that’s safe and profitable, he has bought and sold many marinas, and has created a brand new marina at New Port Cove Marine Center. In 2010, he was awarded the Certified Marina Manager award by the International Marine Institute. He is one of only 300 CMM’s in the world, the statement said.

Bruce Grout

SPECIAL TO FLORIDA WEEKLY

Safety Harbor Animal Sanctuary & Hospital’s veterinary hospital located in the Maplewood Center at 401 Maplewood Dr., Jupiter FL would like to announce for your convenience our hours:

Mon., Tues., Wed., Thurs., Fri., Sat., Sun. 8:00am-6pm 8:00am-6pm 8:00am-6pm 8:00am-5pm

Closed Easter Sunday

Bring this coupon to receive a $20.00 office visit through 5/31/12.

Please call us at 561-747-5311 to schedule your next appointment. New patients, walk-ins and emergencies always welcome!
Fines to fit the crimes

In March, Microsoft was fined 561 million euros (about $725 million) by the European Commission after, apparently, a programmer carelessly left out just one line of code in Microsoft's Service Pack 1 of its European versions of Windows 7. That one line would have triggered the system to offer web browsers other than Microsoft's own Internet Explorer, which Microsoft had agreed to include to settle charges that it was monopolizing the web-browser business. (Also in March, the government of Denmark said that Microsoft owes it about a billion dollars in unpaid taxes when it took over a Danish company and tried to route its taxes through notorious tax havens such as Bermuda. According to a March Reuters report, Denmark is among the first European countries to challenge such U.S.-standard tax shenanigans and is expecting payment in full.)

Recurring themes

- Being identified with the number 666 (the “mark of the beast” in the Bible’s Book of Revelation) continues to trouble the righteous. Walter Slonopas, 52, felt required to resign as a maintenance worker for Contech Castings in Clarksville, Tenn., in February after receiving his W-2 form, which he noted was the 666th mailed out by Contech this year. (However, perhaps Mr. Slonopas is not so innocent. He had been working for Contech for less than two years, yet had already been “assigned” the number 666 twice — on the company’s payroll books and the company’s time-clock system.)

- In February, victims of crimes in San Antonio, Texas, and Terrebonne Parish, La., complained to police that they had been assaulted by, respectively, a “Hispanic male” and an “unknown black man” — whom the victims admitted later did not exist. San Antonio police learned that the victim had been accidentally, embarrassingly, shot by a friend mis-handling his gun. Louisiana authorities found that their victim had not been abducted and raped (and had had her baby stolen). Rather, she had wanted to hide her miscarriage from family and friends and invented a phantom attack as more acceptable.

- Chinese New Year, especially, turns out not so festive if busy young professional women are unable to show off a boyfriend to their parents. Thus, men offer themselves as fake boyfriends for the equivalent of about $50 a day, plus extras including about $5 an hour to accompany the woman to dinner, $8 for a kiss on the cheek, and $95 to spent the night — on the couch, of course, since “sex” is not part of the concept. Recently, a reality TV series appeared for men needing women for home visits — often needing women for home visits — often

- In San Diego, Calif., in February, two people broke into a Hooters after closing and stole a jukebox, apparently, said police, mistaking it for an ATM inside the darkened restaurant.

- Jose Perales Jr., 24, was charged with breaking into Dr. John’s Lingerie Boutique in Davenport, Iowa, in February. Surveillance video revealed he was wearing men’s clothing when he entered, but left in a dress and blond wig. In fact, while changing clothes, his bare back was visible, revealing “Perales” tattooed on his shoulder.

Poor planning

- On December 23, 2012, a Chicago couple chosen for a modeling contest set off for Cuba, only to discover they could not bring their passports. They returned home.

- Loretta Lacy, 49, perhaps set some kind of record in January as she sped from Sioux Falls, S.D., to Racine, Wis. (about 500 miles away) just to make her granddaughter’s school dance. Although her daughter told a Minneapolis Star Tribune reporter that her mother “can make it from A to B faster than maybe the average person,” Lacy collected four speeding tickets during one ½ hour stretch, including for speeds of 88, 99 and 112. Of course, she arrived late.
1020 SOUTH OCEAN BOULEVARD
Direct Ocean to Lake property. 209’ direct Ocean frontage on 2+ acres. Plans available for 20,000+ SF home. Web ID 1121 $15,995M
Jack Elkins  561.373.2198
Bunny Hiatt  561.818.6044

1105 NORTH ATLANTIC DRIVE
Direct Intracoastal Key West style 2BR/3BA home on Hypoluxo Island. Private gated pool and private boat dock. Web ID 2850 $1,995M
Jack Elkins  561.373.2198
Bunny Hiatt  561.818.6044

70 CURLEW ROAD
Stunning attention to detail throughout this 6,500+ SF 5BR/5.2BA Point Manalapan residence. Web ID 2877 $3.35M Furnished
Jack Elkins  561.373.2198
Sabra Kirkpatrick 561.628.2077
HARBOUR OAKS
Fantastic 3BR/3.5BA townhouse has numerous upgrades, including a premium lot on the preserve, and is move-in ready! Web ID 2942 $335K
Debbie Dytrych 561.373.4758

PALOMA
Two story 5BR/4BA home on lakefront lot with southern exposure. Fenced backyard with large patio. Web ID 2953 $5,500K/Mo.
Susan Hausman 561.222.8560

RAPALLO NORTH
Paula Wittmann 561.373.2666 Hazel Rubin 917.975.2413

RAPALLO NORTH
Totally renovated 1BD/1.5BA apartment. Pet friendly building. Priced to sell. Bring all offers. Web ID 2922 $269K
Trina Lane 561.371.0962

PALOMA
Two story 5BR/4BA home on lakefront lot with southern exposure. Fenced backyard with large patio. Web ID 2953 $5,500K/Mo.
Paula Wittmann 561.373.2666

SEMINOLE LANDING
Two 1 acre lots in gated North Palm Beach community. Build your estate home on 1 or combined lots. Build to suit. Web ID 139 $1.6M & Web ID 136 $1.7M
Paula Wittmann 561.373.2666

RAPALLO NORTH
Paula Wittmann 561.373.2666 Hazel Rubin 917.975.2413

PALM BEACH ATLANTIC
Renovated 2BR/2BA apartment. Marble floors and granite kitchen. Just one block to Ocean & Intracoastal. Web ID 1197 $529K
Paula Wittmann 561.373.2666 Hazel Rubin 917.975.2413

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Two 1 acre lots in gated North Palm Beach community. Build your estate home on 1 or combined lots. Build to suit. Web ID 139 $1.6M & Web ID 136 $1.7M
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PALOMA
Two story 5BR/4BA home on lakefront lot with southern exposure. Fenced backyard with large patio. Web ID 2953 $5,500K/Mo.
Susan Hausman 561.222.8560
Who the hell misses a two-foot putt? My life is a disaster. I don’t know what to do. I’m almost sure somewhere else. He fell asleep; I cried. I he was distracted, and his thoughts were decided to go to bed. About 15 minutes continued to seem distant and absent. he didn’t say, “I love you, too.” I asked him to explain his behavior. I don’t know why home, I told him that I loved him. He didn’t say much. When we got home, I felt as if I had lost him completely, as if he wanted nothing to do with me anymore. He just sat there quietly and watched TV. He continued to seem distant and absent. Finally, with silence all around us, I decided to go to bed. About 15 minutes later, he came to bed. But I still felt that he was distracted, and his thoughts were somewhere else. He fell asleep; I cried. I don’t know what to do. I’m almost sure that his thoughts are with someone else. My life is a disaster.

Wife’s Diary: Tonight, I thought my husband was acting weird. We had made plans to meet at a nice restaurant for dinner. I was shopping with my friends all day, so I thought he was upset that I was a bit late, but he made no comment on it. Conversation wasn’t flowing, so I suggested that we go somewhere quiet so we could talk. He agreed, but he didn’t say much.

I asked him what was wrong. He said, “Nothing.” I asked him if it was my fault that he was upset. He said he wasn’t upset, that it had nothing to do with me and not to worry about it. On the way home, I told him that I loved him. He smiled slightly and kept driving. I can’t explain his behavior. I don’t know why he didn’t say, “I love you, too.”

When we got home, I felt as if I had lost him completely, as if he wanted nothing to do with me anymore. He just sat there quietly and watched TV. He continued to seem distant and absent. Finally, with silence all around us, I decided to go to bed. About 15 minutes later, he came to bed. But I still felt that he was distracted, and his thoughts were somewhere else. He fell asleep; I cried. I don’t know what to do. I’m almost sure that his thoughts are with someone else. My life is a disaster.

Husbands Diary: A two-foot putt ...

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In recent weeks, the above email has been circulating throughout inboxes in South Florida. While many just quickly read this entry as another funny story designed to elicit knowing chuckles from those in committed relationships, we can actually glean an important lesson if we consider the message.

The scenario above highlights how a simple misunderstanding can unwittingly spiral out of control and complicate our closest relationships. When we try to interpret and ascribe meaning to emotional states or actions of those around us, we often jump to erroneous conclusions when there is no actual basis for doing so. In fact, in some instances, we react so intensely we set in motion an escalating crescendo of hurt and accusations, without a real understanding of our reason for doing so. Sadly, we not only misunderstand the relationship, we cause unnecessary heartache for ourselves.

Each of us looks at the world through a lens that has been shaped by a complex mix of family history, genetics, past relationships and an accumulation of our successes and failures. Our brains are wired to store a lifetime of experiences and to process this data to our advantage. While our brain does its best to use our past experiences to make sense of our current environment, it’s stored messages undoubtedly influence our reactions to those around us and our ability to respond to an emotionally charged response to a harmless situation.

Dr. Alex Korb, a neuroscience researcher at UCLA, has extensively studied how our brains function and provides a scientific basis for understanding why we may react so intensely, and how we may unintentionally get ourselves into trouble.

In the incorrectly spelled word with your brain naturally wants to fill in the meaning. For example, reading a close person’s face and demeanor, we get the sense we know our romantic partners or close friends. When we overlay these personality qualities that may or may not be appropriate, we may make troubling assumptions about a person’s character and behavior. We may then inadvertently saddle our current relationships with inaccurate and troubling conclusions.

Some of us are in close relationships where we get the sense we know our partners so well that we can size up what they’re thinking and even finish their sentences for them. We can often read a close person’s face and demeanor, and believe we know EXACTLY what they’re thinking. After all, they’ve let their feelings be known over and over, so we believe there’s little doubt as to how they will react. While this is often the case, our lens of past experiences often influences us to make judgments that can be woefully wrong.

When we make an effort to step away from an emotional situation, challenging our assessments with healthy skepticism, we can catch ourselves before reacting prematurely.

Pausing to reflect can often give us the perspective to consider the options more clearly. It also helps to ask ourselves some important questions to counteract the influence of ingrained biases. In other words, we might ask ourselves: “Is there a plausible explanation for why the other person is acting this way?” “Have I gathered all of the relevant facts?” “Is it reasonable to get upset?” “Would I be upset if another person did the same thing?”

With practice, even in today’s fast moving world, we can overcome the automatic wiring of our brains to become more objective in our thinking. Giving our loved ones the benefit of the doubt often helps us to be more objective and to open up meaningful conversations. We can become more thoughtful and measured in our responses. We can train ourselves to remember that our first impressions are not always right.

— Linda Lipshutz, M.S., LCSW, is a psychotherapist serving individuals, couples and families. A Palm Beach Gar- dens resident, she holds degrees from Cornell and Columbia and trained at the Ackerman Institute for Family Therapy in Manhattan. She can be reached in her Gardens office at 630-2827, online at palmbeachfamily-therapy.com and on Twitter @LindaLipshutz.
It’s time for the next generation to lead non-profit organizations

There is reason to be optimistic. That’s the concluding quote from my last column that observes development practices are changing within the charitable sector. It is a rather bold statement, given the last three years have been a particularly tumultuous time for nonprofits struggling to adapt to the new realities of an anemic economy.

The path forward to sustainability has grown difficult and hazardous. Being passionate and committed to your cause, dedicated to your mission and accountable to your donors and constituents are virtues that inspire trust and confidence. But few nonprofits enjoy the long-term financial horizon that insures the sustainability that delivers on the promise of “for good, forever.”

Nonprofits rely in majority on a steady drip-drip of cash transfusions from loyal donors to pay their bills. But individual contributions are only a measure of anemic economy.

The life cycle of all organizations and businesses include transition in leadership, beginning within the boardroom and on down the hallway, through the CEO’s office, and on to staffing. A vacant seat inspires many possibilities but the opportunity to reach more deeply into the younger talent pool is not always a no-brainer.

This issue is attracting more thought these days because generational change is gathering steam. Serendipity is a blind date. Leadership and mentoring programs within the charitable sector are well established and explicit about providing access and a path to leadership for the next generation of emerging leaders. These programs prepare young professionals for when the time comes to replace those that move on.

Succession of leadership has otherwise tended to be an exercise in cloning: stereotypes often begat stereotypes, given how narrowly leadership was defined at the source of authority. It was rarely an accident when every professional who showed up for a conference stood out and looked alike. We can do better and have.

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...and challenged, as they should be. We have the tools, the incentives, and the menu of charitable options necessary to attract deferred gifts from caring supporters and the total investment made directly into charitable organizations. If you believe that timing is everything and the timing is now, then the chances are strong that where optimism lives, abundance will follow.

— Leslie Lilly is a native Floridian and the former President and CEO of the Community Foundation for Palm Beach and Martin County. Her professional career spans more than 25 years in the charitable sector, leading major philanthropic institutions in the South and rural Appalachia. She resides with her family and pugs in Jupiter. Email her at llilly15Agmail.com or Twitter at @llilly15.

WANT TO KNOW WHO’S MAKING A DIFFERENCE?

At Fifth Third Bank, we strive to inspire our customers—not only with smart financial solutions that continually improve their lives, but also through our commitment to the communities we serve.

We have teamed up with The Salvation Army and its partner food banks throughout our area in hopes of fulfilling one of the most basic human needs—food.

Together with you and community leaders, we want to collect enough non-perishable food to feed 5,000 local children and families this summer as part of our annual “Feeding Our Communities” campaign.

Fifth Third Bank The curious bank.
In the money management process, there is no element of chasing performance. There is no element of chasing risk. Why are investors so prone to chase returns, do not end up investing in the best alternatives available, and turn out to be bad investors? It all comes back and the new fund falls down, limiting losses. It also depends on how you plan to get out if the price trend is downward. The answer lies in the speed and accuracy in recognizing a price trend; executing an entry of a position; and the strict adherence to a rule set to exit if you are limiting losses.
Envy of Palm Beach moves to Tequesta

Envy of Palm Beach Inc., formerly of Palm Beach, has relocated to Tequesta.

Envy of Palm Beach, a quaint boutique featuring ladies clothing, accessories and gifts, the retailer said in a prepared statement. It specializes in small designers and artists, to offer customers unique finds.

“We are thrilled to be joining the Jupiter Medical Center’s Women’s Health Program team,” said John C. Cotlar, president and CEO of Jupiter Medical Center, in a prepared statement. “We are proud to have Dr. Poncy as part of our team.”

Jupiter Medical Center’s Women’s Health Program addresses the specific health issues related to women’s health. The program is dedicated to helping women access the healthcare services that are unique and most important to the women in our community,” said John C. Cotlar, president and CEO of Jupiter Medical Center.

SCORE mentors gather with Chamber of the Palm Beaches ambassadors for a ribbon-cutting to celebrate the non-profit volunteer organization’s 39 years of service.

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Tenet hospitals recognized for safe patient care

Tenet Florida, a region of Tenet Healthcare Corporation, comprises nine acute care hospitals with 10 sites of service and 3,483 licensed beds and numerous related health care services. Tenet’s hospitals aim to provide the best possible care to every patient who seeks treatment through their doors, with a clear focus on quality and service, according to the prepared statement.

Hospitals in the Florida region include Coral Gables Hospital, Delray Medical Center, Florida Medical Center (a campus of North Shore), Good Samaritan Medical Center, Hialeah Hospital, North Shore Medical Center, Palm Beach Gardens Medical Center, Palmetto General Hospital, St. Mary’s Medical Center and West Boca Medical Center.

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FLORIDA WEEKLY SOCIETY

Cultural Council of Palm Beach County opens “Artist as Author” exhibit at the council

1. Rhonda Davison and John Davidson
2. Artists who are exhibiting in Artist as Author
3. Cara, joy and Christopher Twardy
4. Cil Draime and Gigi Benson
5. April Gluckstern, Mary Ann Seidman, Susan Kopelman, Barbara Bogart
6. John Loring and Edwina Sandys
7. Elaine Meter and Bruce Helander
8. Countess of Caithness, Ronald Wagner, Susan Jacobs, Timothy Van Dam and Mary Churchill
9. JoAnne Berkow, Steven Tendrich and Priscilla Heublein
10. Nancy Ellison, Lola Astanova and Jeffrey Smith
11. Jean Sharf, Bruce Beal, Rena Blades and Fred Sharf
12. Andrew Kato, Kelly Karakul and Kenn Karakul

COURTESY PHOTOS
FLORIDA WEEKLY SOCIETY

The Easter Bunny arrives at The Gardens Mall

1. Jerrica Catania, Eric Catania, Bella Catania
2. Celeste Sobieraj, Nicolas Sobieraj, Anjolie Sobieraj, Steve Sobieraj
3. Kalil Farris, Kali Farris
4. Brittany Cook, Alissa Cook, Bryan Cook
5. Aaron Neely, Kristen Neely, Angel Neely
6. Michelle Turner, Charlie Turner, Zachary Turner
7. Annette Gjorcevski, Lia Gjorcevski
8. Lisa Barker, Andrew Barker, Charlie Barker
9. Jim LaBadie, Summer LaBadie, Carol Moore
10. Adrienne Theeck, Ava Rupolo, Nancy Theeck
12. Jack Harris, Joel Harris, Pia Harris
13. Riley Cummings, Roger Cummings
Northern Chamber of Commerce networking luau at the Jupiter Lighthouse

1. Jamie Taylor, Brian Taylor
2. Jeff Haacke, Kari Robitaille, Shannon Rountree
3. Michael Papa, Eric Schmidt
4. Nicole Plunkett, Sarah Andrews
5. Robert Deauterman, Joelle Bowels, Justin Lusk
6. Michael Schwebel, Pamela Lewis
7. Jim St. Pierre, Chrissy Cassata
8. Kristie Wells, Genelle Gordon, Raquel Morales
9. Eric Schmidt, Michael Rosenberg
10. Amy DiFilippo, Shane Kelly, Kristina Viola
11. Jillian Kaiser, Valerie Roseman, Kristie Wells
12. Cindy Coffren, Al Coffren, Rick Santry
13. Jennifer Sardone-Snider, Eric Inge
15. Scott Shrader, Kristin Spillane, Hilary Bedford
The Kravis Center for the Arts Major Donors Dinner

1. Zelda Mason, Frankie Valli and Allen Mason
2. Susan Lovejoy, Michael Bracci and Colleen Bracci
3. Jim Karp and Irene Karp
4. Julie Katzemberg, Doris Grabosky and Nicole Morris
5. Roseanne McElroy, Rosa Laboda and Tom Laboda
6. Helen Ross and Walter Ross
7. Sheila Engelstein, Frankie Valli and Alec Engelstein
8. Nancy DeMatteis and George Maichin
9. Richard Loynd, Judy Loynd, Judy Mitchell and Jim Mitchell
10. MaryLee Bastin and Richard Bastin
Stunning Georgian home on South Flagler

SPECIAL TO FLORIDA WEEKLY

This stunning two-story Georgian home is located on one of the largest waterfront lots on prestigious South Flagler Drive in West Palm Beach. This renovated home at 5305 S. Flagler Dr. offers five bedrooms, 3.5 bathrooms, spectacular waterfront views and has rights for a deep-water dock. It’s a great location with shopping, schools, parks and bike paths within minutes. Fite Shavell & Associates lists the home at $2,450,000. The agent is Sabra Kirkpatrick, 561-628-2077, skirkpatrick@fite-shavell.com.
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Dan Millner 561.379.8880 Dan@MillnerHomes.com
Thomas Traub 561.876.4568 Tony@TomTraub.com
Johnna Weiss 561.531.9939 JWeiss@JWeissProperties.com

Featured Listings

The Brigadoon
Fox Run
Treasure Cove
River Bridge
Juno Beach
San Michele

4BR, 3.5BA in Juno Beach
MLS #R3323715
$1,250,000

3BR, 2.5BA in Juno Beach
MLS #R3323286
$365,000

2BR, 2.5BA in Jupiter
MLS #R3279767
$440,000

3BR, 2.5BA in Jupiter
MLS #R392971
$500,000

Waterfront Lot
MLS #R3932986
$365,000

3BR, 2.5BA in Juno Beach
MLS #R3294271
$500,000

4BR, 3.5BA in Juno Beach
MLS #R3323715
$1,250,000

6BR, 5.5BA
MLS #R3386093
$1,250,000
New construction, or existing homes — the market is hot

Over the past month, I have had three buyers from the Northeast come to visit the area looking for a second home. Prior to any client’s visit, I always send a detailed list of available homes and then plan accordingly based on their criteria. This season, there has been a trend in the type of home that buyers are looking for and they are beginning to want new construction again.

The past four years have offered a very limited amount of new construction inventory. As the real estate market in our area declined, most developers and builders stopped building spec homes and model homes simply because the market was not conducive to this type of sale. Inventory was so heavy in existing real estate that new construction could not compete with pricing. Most buyers either purchased a home that was nearly new or turned to renovations on the existing home they purchased.

Now, we are seeing a significant change in the new home market. Gary Purucker, a prominent custom builder in the area, has seen at least a 25 percent increase in his activity since last year. Mr. Purucker’s market is the luxury custom home market with a new home average sales price of $2,500,000. Although there is still a very healthy amount of remodeling being done, Mr. Purucker attributes the change to the overall rising existing home prices as well as the low inventory.

The interest in new homes is also becoming popular since the newer developers are offering new homes in that particular neighborhood. Furnished model homes and spec homes are available for sale in Old Palm Golf Club and Old Marsh Golf Club to name a few in the luxury market. There are also new models available by developers such as Toll Brothers, D.R. Horton, Pulte and K. Hovnanian.

My client last week only wanted to look at new homes. When they arrived in Florida, we toured new homes ranging from $1,500,000 to $4,000,000. The value represented with the quality finishes at this level is very appealing. Completely turnkey and all of the homes come with some type of warranty in addition to several manufacturers’ warranties. As we viewed the homes, each one seemed more appealing than the next to my client. The new finishes and color schemes were fresh to the eye and the design of the homes seemed to be much more streamlined then former new homes that were on the market just a few years ago. Several great-room designs are being offered now with large gathering spaces for families and friends to enjoy the company of one another. In addition, the locations of these homes were also appealing: golf course, lakefront, preserve or specialty views.

After viewing about 10 new homes, furnished and unfurnished, my client decided on the neighborhood where he wanted to live. After narrowing that down, the available new homes in that particular neighborhood did not fit his needs, so we then looked at the existing inventory.

Because the inventory has significantly declined, there are not as many choices, but most of the existing inventory is priced right and had been well maintained. My client ultimately chose a home that was built in 2000 and needs very little updating. His decision was based on the neighborhood, location and the size/design of the home.

Based on this experience and many like it, if you are looking for a new home, be open to everything that is available. This client was very specific that he only wanted a new home and was very clear that he would not look at anything else, but in the end found a beautiful existing home and was able to purchase it with the furnishings. Overall, it is still more positive signs for the market with exceptional opportunities in the new home and existing home available in our area.

— Heather Purucker Bretzlaff is a broker and Realtor Associate at Fite Shavell & Associates. She can be reached at 722-6136, or at hbretzlaff@fiteshavell.com.

March last month to pay 2012 property taxes

Anne Gannon, Constitutional Tax Collector, reminds property owners that March is the final month to pay 2012 property taxes. The office mailed 68,819 reminder notices to property owners who were sent tax bills in November 2012, Ms. Gannon said in a prepared statement. “Revenue from collections goes to the county and local taxing districts,” Ms. Gannon said. “These taxes pay for critical services we all rely on including law enforcement, fire and rescue, education, and health care services.” Property taxes for 2012 can be paid online at www.taxcollectororpc.com, at service center locations, or via mail. Wire transfers are also accepted. There is no discount on taxes paid in March. All unpaid taxes after April 1 accrue 3 percent interest. Florida Statutes require unpaid properties to be subject to Tax Certificate sale once taxes are 60 day delinquent. Tax Warrant is issued on all unpaid personal property taxes. Personal property may be seized and sold to pay the delinquent taxes. For additional information see www.taxcollectororpc.com.

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Enter the Maid

Elizabeth Dimon cleans up in Palm Beach Dramaworks production of “Exit the King”

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

Elizabeth Dimon may be the queen of South Florida theater. For the past two decades, she has been leading lady at theaters from Miami to Jupiter and back. But at Palm Beach Dramaworks, she gets to play the maid Juliette in Eugene Ionesco’s absurdist play “Exit the King.” open March 29-April 28.

“Exit the King” and Juliette are a long way from River City, Iowa.

South Florida audiences most recently have seen the three-time Carbonell Award winner in the Maltz Jupiter Theatre’s production of “The Music Man,” playing Marian’s mother.

“I always say it’s like when you were back in college and you’d go from class to class, to class, especially theater, you’d you be in a class where you’d be doing a scene study, then another class where you were doing a monologue study and you’d just switch your gears. That’s the joy of it,” she said, citing City Theatre’s “Summer Shorts.” “You just put on a different hat.”

SEE “KING,” B4

“Voice of Romance” plans to serenade audiences at Lyric

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

There is no mistaking The Voice of Romance. In the photographs for his shows, he is suave, dressed in evening attire, every hair in place. He is handsome in tails, but even without the tux and without the hair gel, singer Franco Corso cuts an impressive figure.

He arrives for an interview at a Palm Beach Gardens Starbucks looking like a character from some romance novel, the wind whipping his long hair. His body is taut and lean in the shorts and T-shirt he has donned for a gym visit after the interview.

He exudes confidence, and is eager to talk about his next big show, a concert of Italian ballads and more on April 6 at Stuart’s Lyric Theatre.

“I’ve been inspired by classic singers like Sergio Franchi and Caruso and then I developed an ability to sing old classic songs with a modern arrangement,” Mr. Corso says of his music, which also draws inspiration from the likes of Andrea Bocelli, Josh Groban and Il Divo.

He comes by it naturally, this Voice of Romance.

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Mr. Corso’s hometown is San Remo, the northern Italian city that is famous for its Festival of Italian Song.

“I came from Italy 13 years ago with a

SEE CORSO, B4

Get your “Glee” on

The Maltz Theatre is holding auditions for youngsters.

“Croods” family friendly

Our film critic says the flick is a fab family movie, but skip the 3D.

Great wines under $15

Our wine expert picks tasty wines that cost less.
A friend recently cleaned out her garage and passed on a stack of women’s magazines from the first half of the last century.

“Here,” she said when I saw her, handing me the pile of crumbling publications. “I’m sure you’ll find something interesting in these.”

Delighted, I took the assorted Vogues and Cosmopolitans home. I love old magazines, the way they offer a peek into another era. Like a time capsule, the yellowed pages show how men and women once lived — their habits, their values. They provide a true sense for the way things were.

Paging through a Cosmopolitan from May 1940, I wasn’t disappointed. The magazine had all the old advertisements that make me giggle — folksy constipation remedies and miracle liver pills — plus the ubiquitous ads for cigarettes and booze. One daunting ad had this headline: “She was a jewel of a wife with just one flaw. She was guilty of the one neglect that mars many marriages. Lysol helps avoid this.” Lysol? I scanned the rest of the ad until I found the product: Lysol Disinfectant for Feminine Hygiene.

“Hot damn,” I said out loud. Talk about another era.

Reading on, I found a morality tale about a young suburban wife who takes a cruise after she discovers her husband having an affair. On ship she meets a handsome, recently divorced man with whom she platonically enjoys sunsets and highballs. But once back home, not surprisingly, she reconciles with her husband.

“It was an idyll — an enchantment,” she says of her high seas love affair as she contentedly settles back into domestic life. I couldn’t help but roll my eyes at all that 1940s parochialism.

What a shock, then, to read the next article, which asked: “Does modern marriage fail because husbands don’t know what they want — or because wives don’t give them what they need?” What followed was a fictional account of a marriage on the verge of collapse.

“What came between two people who loved each other?” the wife asks. “She had given herself to making John’s home. She never thought of herself at all any more. Whatever she had was poured into him and the children, and if it were not enough for him, she couldn’t help it. She had no more.”

“Old stuff!” her husband shouts as they quarrel. “Women have been saying the same old things to men for a thousand years.”

I paused in my reading, floored. Was this possible, a women’s magazine taking a feminist stance a full two decades before “The Feminine Mystique”? The story continues. At an afternoon matinee, the wife suddenly realizes her husband is in love with a female colleague.

“When the curtain went down for the last time, she rose, full of defiance, and looked about her (at the other housewives). Sheep! she thought. They’re all sheep!”

I marveled at the progressiveness and couldn’t wait to read the end of the story, to see how this newly liberated woman would set herself free. What a disappointment when, instead of striking out on her own, she redevotes herself to her husband.

“He shall have no other woman but me!” she says. So much for progress.

— Artis Henderson has joined the Twitterverse. Follow her @ArtisHenderson.
Mounts’ April calendar features butterflies, plant show and sale

SPECIAL TO FLORIDA WEEKLY

The Friends of Mounts Botanical Garden is offering a variety of events in April, including programs on vertical gardening, butterflies and common garden pests, and ends the month with the annual spring plant show and sale.

Bill Schall, Palm Beach County Commercial Horticulture Agent, will offer a program called “What’s Bugging Your Garden?” on Wednesday, April 3, from 9 -11 a.m.

Mr. Schall will help identify common garden pests and suggest the most effective, least toxic method of control, and will lead a garden tour to search for problem and beneficial insects. Guests are invited to bring insect samples in sealed plastic bags for identification. The program will be held in the auditorium and also in the gardens. It costs $10 for members, and $15 for nonmembers.

The Palm Beach County Library System and the Friends of Mounts Botanical Garden are partnering to present a story time for children aged 2-6, which will be held in the pavilion on Friday, April 12, from 10-11 a.m.

This free program will feature interesting stories and songs about bees, followed by an activity in the garden. This event is perfect for young nature lovers and will be held rain or shine. Reservations are required for parties of six children or more and can be made by calling 233-1757.

On Saturday, April 13, from 1-4 p.m., the garden will host Butterfly Fest, which will feature displays, interactive demonstrations and stories geared for the young and the young at heart. Guests can go on guided tours of the Mounts butterfly garden to watch and identify winged beauties. Butterfly-attracting plants will be on sale.

Earlier that morning, from 7-9:30 a.m., Mounts has scheduled a program on photographing butterflies. It begins with tips on how to capture great butterfly images, before participants venture out in the garden with their cameras. Class limit is 20. Early registration is advised as photography classes fill quickly. Pre-paid registration is required by April 9, and the cost is $30 per person. Proceeds are donated to the garden.

Also, that morning, the garden will host a program titled “Bringing Butterflies & Nature Into Your Yard,” from 9 a.m.-4 p.m. in Exhibit Hall A. In this short symposium, participants will delve into the connection between South Florida’s butterflies and native plants and learn about native substitutions for common exotics.

Co-hosted by the Palm Beach County Chapter of the Florida Native Plant Society, this event will also include a guided tour of the native plant collection at Mounts and tips for developing a native wildlife habitat in a homeowners association. It is $35 for members; $40 for nonmembers.

A program on vertical gardening is scheduled for Saturday, April 20 from 9 a.m. to noon. In this hands-on workshop, Joel Crippen, Mounts horticulturalist and garden writer, will offer creative ideas for this interesting form of gardening for limited spaces. It’s $30 for members and $35 for nonmembers.

Mounts’ spring plant sale, hibiscus and rose show will be held the last weekend of April. This annual sale features more than 80 vendors with an assortment of plants and goods. Palms, orchids, bamboo, begonias, bromeliads, fruit trees, and many other types of plants will be for sale. The Greater Palm Beach Rose Society will host its annual judging and show in Exhibit Hall B. The PBC Woodturners will be selling a large selection of beautiful woodturnings in Exhibit Hall A.

Beginning with a members’ breakfast at 8 a.m., the show and sale runs from 9 a.m.-5 p.m. on Saturday, April 27, and 9 a.m.-4 p.m. on Sunday, April 28. Admission is free for members and $10 for nonmembers.

To register for any of the events and workshops at Mounts Botanical Garden, call 233-1757. Events at Mounts are accessible to people with disabilities.

With a mission to inspire the public, Mounts Botanical Garden is Palm Beach County’s oldest and largest botanical garden, offering displays of tropical and sub-tropical plants, plus informative classes, workshops and other fun-filled events. The garden contains more than 2,000 species of plants, including Florida native plants, exotic and tropical fruit trees, herbs, palms, bromeliads and more. Mounts Botanical Garden is a facility of the Palm Beach County Extension Service, which is in partnership with the University of Florida and the Friends of Mounts Botanical Garden.

Located at the Military Trail in West Palm Beach, Mounts Botanical Garden is open Monday-Saturday from 8:30 a.m. to 4 p.m. and Sunday from noon to 4 p.m. The suggested donation for entry to the garden is $5 per person. For more information, please call 233-1757 or visit www.mounts.org.
"KING"

From page 1

There definitely are no marching bands in Ionesco's work.

In "Exit the King," a meditation on mortality, 400-year-old King Berenger, an incompetent monarch, learns he has only 90 minutes to live. You'd think he'd be ready to cash out, but the sentimental old ruler will not give up the kingdom he has brought to ruin or term to come with his immi-

I onesco wrote between 1958 and 90%, that comprise his "Berenger Cycle." "Exit the King" was preceded by "The Killer" and "Rhinoceros," and followed by "A Stroll in the Air." Ionesco died in 1994.

Producing Artistic Director William Hayes will direct the production. Colin McPhillamy stars as the inept mon-

arch, and Jim Ballard, Claire Brownell, Rob Donohoe and Angie Radash round out the cast.

And then there is Juliette. "She is a little bit sassy sometimes. She has a love of the king and a loyalty to him, but they all want to ease him to his death. He's fighting the whole way. He doesn't want to go, like every other man on Earth, he doesn't want to die," she said.

But as the maid, Ms. Dimon is not onstage the entire 90 minutes of the production.

"It's very active. I come in and out, and that's probably the most absent part. I disappear then I'm in again. And you go OK, what's the purpose of that, you try to find that for yourself, but sometimes it's just because you're just told," she said.

Juliette breaks down the Fourth Wall, bringing lines into the audience, and play, with her asides to the audi-

ence — some productions of the show even count down the minutes until Berenger's death.

It's the end of the world, at least for the king.

"The idea is that his life and his monarchy and his world is ending, that doesn't mean our world is ending, because in the script they say something about, 'Oh, there is more than one world.' And that is true. Your world and mine is mine and yours when mine is ending, that doesn't stop yours, we're just trying to help him end his world," she said.

"Exit the King" is the second work Dramaworks has produced by Ionesco, following a production a few years ago of "The Chairs."

But that absurdist masterpiece was an exhausting evening of theater for both audience and players alike.

"I think Dramaworks has done a great job of introducing all sorts of styles to their audience, so this is one more introduction of this style to their audience, and their audience seems to be pretty hungry for all sorts of things," she said.

The work itself has a linear nar-

native, and is not challenging in the same ways as "The Chairs," she said.

"They're not going to be going, 'What the heck was that?' Which they sometimes I think they think were some-
times after "The Chairs,"' What was that? I didn't care. It was thrilling to me, whatever it was," she said.

"But 'Exit the King' is not without its moments.

"He just doesn't want to give it up. It's what he knows. The king and Juliette have this little duet, where he says, 'Tell me about your life.' And the wife says, 'You've never asked her that before.'" Juliette rattles through a laundry list of her mundane tasks of cleaning floors, cooking and doing laundry.

"And with each thing I bring up, he says, 'Oh, but you get to do that every day.' He is staring to see the beauty in those things, where we're just stuck in the mire of, ugh, 'I have to cook another meal, I have to do the laundry again, I have to make the bed again today.' Near the end of his life he's finding that to be pretty great," Ms. Dimon said.

Audiences throughout South Florida also have found Ms. Dimon's work to be pretty great.

She tossed off the sour notes to live great acclaim as singer Florence Foster Jen-

nis in "Souvenir" and shouldereda

wife and mother's anguish in "All My

Stairs," the movie with Shirley Booth, and I was in high school. I think, it was New Year's Eve and it was on, and I thought, 'I want to do that and I want to do it as well as that.'"

Ms. Dimon married and acted in community theater.

But it was after her marriage ended and she went back to college that she finally began to see acting as a profes-

"Now I can't imagine doing anything — I can't imagine doing anything else," she said.

Ms. Dimon returned to Florida to care for her father after her mother died.

She since has remarried and lives in Lake Worth.

"I'd rather be working than trying to get work," she said, adding that so many of her venues have disappeared over the past couple of years.

She appeared in more than 15 pro-

ductions at Florida Stage, which folded two years ago, and several productions at Caldwell Theatre, which slipped away last year.

But it was the loss of Florida Stage that she felt most keenly.

"That was my home. I got my Equity card there. I did 15, 16 shows there. It was my artistic home," she said.

Members of that company were like family to her.

The South Florida theater commu-

nity is small.

Though companies like the Maltz and Dramaworks hold casting calls in New York, Ms. Dimon is glad that they look to local talent as well; she said she has worked with all but two of her "Exit the King" cast mates before.

"It's really a pleasure because you know them. You can be a lot more free with the people you have worked with before. You don't have to worry about stepping on toes when you know them," she said.

CORSO

From page 1

passion for bringing Italian music to the United States," she says.

But most of their efforts to whom he was drawn are tenors.

"My voice is between a baritone and tenor, so I really enjoy working with that," she says.

That voice is evenly produced from top to bottom, and it seemingly attracts legions of fans. Mr. Corso, who lives in Jesus Christ frequently rolls out concerts at the Palm Beach State College's Eissey Campus Theatre, and has a fan base at Carmine's, where he has been fea-

ured for several years.

And those fans? "They are mainly women, and it touches from 35 years old to 90 years old. That's the beauty of pop opera music, because it attracts all age groups," he says.

Ladies, you're in luck: He is single, and knows a thing or two about the power of the music.

"I've always been embraced by the passion this music can deliver to the audience — passion and romance. Even for people who don't speak Italian, (the songs) have the power to bring love and passion and positive energy into people's hearts," he says.

He has sung such pieces as "Caruso," "Besame Mucho," "You Raise Me Up," "O Sole Mio" and "Volare," and also has planned to introduce some new music written expressly for him, including a song that will remind listeners of the music of Santana.

Mr. Corso says he is comfortable moving from genre to genre and lan-

guage to language — he speaks four languages.

But music is a universal language, and a healing one at that."

"I want to share with you something that really touched my heart. Three days ago, a lady who has been a very good friend to me for these past few years, she has been diagnosed with cancer and suddenly she tells to that she has only two weeks to live," he says. "I said to her I want to come to your house and do a private concert for you. I really think that music will make you feel better, even if it’s only for an hour or two."

He called his pianist and they arrived at her home.

"Five minutes before I came, she was lying in bed dying; she had decided to give up. As soon as I started singing, she got up from bed, with the help of her nurse, and her face lit up completely," he says.

The woman sat up in a chair and The Voice of Romance continued ser-

ving her. "I told her the end she got up from the chair and she started dancing, and to me, that's the gift of the music."

"In the know"

>>What: "Exit the King"

>>When: March 29-April 28 (preview is March 28)

>>Where: Palm Beach Dramaworks' Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach

>>Cost: $55 regular, $70 opening night, $47 preview

>>Info: 514-4042, Ext. 2, or palmbeachdra-

maworks.org

>>What: Franco Corso — A Tribute to Andrea Bocelli and Friends

>>When: 8 p.m. April 6

>>Where: Lynn Theatre, 59 S. Flagler Ave., Stuart

>>Cost: $35

>>Info: (772) 286-7827, lynntheatre.com or FrancoCorso.com

"In the know"

>>What: "Call the King"

>>When: March 29-April 28 (preview is March 28)

>>Where: Palm Beach Dramaworks' Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach

>>Cost: $55 regular, $70 opening night, $47 preview

>>Info: 514-4042, Ext. 2, or palmbeachdra-

maworks.org
CONTRACT BRIDGE

When the iron is hot

BY STEVE BECKER

The opening lead plays a vital role in many hands. Just how big a difference it can make is illustrated by this extraordinary case from a rubber-bridge game where West was Alvin Roth, one of the great players of all time. His double of three notrump was bold as well as imaginative, but it would have failed dismally had he chosen the wrong opening lead.

For example, if he had led a diamond, as many players in his place would have done, South would have scored the first 10 tricks. Similarly, had Roth led a heart or a club, South would have taken the first nine tricks.

But Roth led a spade, and South was a dead duck. In desperation, he played dummy’s queen, which lost to the king and, oddly enough, simultaneously squeezed South. He was looking at nine cold tricks, but with the opponents on lead, he was in bad shape. Reluctant to part with a winner, he discarded a diamond. East thereupon returned a diamond to West’s jack.

Roth now made the excellent play of the jack of spades followed by a low spade. He wanted to make sure that East would return a diamond when he took the ace of spades. Roth was afraid that, if he led the four instead of the jack, East might suddenly get nervous and return a spade to assure defeat of the contract.

South dealer.
Neither side vulnerable.

| NORTH | | | | |
| Q 9 8 7 6 5 | | | | |
| | K 0 | | | |
| 10 4 | | | |
| 9 2 | | | |

| WEST | | | | |
| J 10 4 3 | | | | |
| | A K 2 | | | |
| | | 8 3 | | |
| | | 10 9 | | |

| SOUTH | | | | |
| A 5 3 | | | |
| K 9 7 6 | | | |
| A K 7 4 3 | | | |

The bidding:

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<th>South</th>
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East did return a diamond, and the defense wound up scoring four spades and five diamonds to inflict a 900-point (1,100 today) defeat! All of which can be attributed to a well-judged double and — lest we forget — a well-judged opening lead.
WHAT TO DO, WHERE TO GO

Please send calendar listings to pnews@floridaweekly.com.

At The Briland
The Briland Center for Performing Arts is at Midtown, 4885 PGA Blvd., Palm Beach Gardens. Call 904-3130 or visit www.thebrilandcenter.org.

■ Peter Pan — April 5-7 and 12-14. Tickets: $25

■ Comedy Night Fundraiser — Featuring Comedian Degan Napolitano. April 18, 8:30 p.m. Tickets: $25

At The Duncan
The Duncan Theatre at Palm Beach State College, Congress Avenue, Lake Worth. Call (561) 868-3309 or visit www.pbstate.edu/theatre/duncan-theatre.

■ Maestros in Concert: Zakir Hussain & Pandit Sharma — 8 p.m. April 6. Tickets: $29 and up.

■ Doctor Kaboom! — May 4 at 11 a.m.

At The Eissey
The Eissey Campus Theatre is at Palm Beach State College, PGA Boulevard, Palm Beach Gardens. Unless otherwise noted, call 207-5900 or visit www.eissey-campustheatre.org.

■ Bob Lappin & the Palm Beach Pops present Sensational Broadway — 8 p.m. March 30. Tickets start at $75.

■ Arts in the Gardens Series presents Jason Bishop, America’s Hottest Illusionist — 8 p.m. April 3. Tickets: $30 and $25.

■ Indian River Pops Orchestra presents “Serenade to Spring” — 7 p.m. April 7. Tickets:$25.

■ Eissey Campus Drama Club presents “Off Broadway & Under the Big Top!” — 8 p.m. April 9 & 10. Freec.

■ Benjamin School Spring Music Festival — 7 p.m. April 11. Tickets: $5.

■ Palm Beach Suzuki School of Music 9th Annual Spring Showcase — 12 p.m. April 14. Tickets: $10.

At The Four Arts
The Society of the Four Arts, 2 Four Arts Plaza, Palm Beach. Gallery and box office (561) 655-7226 or visit www.fourarts.org.

■ The Great British Oscar Winners with Barrie Ingham — 10 a.m. to 11:30 a.m. Every Monday through April 8, $20 per session.

■ Kruger Brothers with special guests — 3 p.m. April 14. Tickets: $15. Reservations are required.

■ Art Exhibition: “Florida’s Wetlands” — Through June 30 in The Mary Alice Forin Children’s Art Gallery.

■ Masterworks from the Beaurobrook Art Gallery — Through March 30.

At The Kravis
The Kravis Center is at 701 Okeechobee Blvd., West Palm Beach. For tickets, call 852-7497 or log on to www.kravis.org.

■ Jekyll & Hyde* — Various times through March 31. Tickets: $25 and up.

■ Palm Beach Pops — “Sensation-al Broadway,” 8 p.m. April 1-2. Tickets: $29 and up.

■ Anthony and Joseph Paratore — Duo piano, Regional Arts concert, 2 p.m. April 3. Tickets: $25 and up.

■ “Miss Evers’ Boys” — Based on the True Stories of the Infamous Tuskegee Experiment,” part of the African-American Film Festival, 7 p.m. Tickets: $10.

■ Robert Dubac: Free Range Thinking — April 4-7, 7:30 p.m. Tickets: $32

■ Monterey Jazz Festival — April 11, 8 p.m. Tickets: $15-$100

■ Kenny Rogers — April 12, 8 p.m. Tickets: $25-$100.

■ Abba the Concert — April 13, 8 p.m. Tickets: $38-$85.

At The Lake Park Public Library
Lake Park Public Library is at 529 Park Ave. Lake Park. Refreshments and raffles are free unless noted otherwise. 881-3330.

■ Thursdays: Super Hero Hour — 3:30-4:30 p.m. Ages 12 and under.

■ Fridays: Storytime at the Lake Park American Library, Ages 5 and under. Parents must attend. 10 a.m. Call 881-3330 for reservation.

■ Saturdays: Adult Writing Critique Group — 10:30 a.m.; 16 years of age and up.

■ Saturdays: Free Federal Tax Help & Filing — every Saturday from 10 a.m. to 1 p.m. sponsored by AARP

■ Tuesdays: Anime Club — For ages 12 years and up. 6-9 p.m.

■ April 2: Twilight Tales — Sponsored by Bridges at Lake Park. 5:30 p.m. Bilingual story time.

At The Lake Worth Playhouse
The Lake Worth Playhouse is at 713 Lake Ave., Lake Worth. Call 586-6410 or visit www.lakeworthplayhouse.org. For films, call 296-9382.


At MacArthur Park
John D. MacArthur Beach State Park and Welcome and Nature Center is at 10950 Jack Nicklaus Drive in North Palm Beach. Call 624-6952 or visit www.macarthurbeach.org.

■ Learn to Kayak — April 7; 10:00-11 a.m.

■ Birding — April 7; 10:00-11 a.m.

■ Great American Cleanup — April 11-10 a.m.

■ Animal feeding — 11 a.m. weekends in the Nature Center

At The Maltz
The Maltz Jupiter Theatre is at 1001 E. Indiantown Road, Jupiter. Call 573-2223 or visit www.jupitertheatre.org.

■ “If You Give a Mouse a Cookie”— April 16.

At The Mos’Art
The Mos’Art Theatre is at 700 Park Ave., Lake Park. Call 337-OPOD (6763) or visit www.mosarttheatre.com.


■ “Live — Loud!” April 20, 8 p.m. Ticket: $20.

At The Mounds
Mounts Botanical Garden is at 599 N. Military Trail in West Palm Beach. Call 233-1757 or visit www.mounts.org.

■ “What’s Bugging Your Garden?” — April 3 at 9-11 a.m. Workshops: Members; $10. Non-Members: $15

■ Stories in the Garden — April 12, 10 a.m. — 11 a.m. Children 2-5 yrs old, with adult supervision. FREE

At PB AU
Palm Beach Atlantic University, 901 S. Flagler Drive, West Palm Beach. For tickets: 803-2970 or visit www.pbaumarketplace.org.

■ Cabaret: “The Original 1966 Broadway Musical” — April 11-13; April 17-20

Fresh Markets

■ Sailfish Marina Sunset Celebration — 6 p.m. Thursdays. Show features art and craft made by artists from around the country. Sailfish Marina, east of the Intracoastal, just south of Blue Heron Boulevard, Palm Beach Shores; 842-8449.

■ West Palm Beach Farmers Market — 9 a.m.-2 p.m. Saturdays at 101 S. Flagler Drive. Visit wpbf.org/greenmarket.

■ The Abacoa Green Market — 8 a.m.-1 p.m. Saturdays through April, Abacoa Town Center amphitheater, 1200 University Blvd., Jupiter. Will open for the season Saturday at the Abacoa Town Center amphitheater. The market will feature fruits and vegetables, organic meats, sausages, jewelry, handbags, crafts and more. Info: 307-4944 or reggie.chase@esuhsns.com.

■ Palm Beach Gardens Green Market — 8 a.m.-3 p.m. Sundays, 10500 N. Military Trail, Palm Beach Gardens; 630-1660 or visit www.pbgfl.com.

■ Sunday Artisan Market at the Waterfront in West Palm Beach — 11 a.m.-3 p.m. every Sunday through April 28. Featuring everything creative but food. Clematis Street at Flagler Drive. Call Harry Welsh at (203) 222-3574 or visit www.Harrysmarkets.com.

Thursday, March 28

■ The African Presence in Spanish Florida: Black Seminole — At the Jupiter Inlet Light House Lecture Series on March 28; 6:37 p.m. Free. Dr. Rosalyn Howard, associate professor of anthropology at the University of Central Florida, will speak. Note that this special lecture will be held at the Jupiter Community Center, RSVP to 747-8830, Ext. 101.

■ Story time session at the Loxahatchee River Center — 9:30 a.m. Thursdays, Burt Reynolds Park, 805 N. U.S. 1, Jupiter; 743-7123; or visit www.loxahatcheeriver.org/rivercenter.

■ Le Cercle Francais — Francophiles and Francophones can join for a monthly gathering at 6:30 p.m. the second Thursday of the month (next session April 11), in members’ homes. Call 744-0016.

■ Bingo — Noon every Thursday at the Moose Lodge, 3600 RCA Blvd. Palm Beach Gardens. Lunch available at 11 a.m. Packs start at $5. 820 games, 626-4447.

■ Clematis by Night — Live music 6-9 p.m. Saturdays through the month at the downtown waterfront, downtown West Palm Beach. March 28: Big Al & The Heavyweights; April 4: Marilyn Monroe; April 11: Marijah & the Reggae Allstars; April 18: Taylor Road; April 25: Panic Disorder; Free; 823-1515 or visit www.clematisbynight.net.

■ Studio Parties — Free group lesson at 7 p.m., followed by parties 8-10 p.m. Thursdays, Alexander’s Ballroom, 51 W. Indiantown Road, Jupiter. Cost: $25 per person. 747-0030 or alexandersballroom.com.

■ Dance Tonight — Open Latin/ Ballroom Mix Party every Thursday. Group Lesson 7:15-8:30 p.m. Party 8:40 p.m.-10:30 p.m. Admission: $15; $19 for entire evening, includes light buffet. 914 Park Ave., Lake Park; 844-0255.

■ Susan Merritt Trio and Guests — 7:30-10:30 p.m. Thursdays at the Waterfront, 319 Clematis St., downtown West Palm Beach. No cover; 581-8821.

■ The Great Books Reading and Discussion Group — meets at 10 a.m. the first and third Thursday of each month. Next session: April 14: Barbara & Noble coffee shop, 1180 Legacy Ave., Palm Beach Gardens. Discussion in “Shared Inquiry” format. Free; 624-4358.
WHAT TO DO, WHERE TO GO

Friday, March 29

- **West Palm Beach Antiques Festival** — Noon-5 p.m. March 29, 9 a.m.-5 p.m. March 30 and 10 a.m.-4:30 p.m. March 31 at the South Florida Fairgrounds, off Southern Boulevard just east of U.S. 441. West Palm Beach. Tickets: $7 adults, $6 seniors, free for those under 10. A 52 early buyer ticket that allows admission at 9 a.m. March 29 offers admission for the entire weekend. Discount coupon available online at wpbf.com. Information: (561) 659-8585.

- **Shabbat B’Yachad (Shabbat Together)** — For young families, 10:30 a.m. the second Friday of each month, at 10:30 a.m. (next session is April 12) at JCC North (located in Midtown on PGA Boulevard). This free program is an opportunity for children to experience Shabbat’s celebratory rituals with parents, family members or caregivers. Call 640-5603 or email VeronicaM@JCConline.com.

- **CityPlace Art Festival** — See the works of 150 artists from across the country. March 29-30, CityPlace West Palm Beach. Easter Bunny will be there from noon to 4 p.m. each day. Fee: 746-6015 or artfestival.com.

- **Downtown Live** — 7-10 p.m. Fridays at Downtown at the Gardens’ Centre Court. March 29, 500 Captain Armour’s Way, Jupiter; 747-0030. Palm Beach. Stay in fee, $12; resident discount, $10. Call 630-1000 or visit www.pbgcf.com.

- **Timely Topics Discussion Group** — 12:30-2:30 p.m. Mondays, JCC North, 4083 PGA Blvd., Palm Beach Gardens. Lively discussion group covers the most up-to-date topics faced by our local community. Free. Friends of the J: $18 annual fee; guests: call 72-5233.

- **North Palm Beach Public Library** — Knit & Crochet — 1-4 p.m. each Monday, Library is at 303 Anchorage Drive, North Palm Beach. Fee: 848-3383.

- **North Palm Beach Public Library** — Zumba class — Monday 6:00pm-7:00pm. Thursday 6:30pm-7:30pm. Saturday 9:00am-10:00am at the Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Drop-in fee, $12; resident discount, $10. Call 630-1000 or visit www.pbgcf.com.

- **Rotary Club of the North- ern Palm Beaches** — Every Tuesday at 7:35 a.m. at the Doubletree Hotel, 4431 PGA Blvd. PMG. Please contact Phil Woodall for more information at 762-4000 or email pawoodall@bellsouth.net.

- **Zumba class** — 7:30-8:15 p.m. Tuesdays and 6:30-7:30 p.m. Wednesdays at the Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Drop-in fee, $12; resident discount, $10. Call 630-1000 or visit www.pbgcf.com.

Saturday, March 30

- **Annual Egg Hunt Eggstravaganza at Cool Beans Indoor Playground & Cafe** — March 30; 9:30 a.m. FREE with paid admission to the playground. Bunny meet and greet from 8 to 7 p.m. March 30, CityPlace. Palm Beach. Easter Bunny will be there from noon to 4 p.m. each day. Fee: 746-6015 or artfestival.com.

- **Spady Museum** — Springtime Festival, March 30, 11 a.m.-3 p.m. Egg-decorating and egg-stuffing party. Easter Egg Hunt March 31; 12-5 p.m. Free. Donations welcomed. 170 NW Fifth Ave. in Delray Beach. Hours: 11 a.m.-4 p.m., Monday-Friday; Saturday by appointment. Closed Sundays. Admission: $5; members are free. Call 279-8883 or visit www.spadymuseum.org.

- **K ids Story Time** — 10:30 a.m. Saturdays, Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach; free. Visit www.marinelife.org.

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

- **Palm Beach’s Living Room Jazz Series** — Presented by JAM and The Four Seasons. 25 JAMS members/$35 non-members/$15 students. Concert starts at 8 p.m.; doors open at 7 p.m. each Saturday. Four Seasons Resort Palm Beach, 2800 S. Ocean Blvd. Tickets: 877-722-2820 or www.jamsociety.org.

- **Zumba class** — Monday 6:00pm-7:00pm. Thursday 6:30pm-7:30pm. Saturday 9:00am-10:00am at the Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Drop-in fee, $12; resident discount, $10. Call 630-1000 or visit www.pbgcf.com.

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- **“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; 624-4588.

- **Bridge Classes with Sam Brans** — 10 a.m.-noon Wednesdays — JCC North, 4083 PGA Blvd., Palm Beach Gardens. Play party bridge in a friendly atmosphere while benefiting from expert advice; no partner necessary; coffee and light refreshments. Fee: Friends of the J: $6/guests; call 72-5233.

- **Stayman Memorial Bridge** — Supervised 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; no partner necessary; coffee and light refreshments. Fee: Friends of the J: $6/guests; call 72-5233.

- **Zumba class** — Monday 6:00pm-7:00pm. Thursday 6:30pm-7:30pm. Saturday 9:00am-10:00am at the Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Drop-in fee, $12; resident discount, $10. Call 630-1000 or visit www.pbgcf.com.


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- **Bridge Classes with Sam Brans** — 10 a.m.-noon Wednesdays — JCC North, 4083 PGA Blvd. Six-week session $72 or $15/class. Pre-registration appreciated. Call Rhonda Gordon, 723-5233.


- **Ongoing Events**

WHAT TO DO, WHERE TO GO

■ Nights at the Museum — The last Friday of the month: 6-10 p.m. Members: Adults $5. Children: free. Non-Members: Adults $11, Children $7 (3 and under free) The South Florida Science Museum, 4801 Dreher Trail North, West Palm Beach. 561-832-1988 or visit www.sfsm.org


■ Flagler Museum — Through April 21: "Impressions of Interiors: Gilded Age Paintings by Walter Gay." Open 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Museum is housed in Henry Flagler’s 1902 beau-arts mansion, Whitehall, at 1 Whitehall Way, Palm Beach. Tickets: free for members; $18 adults, $10 youth (13-17) accompanied by adult; $3 child (3-12) accompanied by adult and free for children under 6. 655-2833.

■ Lighthouse ArtCenter — March 21-April 20: 35th Annual Member-Student Exhibition. Museum is at Gallery South North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Mondays-Fridays; 10 a.m.-2 p.m. Saturdays. Cost: Members free, $5 non-members ages 12 and up. Free Admission Saturday; 746-3101 or www.lighthousesarts.org.

■ Children’s Research Station — Loggerhead Marinelife center program is designed to exercise children’s science skills through an experimental lab. 3:30 p.m. Wednesdays and Fridays; 11 a.m., 1 p.m. and 2 p.m. Saturdays. Free. 14200 U.S. 1, Juno Beach; 627-8280.

■ New Earth Gifts & Beads — Deals and steals are being offered every weekend, New Earth Gifts & Beads; Lega- cy Plaza, 1320 Legacy Ave., No. 130, Palm Beach Gardens. Classes $30 (including $15 for materials) All classes are prepaid. Details and to register, call 799-0277.

■ Palm Beach Photographic Center — The Photographic Centre is at the City Theater, 455 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.workshop.org or www.fotofusion.org.

■ Palm Beach Zoo — “Wings Over Water” Bird Show: 11 a.m. weekdays; 11 a.m. and 2 p.m. weekends. "Wild Things Show!": 1 p.m. weekdays; noon week- ends. Hours: 9 a.m.-5 p.m. every day. 11 Summit Blvd, West Palm Beach. Tickets: Adults $18.95; seniors, $16.95; chil- dren 3-12, $11.95; free tad.linx Callaway or www.palmbeachzoo.org.


■ Palm Beach Dramaworks — “Exit the King!” — March 29-April 22. Tickets: $47 (preview); $55 (opening); $60 (run). At 507 N. Clematis St., downtown West Palm Beach. Call 341-4042, Ext. 2, or visit www.palmbeachdramaworks.com.

■ Royal Room Cabaret — March 21-April 14. "Early Learning (for children ages 18 months to 4 years accompanied by an adult), Seven-week class from 10-11:45 a.m. $80 members; $95 non-members, Ex-Education, 9-10:30 a.m. Saturdays, One-hour Zumba class for parent, one- hour educational program for one child during workshop, and into admission the museum. 858 for a four-week session for parent and child ($75 for members); $10 fee for each additional child; Indi- vidual fee per class is $25 for one adult and one child. Hours: 10 a.m.-5 p.m. Monday-Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.-5 p.m. Sunday. 4801 Dreher Trail N., West Palm Beach. General admission: $11.95 adults, $8.95 children 3-12, $20.45 seniors, free for members, 832-1988 or www.sfsm.org.

■ Palm Beach State College Art Gallery — Gallery hours: Mon., Wed., Thu., Fri. 9 a.m.-5 p.m.; Tue. 9 a.m.- 8 p.m. Palm Beach State College, BB Building, 1665 PGA Blvd., Palm Beach Gardens. 207-5055.

■ The Third Man — April 20-27: 3:30 p.m. Performed at the Town of Lake Park’s Mirror Ballroom at 535 Park Ave., Lake Park; presented by Burt Reynolds Institute for Film & Theatre. Tickets: $15; $20 dollar; Call (561) 743-9955 for tickets.

■ Faith Lutheran Church “Spring Treasures Indoor Market” — April 13, 9 a.m.-2 p.m. 555 U.S. Highway One, North Palm Beach. For more infor- mation email Faithlutheran_springtrea- sure@yahoo.com or 561-848-4737. www.faithlubhp.com


■ Palm Beach Opera’s 2014 International Season Chorus Auditions — April 19-20. All auditions are by appointment and applicants must complete the audition request form available at www.pbopera.org.


■ Adult Discussion Group — Contemporary topics of philosophical, political, socio-economic issues and moral implications. 6:30-8:30 p.m. the first Thursday of each month (next meeting is April 11) in the conference of the Jupi- ter Library, 705 Military Trail; call Irene Garbo at 715-7571.

■ River Totters Arts n’ Crafts — 9 a.m., second Wednesday of each month, gallery session is April 9. Arts and crafts for kids. Loxahatchee River Center, 805 N. U.S. 1, Jupiter. Cost $3; call 743-7123.

■ The Amazing Dr. Z — Hypnotist The Great Zambri will offer an evening of comedy as he takes you on a journey to the deepest levels of your subcon- scious mind. 5 p.m. dinner, 7 p.m. April 12. Dinner and show; $30; show only; $20. Free extra show special, 10 a.m. "The Who Lost," April 13. It’s at the Amara Shrine Center, 3650 RCA Blvd., Palm Beach Gardens. 627-2100, Ext. 201.
 Colony Hotel's Polo hosts Gay Polo event

SPECIAL TO FLORIDA WEEKLY

The 4th Annual International Gay Polo Tournament will be held April 13 at the Grand Champions Polo Club in Wellington.

On April 4, the league will be celebrated from 7 p.m. to 9 p.m. at "The POLO Salutes POLO" at Polo Steaks & Seafood at the Colony Hotel.

Several players from the Gay Polo League will be on hand to meet The Colony’s Thursday night regulars. The hotel’s Polo will be serving drinks at happy hour prices and assorted hors d'oeuvres, and there will be a special card drop to win free tickets to the Gay Polo Tournament, an overnight stay for two at The Colony and special gift items donated by several Worth Avenue retailers.

Polo matches start at 1 p.m. on Saturday, April 13, and will run through 7 p.m. Gates open at noon, and the general admission is $25. For more information, see gaypolo.com. The Grand Champions Polo Club is at the corner of South Shore Boulevard and Lake Worth Road.

PUZZLE ANSWERS

The Hispanic Chamber of Commerce of Palm Beach County Proudly Presents
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(Village Shoppes)
12th annual Barry Crown “Walk for Animals” at Downtown at th
EKLY SOCIETY
the Gardens, raising funds for the Peggy Adams Rescue League

1. Kris Conte, Kelly Conte, Sheldon and Leo
2. Stan Marshall, Spirit
3. Natalie Nelson, Monroe Nelson, Zoe
4. Madeline Schmees, Sherry Schmees, Ken
5. Kaelyn Nickowski, Carlie Weidenbenner, Alexa
6. Courtney Metrick, Jeter
7. Dawn McCullough, Peanut and Lily Shea, Lulu
8. Alex Ochoa, AJ Ochoa, Roxy
9. Jeremy Hurwitch, Samantha Hurwitch, Leilani
10. Kevin Dennis, Palooza
11. Jessica Ed Pedes, Muffin
12. Deena Weidenbenner, Carlie Weidenbenner, Roxy

In total for 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.
ARIES (March 21 to April 19)
Rumors of a change in the workplace could make you a mite uneasy about going ahead with implementing your ideas. Best advice: Ignore the talk and proceed as planned.

TAURUS (April 20 to May 20)
Everyone has an opinion on how to handle a recent business suggestion. Thank them for their advice. Then go ahead and follow your own fine instincts.

GEMINI (May 21 to June 20)
While home is your main focus this week, new issues in the workplace need your attention as well. Take things step by step. Pressures ease in time for weekend fun.

CANCER (June 21 to July 22)
Be less rigid when handling a relationship problem. You might believe you’re in the right, but try to open your mind to the possibilities of facts you’re currently not aware of.

LEO (July 23 to August 22)
Leos and Leonas run at a hectic pace throughout much of the week. But by the weekend, the Lions’ Dens become a purrfect place for you Fine Felines to relax in.

VIRGO (August 23 to September 22)
Change is favored early in the week. This should make it easier for you to reassess your plans for handling a troubling professional relationship. Good luck.

LIBRA (September 23 to October 22)
A suggestion from a colleague could give your professional project that long-needed boost. Meanwhile, someone close to you still needs your emotional support.

SCORPIO (October 23 to November 21)
Before complying with a colleague’s request, check to see that the action benefits all, not just one person’s agenda. Continue firming up those travel plans.

SAGITTARIUS (November 22 to December 21)
Your social life is on the upswing, and the only problem is deciding which invitations to accept. Enjoy yourself before settling down for some serious work next week.

CAPRICORN (December 22 to January 19)
With your creative aspects on high, you might want to restart your work on that novel or painting you put aside. Take time to assess your situation and make adjustments where necessary.

PISCES (February 19 to March 20)
Being applauded for your achievement is great. But watch out that you don’t start acting like a star. It could lose your valuable support with your next project.

BORN THIS WEEK:
Your strong belief in justice, along with your leadership qualities, help you protect the rights of others.

PUZZLES

HEX NUTS

By Linda Thistle

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

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HOROSCOPES

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PUZZLES

CHEF’S TWO-COURSE MENU

$16.00

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LATEST FILMS

‘The Croods’

Is it worth $10? Yes
★ ★ ★

Chris Sanders’ story is 100 percent as fire and — sniffle — themselves. Along the way they set off on a grand quest, at which point they see the light. That is, until their cave is caught—literally can’t see the light, which leads them to nice guy Guy (Ryan Reynolds), who warns of danger and ancient evils, xenophobia, etc.), but its earnest charm that works. The reason: Genre is nice but not essential, as the picture is bright and rich but doesn’t necessarily require added depth. The action scenes, though crisp and clear and striking, are not the type that lose appeal without the added dimension. Only some sequenc—such as Eep climbing a cliff or one of the many times Grug is shot into the sky—benefit from the 3D, and they’re not impressive enough alone to warrant the up-charge.

There are some deeper themes also in play in “The Croods” (Biblical references, xenophobia, etc.), but its earnest heart is ultimately what shines through. And if you don’t believe me, a family of five joined me for the screening — mother, father and three kids ranging in age from 4 to 10 years young — and they all enjoyed it as well.

Dead Man Down

(Colin Farrell, Noomi Rapace, Terrence Howard) A low-level hood (Mr. Farrell) is planning to kill his boss (Mr. Howard) when his neighbor (Ms. Rapace) complicates things. It’s an interesting storyline, but far too much is held in reserve until the end — long after we’ve stopped caring. Rated R.

Oz The Great and Powerful

(James Franco, Mila Kunis, Rachel Weisz) A magician (Mr. Franco) is whisked away to Oz and must save the enchanted land from the wicked witch in this prequel to “The Wizard of Oz.” The visuals are striking and the story comes together well. It’s not a new classic, but it’s not blasphemous either. Rated PG.

Spring Breakers

(James Franco, Selena Gomez, Vanessa Hudgens) Embracing adventure and the recklessness of youth, four young women are arrested while on spring break in Florida; they’re bailed out by a small-time rapper/gangster named Alien (Franco). No doubt it’s crass and vulgar, but it also offers a stylish, unique spin on the typical coming-of-age story. Rated R.
Lighthouse ArtCenter announces staff changes

SPECIAL TO FLORIDA WEEKLY

The Lighthouse ArtCenter announced that Assistant Curator Barbra Broidy has been promoted to curator and assistant to the director. Sarah Nastri, who previously has been an instructor, has been hired as the data and media coordinator.

Longstanding staff member and instructor Cara McKinley has been promoted to School of Art manager.

Starting out at Lighthouse ArtCenter in February 2010 as an intern, Ms. Broidy has been a strong driving force in the museum. In her new post she manages all operations having to do with the numerous amount of artwork that passes through the ArtCenter. In addition, she is responsible for many of the operational and procedural issues of the ArtCenter and writes grants, while supporting the director in many areas.

Ms. Broidy attended Carnegie-Mellon University in Pittsburgh, where she studied graphic and industrial design and is a graduate of Long Island University in New York with a bachelor of fine arts in arts management.

Ms. Nastri has both the creative spirit and technical know-how that was a perfect match for the role of data and media coordinator. Born in upstate New York, she now lives in Jupiter. She earned a bachelor’s degree in printmaking/drawing from the University of Central Florida, and a certificate in web design from Palm Beach State College. She first became involved with the Lighthouse ArtCenter by exhibiting her artwork, teaching classes and volunteering at the 125 Club.

Ms. McKinley received her bachelor of fine arts from Florida Atlantic University and has been a potter and ceramic artist for nine years, also making time for painting, glass blowing, and jewelry making.

She gained experience teaching in the public school system and other non-profit art centers. She first joined the Lighthouse ArtCenter as an instructor, and became a staff member in 2010 as an administrative assistant to the School of Art. In addition to teaching classes, she has been promoted to School of Art Manager.

For more information, see lighthousearts.org or call 746-3081.

BRIFT to perform “The Third Man”

SPECIAL TO FLORIDA WEEKLY

Actors from The Burt Reynolds Institute for Film & Theatre will present the highly atmospheric “The Third Man,” on Saturday, April 20, in much the same way as it was presented in 1949 during the golden age of radio. Utilizing specially designed props and some unusual devices for sound effects, the performers will re-enact the mystery surrounding the murder of Harry Lime, a man who was not what he appeared to be. Audience participation is part of the fun.

In this Cold War spy classic written by Graham Greene, Holly Martins, an American pulp novelist, arrives in postwar Vienna only to discover that his old friend Harry has been killed in a traffic accident. The speed with which his funeral takes place raises many questions that need answering.

Radio Waves will be hosted and directed by award-winning actor Gordon McConnell, who is an instructor at BRIFT. McConnell’s career has taken him from Los Angeles to London to Amsterdam to New York City and, eventually to South Florida, where his performances have earned him the prestigious Carbonell Award.

The play is at 7:30 p.m. Tickets are $15 in advance or $20 at the door. Seating is limited.

Call 243-9955 for tickets. Advance ticket purchases are recommended.

“The Third Man” will be presented at the Town of Lake Park’s Mirror Ballroom located at 335 Park Avenue, Lake Park. The Mirror Ballroom is on the National Register of Historic Places.

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Kids, can you act? Sing? Dance? Maltz Theatre wants to see

SPECIAL TO FLORIDA WEEKLY

Kids, maybe you’ve seen “Glee.” Or “America’s Got Talent” or “The Voice.” Now it’s your turn. Young performers can audition in the Maltz Jupiter Theatre’s fourth annual First Step to Stardom Saturday, April 27, with roles for dozens of students aged 5-18. The auditions will feature casting for four of the theater’s professional productions: “Annie,” “The King and I,” “Through the Looking Glass,” and “Hamlet.”

This is truly a once-in-a-lifetime opportunity for kids to work with theater professionals and to be a part of the audition process,” said Andrew Kato, producing artistic director, in a prepared release. “We are delighted to be inviting local families to our theater to take part in four of our shows during the 2013-14 season.”

Auditions will be held at the Jupiter Community Center, 200 Military Trail, from 11 a.m. to 6 p.m. on April 27. Participants will learn a dance routine, receive acting lessons and learn a song as part of the audition. Students are asked to wear dance clothing and dance shoes or sneakers (no sandals or open-toed shoes).

Several dozen children and teens who auditioned last year performed in “The Music Man,” “Through the Looking Glass,” and “The Laramie Project.”

“It was so rewarding to see so many children perform in the theater’s shows last season,” said Jennifer Sardone-Shiner, director of marketing. “This is a wonderful way to expose local children to professional theater, and we’re so happy that students have the opportunity to be cast in four of the theater’s upcoming productions next season.”

A free optional audition workshop will be offered on Saturday, April 13, at the theater. For additional information and to register, visit www.jupitertheatre.org/kids. Advance registration is strongly encouraged.

First Step to Stardom is sponsored by John Osher and WPEC-TV, CBS2. Here is a bit more about each of the shows for which students will be auditioning:

“Hamlet,” part of the theater’s Youth Artists’ Chair program, follows Prince Hamlet’s quest for truth, justice and ultimately revenge following the death of his father and a ghostly visit. Performances will take place Saturday, August 24.

“Through the Looking Glass,” part of the theater’s Emerging Artist Series, is a contemporary retelling of the children’s classic, Alice in Wonderland, which comes to life with eye-popping sets, costumes, magic and puppetry. In a colorful land where animals talk and characters amuse, 12-year-old Alice learns to “look in the mirror” and see the true special person she is. With an exciting original pop score, this adventure is filled with fun twists the entire family will enjoy. It will be sponsored by The Elmore Family Foundation, John Osher, and The Albert E. and Birdie W. Einstein Fund. Performances will be November 15-16.

“Annie,” part of the Theater’s season subscription, is a classic musical that brings America’s favorite comic-strip orphan to life. This Tony Award-winning musical is set in the Great Depression. This adventure-filled musical arrives just in time for the holiday season and will delight kids of all ages.

Sponsored by John MacDonald Company. Performances will take place from December 3-22.

“The King and I,” part of the theater’s Youth Artists’ season subscription, follows a British schoolteacher hired by the king to modernize his country’s 19th century Siames. This Rodgers and Hammerstein musical masterpiece is complete with opulent sets, lavish costumes and a lush score of classics including “Getting to Know You,” “Hello Young Lovers” and many more. This Tony Award-winning Broadway phenomenon will be sponsored by Joe and Kathy Savarase and Homecare America. Performances will take place from March 18-April 6, 2014.

Now celebrating its 10th season, the not-for-profit Malz Jupiter Theatre has become one of Florida’s preeminent professional theaters, committed to production and education through its collaborations with local and national artists. Currently the state’s largest award-winning regional theater, the theater draws over 70,000 people annually, serves a subscription base of more than 7,500 and has world-class classroom facilities in support of its Paul and Sandra Goldner Conservatory of Performing Arts, which serves hundreds of youth and adults. The theater is a member of the prestigious League of Resident Theaters and has earned numerous Carbonell Awards, South Florida’s highest honor for artistic excellence, including the prestigious Bill Von Maurer Award for Theatrical Excellence in 2012. For more information about the theater’s upcoming shows and Conservatory, visit www.jupitertheatre.org or call the box office at 575-2223.

Other Malz auditions set

The first of the Malz auditions for the shows in its 2013/14 season are Thursday, April 4, for Dial M For Murder (Oct. 27 – Nov. 10, 2013). Performers are asked to be ready to read passages from the script. They should bring a headshot and résumé.

Other upcoming auditions in Jupiter include auditions for all of the other shows in the theater’s 2013/14 season, including Annie (Dec. 3 – 22), A Chorus Line (Jan. 14 – Feb. 2), Other Desert Cities (Feb. 16 – March 2) and The King and I (March 18 – April 6).

Between 400 and 700 people typically audition in New York for each of the Malz’s large-scale musicals, and as many as 250 people audition for its plays, the theater said in a prepared statement. But the theater gives strong consideration to local performers due to its desire to support local talent. There are also financial incentives to hiring locally, since the theater is required to offer housing to any union performer outside a 50-mile radius. All directors are present at call-backs.
FLORIDA WEEKLY SOCIETY

Culture & Cocktails, with Gary Beach and Andrew Kato, at the Cultural Council

1. Donald Ephraim, Maxine Marks, Linda Rosenkranz and Jay Rosenkranz
2. Gary Beach and his Tony Award
3. Jackie Kato and Howard Smith
4. Milton Maltz, Tamar Maltz and Andrew Kato
5. Andrew Kato, Mary Lewis and Gary Beach
6. Lynn Brodsky, Jean Sharf and Susan Lundin
7. Phyllis Verducci, Veronica Karlan and Jeanne Kanders
8. Bonnie Rosenman, Susan Lundin, Maryann Seidman
9. Sharna Striar and Stanley Stone
10. Mary Cooney and Beth Casey
11. Andrew Kato, Gary Beach and Roe Green
12. Sheryl Wood and Lesley Hogan
13. Peggy Katz, Richard Katz and Katie Oelts
14. Michael Barry and Janice Barry
15. Virginia Mezoung and Dina Baker
16. Andrew Kato, Tamar Maltz, Milton Maltz and Gary Beach

COURTESY PHOTOS
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Best Thai Restaurant – Spotlight on the Northern Palm Beaches
Rated A for Service and Food – Palm Beach Post
Splendid Fork Award – Best Restaurant Revisited – Palm Beach Post

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Saturday/Sunday 5:00 – 9:00 PM DINNER

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FLORIDA WEEKLY SOCIETY

Trinkets or Treasures antiques event at STORE Self Storage and Wine Storage

1. Denise Moriani and Rick Moriani
2. Hedy Rogers and Killy Cline
3. Lynne Reynolds
4. Florida Weekly’s Scott Simmons, antiques aficionado
5. Heidi Vandor and Suzi Lavati
6. Jana Torri and Bert Bowden
7. Isabelle Bull and Trish Bull
8. Marie Piranio
Stock and home prices may be on their way up, but luckily for wine devotees, it’s still possible to find some very good wines at prices that are downright reasonable.

Several forces drive that price stability.

Shanken News Daily, the cyber-news business arm for Wine Spectator, recently reported that, “Price promotion remains necessary at all tiers.” Translation: While wholesale prices may be rising, wineries and distributors are offsetting the increases with larger discounts to retailers to keep the prices stable.

“Globally the stocks are somewhat depleted, but that really hasn’t affected pricing yet,” Chris Fehrnstrom, chief marketing officer for Constellation Brands, told Shanken. “Honestly, we don’t anticipate that in the $5 to $15 band there is going to be a lot of price movement over the course of the next year.”

Another factor keeping import prices low is the economic instability in Europe, especially in Spain, where more than 6 million of its 46 million in Europe, especially in Spain, where brands are depleted, but that really hasn’t affected demand and downward price pressure which in turn influences the prices of wines.

To find attractively priced wines, consider branching out. If you typically drink chardonnay, consider trying albarino or viognier. Instead of Napa merlot or cabernet, experiment with grenache or mourvedre. You’ll find some well-priced wines from the west coast as well as competitively priced Spanish wines.

Don’t forget to look south, too. Malbec and torrontes from Argentina are excellent wines and most cost less than $20. There is also a broad selection of Chilean wines available that are reasonably priced and taste great.

To help you find some interesting value wines, I’ve made a list of some of those I’ve tried and liked of late.

**Monte Oton Garachica Bodegas Borsao 2011 ($18):** This richly colored Spanish wine has bright Garnacha aromas of ripe black berries, as well as blueberries and plums. These are followed in the mouth with black cherry and spices, leading to a warm medium-length finish.

**Bogle Old Vine Zinfandel 2010 ($12):** This California wine offers lively raspberry aroma, leading into a palate mixed with blackberries and a touch of spice. The oak aging smooths the full-bodied tannin structure into a long, lingering finish.

**Columbia Crest Grand Estates Cabernet Sauvignon 2010 ($14):** A choice Washington selection, this dark rich Cabernet opens with a blackberry and blueberry bouquet. On the palate, it’s medium bodied, well balanced and smooth. The flavor is fruit in the front of the palate, full of blueberry and cherry with some mild oak. The modest tannins lead to a dry smooth finish.

**Cono Sur Organic Sauvignon Blanc 2011 ($12):** Starts with aromas of stone, pear and green pepper, and is limey on the palate as well, with slight acid on its refreshing dry finish. This good value Chilean wine will go well with seafood.

**Dry Creek Fumé Blanc 2011 Sonoma County ($13):** The initial aromas are a little grassy, with lime, citrus, and white pepper. The palate is well structured with refreshing citrus and mineral notes, Granny Smith apple and a little zippiness on the linger.

**Kung Fu Girl Wine** (287 E. Dixie Highway, Jupiter; 744-6667 or toobizaare.com) is great. It’s 2012 vintage of this interesting blend fills the nose with a bouquet of light floral, juicy melon and peach notes that lead to grapefruit and a touch of pineapple, ending with a pear note. The lively fruit flavors linger through the clean and slightly off-dry finish.

**Terraza de los Andes Reserve Malbec 2009 ($15):** Fresh aromas of jam and ripe plums lead to a mouthful of dried cherries and fresh berry fruit. Lush in the mouth with herbs and minerals on the medium finish.

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In the kitchen with...

DEAN LAVALLEE, Park Avenue BBQ Grille

BY LOREN GUTENTAG

As you sit at a table at Park Avenue BBQ Grille, you can’t help but notice recycled beer bottles that are used as pickle dishes. These beer bottles are not only part of Dean Lavallee’s new venture, Park Avenue BBQ Grille, but they also pay homage to the restaurant’s Vermiculure, but since he details each dish, he says it is his way of being with his customers at every table.

Mr. Lavallee, the owner of Park Avenue BBQ Grille, was born and raised in South Florida and attended Palm Beach State College, where he studied pre-law. Starting as a dish-washer at Lum’s at the age of 14, he has stayed in the restaurant business ever since.

There’s a big difference between the idea of law and the practice of it,” he says. “Being in the restaurant business allows you wear many different hats. It never gets boring and there are never two days alike.”

Twenty-five years ago in Lake Park, Mr. Lavallee opened Park Avenue BBQ Grille, where he focused on barbecue.

“I tell my chefs to make the food as if their mother were coming to dinner and to cook what they know,” he says, referring to the promise of consistency.

Mr. Lavallee has added eight more restaurants into the mix. He says, although they have expanded greatly, he is always looking for ways to make his restaurants better.

Not only does Mr. Lavallee have a passion for the restaurant business, but he also has a passion for the Earth and recycling. In collaboration with Sublime Soil Company, a company passionate about being happy in an inherently stressful environment.

“Being in the restaurant business ever since,” Mr. Lavallee has added eight more restaurants into the mix.

Although Park Avenue products are currently shipped from North Carolina, Mr. Lavallee is hopeful that purchasing of local products is in the company’s future.

Park Avenue BBQ offers anything from fritters to ribs, pulled pork sandwiches and even the company’s future.

In the kitchen with...

DEAN LAVALLEE

City Cellar to host Veuve Clicquot event

SPECIAL TO FLORIDA WEEKLY

Dominique Demarville, chef de caves at Veuve Clicquot Ponsardin will attend a dinner and Champagne event April 4 at City Cellar Wine Bar & Grill. Mr. Demarville became Veuve Clicquot’s 10th cel-

larier in 2009, where he continues the 240-year-old Champagne house’s legacy. He is perhaps one of the most influential men in Champagne.

Menu highlights include: sea scallops with warm black truffle vinaigrette; roasted asparagus and mozzarella salad; torchon of foie gras and braised oxtail ravioli. The evening will include tastings of Veuve Clicquot Gold Label, Rare Vintage, 1993 and Veuve Clicquot Vintage Rose, 2004, among others. Space is limited to 30 seats; RSVP is required in advance.

It begins at 6 p.m. April 4 at City Cellar, City-Place, 700 S. Rosemary Ave., West Palm Beach. Cost is $225 per person, all inclusive. RSVP at 366-0071.

Cooking demonstration dinners: Chef Lenore Pinello is offering a variety of cooking demonstration classes over the next month at In The Kitchen in Tequesta. Participants will dine on the complete meal and take recipes home for every dish. These entertaining evenings are BYOD, so bring a favorite wine or adult beverage to complement dinner.

Here is a schedule:

■ Fabulous Florida Fish — 6:30 p.m.-8 p.m. March 28, Conch Fritters, Tuna Roll, Avocado Citrus Salad, Pan Seared Local Catch, Blood Orange Mojo, Root Veggie Mash, Smoked Mozzarella, Italian Greens, Key Lime Tart, Coconut Crumble. Cost: $75 per person.

■ Napa Valley Spring — 6:30 p.m. April 4, Artichoke Heart Oreganata with Watercress Citrus Salad, Pan Fried Buttermilk Chicken Breast, Spring Peas and Asparagus with Creamy Polenta, Lemon Meringue Tart; $75 per person.

■ Just Gaiad — 6:30 p.m. April 11, Pasta with Asparagus and Smoked Mozzarella, Italian Greens and Herb Salad with Honey Lemon Dressing, Filet Mignon with Balsamic Syrup and Goat Cheese, Raspberry Tiramisu; $80 per person.

■ Renaissance in Capri — 6:30 p.m. April 16, Parmesan & Sweet Pea Ravioli with Creamy Herb Sauce, Caprese Salad with Basil Oil & Balsamic Drizzle, Pan Seared Fillet of Local Fish with Artichoke Hearts & Roasted Asparagus, Limoncello Prof-

itroles with Mixed Berries; $75 per person.

■ My Big Fat Greek Dinner — 6:30 p.m. April 25, Mediterranean-Style Stuffed Focaccia, Greek Salad with Hummus, Grilled Sword Fish Kabobs with Spanakopita and Lemony Orzo, Baklava Sundaes; $75 per person.

In The Kitchen is at Gallery Square North, 389 Tequesta Drive, Tequesta. Reservations are required; 774-7172 or www.inthekitchennow.com.

Easter at Vic & Angelo’s: For Easter Sunday, Chef Alain Zimmer will offer an array of a la carte items along with the regular a la carte menu from 10 a.m. to 10 p.m. March 31 at Vic & Angelo’s in Palm Beach Gardens.

Specials include mini osso bucco with herb-splashed, house-made Norwegian salmon gravlax, duck liver and pistachio pate, plank-cooked Florida yellowtail snapper mango-infused vinaigrette, aru-

gula, walnut and sweet raisin salad, Maple Leaf Farms duck agnolotti and surf and turf.

Vic & Angelo’s is at PGA Commons, at 4520 PGA Blvd., Palm Beach Gardens; 630-9899 or www.vican-
gelos.com.

Bottle battle at tiki bar: Crane’s BeachHouse Hotel & Tiki Bar plans to host its first Tiki Bar Battle of the Bottles next month.

The wine and food-filled event will be held 5 p.m.-8:30 p.m. April 12 at Crane’s, 82 Gleason St. in Delray Beach, one block south of Atlantic Avenue and one block west of the Atlantic Ocean.

“Our first Tiki Bar Battle of the Bottles is perfect for young professionals, event planners and fun-loving oenophiles who want to sample 10 delicious wines from three different California-based vintners: Cupcake Vineyards, Layer Cake Wines and Cake-
bread Cellars,” Crane’s general manager, Cathy Bales triere, said in a statement.

Admission is $20 per person (must be 21 or older). Each participant will receive a punch card that will cover one wine sample of each of the 10 wines, plus one bonus shot — 11 different wine samples for each card.

All of the sample wines will be available for purchase by the glass at half-price during the event.

For information, see www.cranebeachhouse.com. RSVP at info@cranebeachhouse.com.

THE DISH

Highlights from local menus

The Dish: Salad with Thousand Island dressing

The Place: Pronti’s Italian Kitchen, 1440 10th St., Lake Park; 842-3457

The Price: $3.75

The Details: For four decades, my cousins have made this for Pronti’s.

They’ve won on something, too. Pronti’s has remained a traditional red-sauce Italian place that makes visitors feel at home dining on pasta and pizza.

But don’t forget your greens when you go.

This small salad comes with crisp quantities of mixed greens, wedges of tomato, crinkle-cut carrots, black olives and sliced onions. And it’s covered with Pronti’s homemade Thousand Island dressing.

The creamy dressing — the Gorgonzola dressing also is to die for — is rich, but not too rich, and filled with bits of green peppers, onion, parsley and pickle relish.

Owner Doug Wojciechowski says his chefs puree the ingredients until there’s just a smidge of texture to them.

Whatever they do, it works. ■

— Scott Simmons

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THE RIGHT fit CHANGES EVERYTHING

We have swimwear designed to fit and flatter everyone and every body! And we have the expertise to help you select the right size and the most flattering style for YOUR body. We have been suitting people for over 30 years. Making sure you get the best fitting AND the best looking swimwear is our top priority, let’s make it yours.

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SAFEGUARDING YOUR COLON HEALTH

BY CHESTER MAXSON, M.D.
Board Certified, Gastroenterology; Medical Director, Center for Excellence in Digestive Health at Jupiter Medical Center, 1210 S. Old Dixie Hwy, Jupiter, (561) 263-4445

The Center for Excellence in Digestive Health at Jupiter Medical Center is dedicated to the prevention, early detection and treatment of diseases of the digestive system. Colon health is one of our top priorities.

Did you know that colorectal cancer is the third leading cause of cancer death in the U.S. for both men and women? The American Cancer Society estimates that more than 140,000 new cases of colon and rectal cancer will be diagnosed in 2013.

The incidence of colorectal cancer has been declining for most of the past 20 years, which is largely attributed to an increase in screening for this disease. In addition to screening there are things you can do to reduce your risk of developing this disease, including: maintaining a healthy weight, increasing your physical activity, keeping your diet low in red or processed meat, limiting your alcohol consumption, eating more fruits and vegetables and not smoking.

These lifestyle changes can reduce your risk of developing many other diseases as well.

There are risk factors that you cannot change, but should be aware of, including: personal or family history of colorectal cancer and/or polyps, personal history of chronic inflammatory bowel disease, and certain inherited conditions (such as Lynch syndrome, also known as hereditary non-polyposis colorectal cancer), and familial adenomatous polyposis (FAP).

SEE HEALTH, C10 ▶

INSIDE:
Transitional care eases burdens / C2
Radiation therapy and colorectal cancer / C3
Best treatment for cataracts / C4
Exercise smarter, not harder / C5
Transitional care eases burden of re-admissions to hospitals

It’s a busy Friday night in the emergency room of a local hospital. An 87-year-old patient with congestive heart failure comes in not feeling well because she forgot to take her medicine. Doctors stabilize her and send her home. Twelve hours later, she returns to the emergency room because she forgot to take her medicine again. It is an all too common scenario caused by a rapidly aging senior population who often don’t have medication management or regular medical oversight of their condition on a routine basis.

“This cycle repeats and plays out all of the time,” says Sherrin Daley, R.N., resident care director at St. Joseph’s of Jupiter Assisted Living and Memory Care Community. “Non-compliance can be a contributing factor for hospital re-admission for many seniors.”

With recent cutbacks to Medicare, returning patients can cost hospitals hundreds of thousands of dollars. Many times, seniors return weeks or even days later because of lack of follow-up care or access to needed services like short-term rehabilitation or skilled nursing.

“There is a definite gap in services for these patients,” says Daley again. “It’s a short-term fix or place for them to go for intermediate medication management or clinical oversight when they don’t qualify for a long-term hospital stay.”

One possible alternative to help is a respite stay program that can provide the short-term services seniors need before returning home. St. Joseph’s Assisted Living and Memory Care community in Jupiter offers a program called Transitional Living Care (TLC) designed to offer a 14- to 30-day stay in a safe and social setting with clinical and medical oversight.

TLC is for emergency room patients who are not admitted and do not qualify for Medicaid skilled nursing care. It can also help seniors who are at-risk to return home due to absence of a caregiver, need for medication management or other safety concerns, or patients who are caregivers and need respite for themselves or a family member.

“St. Joseph’s of Jupiter’s TLC program provides relief to hospital re-admissions and can give families of these patients peace of mind knowing their loved one is well cared for before returning home,” said Tish MacDonald, L.P.N., assistant resident care director of St. Joseph’s. The program is for patients with a wide range of medical complications from congestive heart failure and dehydration to diabetes and Alzheimer’s disease.

Services include medication management, rehabilitation services, disease management program, geriatric consult and physician services, fall prevention, hospice and home health, ambulation, transferring assistance and fall-risk assessment.

St. Joseph’s of Jupiter provides an elegant and affordable lifestyle enriched with amenities that enhance care, comfort and wellness as well as an affiliation with Jupiter Medical Center and a relationship with nationally recognized dementia care specialist, Teepa Snow, to provide ongoing dementia care training.
Cloacal cancer is the fourth most common cancer in the United States in both men and women, with more than 143,000 new cases predicted for 2012. The term “cloacal” actually comprises two different entities that are often treated very differently. They behave differently, having different patterns of spread and a different prognosis for each stage at presentation.

In particular, radiation therapy frequently plays a major role in the treatment of rectal cancer, both in terms of increasing survival rates and improving the quality of life for our patients through preservation of the anal sphincter, thereby eliminating the need for a permanent colostomy (a bag attached to the front of the abdomen to collect the feces).

Modern cancer treatment often involves what we call “multi-disciplinary care,” whereby multiple specialists such as surgeons, medical oncologists (chemotherapy specialists), and radiation oncologists work together to maximize the chances for success by combining our particular areas of expertise. Rectal cancer is an excellent example of this process.

The rectum is defined as the last portion of the large intestine, the portion of the bowel extending from the sigmoid colon to the anal canal. Its major function is to store the stool prior to elimination. Its other role is a major component of the muscle that controls defecation, which involves a permanent colostomy (removal of the rectum). This region is very much dependent on the anal sphincter for the removal of a cancer arising in this region. And the muscle that controls this sphincter can be spared, making the need for a permanent colostomy unnecessary. Therefore, the best chance to “save your life and your sphincter.”

For other patients with rectal cancer, surgery can be performed immediately after diagnosis and then post-operative radiation therapy and chemotherapy may be utilized to increase the chances for long-term survival and cure. Once again, modern treatment techniques such as IMRT help to make the course of radiation therapy much more tolerable and with a greatly reduced risk of complications. The major factors determining whether radiation therapy is needed are the depth of penetration of the tumor into the wall of the rectum and if the cancer has spread into the regional lymph nodes. These factors are expressed in the term “staging,” usually using the “TNM” system, which stands for Tumor, Nodes, and Metastasis. Patients, based upon the findings at the time of surgery, are given a staging designation, such as T2 N1 M0 for example, which helps to define the best treatment for that patient afterwards.

All patients should be appropriately staged, and you, as a colorectal cancer patient, should know your own stage. Stages are often also grouped together into simpler categories, such as Stage I, Stage II, Stage III, or Stage IV to make it easier to report on treatment results. With the appropriate use of post-operative radiation therapy, clinical research studies have consistently demonstrated improved rates of local and regional control of disease in the pelvis as well as survival.

Much is known about rectal cancer, but clinical trials continue in order to improve upon these already favorable outcomes for many patients. Survival is extremely important, but so is quality of life, and anal sphincter preservation is an excellent example of how modern cancer treatment can offer optimal function and cure at the same time. Make sure that you receive the best treatment possible the first time around, as recurrences are often more difficult to treat and cure. Seek out the best physicians and facilities with the most modern, up-to-date equipment and staff to give you the best chance to “save your life and your sphincter.”

Just read what one of our patients has to say about us...

“Why I drive past 32 other chiropractors to visit Dr. Papa

In just two weeks worth of sessions at Dr. Papa’s office, my lower back pain (caused by a herniated disc in my lower back) barely registers anymore. Better yet, I’m more mobile. I don’t have to stretch my back before every time I sit in a chair. It is easier for me to pick objects up off the floor. I even surfed a few days last week without a hitch (no pain the next day too)! I believe Dr. Papa was able to provide these quick results because: 1) He took the time and effort to listen to me explain exactly how I injured myself. 2) He properly diagnosed the problem. 3) He prescribed the right treatment.

Could the 32 other chiropractors I drive by every time I visit Dr. Papa’s office have gotten the same results? Possibly. Would I take a chance with them after seeing what Dr. Papa has achieved? Not in a million years.”

— Rob Gramer, Engineer, Jupiter, FL
Q u estion: What is a cataract?
A nsw er: Normal vision requires the natural focusing abilities of the human crystalline lens to focus light on the retina. A cataract is the natural clouding of that lens. The most common cause of a cataract is age related, usually starting after age 60, but sometimes they can begin at a younger age.

The human crystalline lens inside the eye is made mostly of water and protein. The protein is arranged to let light pass through and focus on the retina. However, sometimes the protein clumps together, clouding small areas of the lens which blocks light from reaching the retina and interferes with vision.

The cloudiness of your lens may affect only a small part of the lens but, over time, it may grow larger, making it harder to see. Because less light is able to reach the retina, your vision may become dull and blurry. Symptoms of a cataract include painless blurring of vision; sensitivity to light and glare, or a halo around lights; poor night vision; frequent changes in your eyeglass prescription; needing bright light to read; changes in the way you see colors or colors seem faded; and loss of contrast.

Once a cataract has formed, the most effective way to resolve vision is to surgically remove the cloudy cataract and replace it with a clear lens implant. These clear lenses inserted at the time of surgery are called intraocular lenses (IOL).

Dr. Benaim’s technique for cataract/implant surgery uses no needles or stitches, has a microscopic incision and takes about 10 minutes.

To learn more, visit us at www.floridaeyegroup.com, or to schedule an appointment call 561-747-7777. Email Dr. Benaim at floridae yegroup@gmail.com with your eye care questions.

– Dr. Monroe Benaim is an Ophthalmologist board certified by both the American Academy of Ophthalmology and the American College of Eye Surgeons. He has lived in Jupiter for over 20 years. Dr. Benaim is a graduate of The Massachusetts Institute of Technology (M.I.T.), and he completed his Eye Surgery training at the University of Texas/Parkland Memorial Hospital in Dallas. Dr. Benaim is sincerely committed to providing patients with the highest level of vision and healthcare possible.
The best way to exercise is smarter, not harder

We all want to get the most out of the time we spend exercising, and it’s natural to think that exercising harder is going to provide a bigger, faster payoff. But exercising harder without adequate preparation often leads to injury. Then there’s recovery time, possibly the need for rehabilitation, and ultimately you’re back at the beginning in terms of fitness, strength, and endurance. Injuries are to be avoided, if at all possible. The best way to avoid injury is to exercise smarter. Exercising smarter is also the best way to achieve continual, progressive gains in fitness, health, and well-being.

Exercising smarter means doing what you’re capable of doing, and then doing a little bit more. For example, if you’re a runner and typically run three miles a day, three times a week, it wouldn’t be smart to do an eight-mile run the next time you go out. The likely outcome would be a strained muscle, shin splints, or worse. If you lift weights and typically bench press 150 pounds, what it could feel like is a back, neck, or shoulder injury. In either scenario, the price paid for attempting to train “harder” is at least two weeks of down time, possibly much longer, while you recover from your injury. Of course, we’ve all made mistakes and sometimes training injuries just happen, but tempting fate by doing too much is not, in fact, “smart.”

The goal with any type of exercise is to progress gradually over time. For example, if you’re 60 years old and haven’t exercised for many years, a walking program is a good way to begin. On your first day, walk at a comfortable, steady pace for 10 minutes. That may not feel like much, but you will be increasing your total time over the next four to six weeks. The next day, add a couple of minutes. As long as you’re continuing to feel good, add a couple of minutes on every second day or so, building up consistently to a total of 30 minutes per day. At this point, you’re walking 30 minutes per day, five times per week. Next, every second day or so, increase your pace by a bit. Don’t increase your pace if you feel uncomfortable or feel as if you’re working too hard. Be in tune with what you’re doing. After four to six weeks of gradually increasing your pace, you’ll probably be able to walk 30 minutes per day, five days a week, at a nice brisk pace. You may also notice that you’ve lost some weight, you feel more flexible, you’re standing more upright, your skin has a nice, healthy glow, and you’re sleeping more soundly and more restfully.

Use the same gradual approach with strength training. Start with lighter weights, not heavier weights, than you think you can use. With lighter weights, you can build up your strength over time. With weights that are too heavy, there’s always the danger of incurring an injury that will set you back and interfere with your training. Exercising smarter leads to consistent gains in strength, muscle mass, ability to do physical work, and overall health.

It’s natural to want to exercise harder. But exercising smarter is the way to go for long-term benefit without the danger of time-wasting injuries. Exercising smarter is the effective way to maximize the value of our investment in physical fitness.

The Center for Excellence in Digestive Health is equipped with state-of-the-art high definition technology, including:

- 3D High Resolution Anorectal Manometry
- Bravo pH Monitoring
- Capsule Endoscopy
- Colonoscopy
- CT Virtual Colonoscopy
- Endoscopy
- Endoscopic Retrograde Cholangio-Pancreatography (ERCP)
- HALO (Barrx) Ablation Therapy for Barrett’s Esophagus
- High Resolution Esophageal Manometry with Impedance
The Center for Excellence in Digestive Health at Jupiter Medical Center is dedicated to the prevention, early detection and treatment of digestive disorders.

Our team of experienced specialists includes board certified gastroenterologists, general and thoracic surgeons, interventional and diagnostic radiologists, oncologists, pathologists and experienced endoscopy nurses and technicians.

We take a multidisciplinary approach to your care and offer a full range of services, including advanced diagnostics, endoscopic therapies and minimally-invasive surgical procedures.

Our dedicated, compassionate team provides personalized care for each and every patient. For more information, call The Center for Excellence in Digestive Health at (561) 263-4445 or visit jupitermed.com/digestive.
There are many myths and misconceptions that surround yoga, that make even the brave hearted potential yogi timid in trying this form of exercise. The following list helps to debunk the mystery behind the yoga doors for those who are yet to try it.

**Myth #1:** Yoga is only for flexible and double-jointed people.

Yoga is for everyone! And I mean everyone! All ages, sizes, ability, and yes flexibility levels. If we all waited until we were flexible, then we would have a bunch of empty yoga studios worldwide. Yoga can be tailored to your individual needs and it doesn’t require you to turn into a pretzel to enjoy all the benefits of yoga. Although gaining flexibility, especially with the increased temperature offered in hot yoga, is certainly one of the added benefits.

**Myth #2:** Yoga is a too easy (or too difficult).

The practice of yoga can be as physically challenging or as restorative as anyone wants. It depends on the style of yoga as well as the teacher and practitioner. All classes at Bodhi Hot Yoga are all levels which allow teachers to teach to the first level pose and then give options for those that want to advance it. It is up to you as to what level that day you are up for.

**Myth #3:** Yoga is all about burning incense and chilling out.

The only burning at Bodhi Hot Yoga we do is calories and sweat. Each class is set to fun popular music and is meant to be energetic, fun and a good workout. Classes start by setting an intention and then finish with 15-20 minutes of floor work and final relaxation. Complete full body workout for the body and soul.

**Myth #4:** You can practice once a month and achieve good results.

Yoga is called a “practice” because it takes just that. It takes time to build strength, flexibility and balance and just like most activities, the more you put into it, the more you get out of it. Each 90-minute class allows for the perfect balance of mind and body transformation.

**Myth #5:** Yoga is only for women.

While it may seem like more women gravitate towards yoga, the fact is that yoga is for both women and men who crave increased physical and mental well being. Just look at all the pro athletes that have taken up yoga to supplement their mainstream workouts and aid performance. Yoga has a whole range of exercises that help strengthen your chest, back, stomach, arm and leg muscles. Take a look at advanced practitioners, including males; their muscular strength and development may surprise you.

So what are you waiting for? Grab your mat, your towel, and some water and get ready to sweat! See you on the mat!
Recently there has been a great deal of research into acupuncture. This ancient system has been studied in many ways and by many different research organizations including the National Institute of Health’s National Center for Complementary and Alternative Medicine (NCCAM). Additionally, meta-analyses of existing research have been compiled.

As early as 1979, the World Health Organization listed 41 indications for acupuncture — everything from sciatica and low back pain to stomach pain and migraines. The largest study thus far was performed in 2004 at multiple U.S. medical centers. The results revealed a 40 percent reduction in pain and 40 percent improvement in people suffering from moderate to severe arthritis of the knee. Most interestingly, patients were called back one year after completing the study (no acupuncture for one year) and essentially maintained the improvement.

Acupuncture frequently is effective in treating chronic medical conditions. Acupuncture utilizes techniques that are often overlooked in other forms of treatment. The pulse and the tongue are examined more critically. Herbs and supplements may be prescribed. Injections containing homeopathic medicines are used. These medicines are safe. Research indicates these injections can be as effective as steroids without the risks.

During the initial acupuncture evaluation, various topics such as lifestyle, medical history and supplements will be discussed. This kind of comprehensive approach may reveal factors contributing to the problem. The additional information helps in formulating an integrative treatment plan. This can be the key to getting the proper treatment. Consider acupuncture as a great place to turn for many common — and not so common — ailments.
Are you looking for a quality fitness program for weight loss and increased strength and energy levels? The Get In Shape For Women’s program in Palm Beach Gardens offers a step-by-step program to transform your body and personal training for women. A personal trainer works with one to no more than four women at at time in a private, upscale studio for as little as $29 a session.

Each training session consists of 30 minutes of weight training, 30 minutes of cardio and nutrition coaching, for a balanced fitness program that produces amazing results. It’s a unique four-part program. Nofad diets or diet pills.

Accountability is one of the aspects that separates this program from other group-training programs. At Get In Shape For Women, you are held accountable to the system of weight training, cardio and nutrition. Trainers first help you set an achievable goal, and then hold you accountable for reaching it by having you weigh in weekly and record your body-fat percentage once a month (1,400 calories per week). You also will lose approximately 200 calories per day, clients decrease their daily caloric consumption by approximately 500 calories, or 3,500 calories per week.

One pound of fat equals approximately 3,500 calories, which means that coupled with a weight training and cardio training program, the program can yield close to two pounds of body-fat loss per week. This is not a quick fix or temporary weight loss. The Get In Shape for Women program, the program can yield close to two pounds of body-fat loss per week. This is not a quick fix or temporary weight loss.

The Get in Shape for Women studio at Midtown offers complete fitness training — weight and core training, nutrition counseling and cardio exercises. The workouts can be customized to your care and offer a full range of services including advanced diagnostics, endoscopic therapies, 3D anorectal manometry, capsule endoscopy, bronchoscopy and navigational bronchoscopy, and minimally invasive surgical procedures.

Our team’s goal is to offer treatment plans to improve your digestive health. For more information about The Center for Excellence in Digestive Health, visit jupitermed.com/digestive or call 561-263-4445. To find a qualified physician, call our Physician Referral Service at 561-263-5737.

The workouts can be customized to your ability. All exercises are done under the direct supervision of a certified personal trainer. These exercises include free weights, Life Fitness weight machines, lunge, squats, core training, pushes and pulls that work every muscle in your body for optimal results.

Losing weight is the primary reason consumers seek personal trainers. Nutrition and eating habits are a common topic throughout the Get In Shape For Women facility.

The program offers a six-day-a-week nutrition program that includes six small meals a day. By eating six small and frequent high-quality meals (consisting of fruits and vegetables, high quality lean protein, complex carbohydrates, healthy fats and eight to 10 glasses of water), per day, clients decrease their daily caloric consumption by approximately 500 calories, or 3,500 calories per week.

The Center for Excellence in Digestive Health offers colonoscopies in our state-of-the-art GI lab; the test is covered by insurance. The Center treats many digestive disorders, including, but not limited to, Barrett’s esophagus, gastroesophageal reflux disease (GERD), hemorrhoids, inflammatory bowel disease and motility disorders. We take a multidisciplinary approach to your care and offer a full range of services including advanced diagnostics, endoscopic therapies, 3D anorectal manometry, capsule endoscopy, bronchoscopy and navigational bronchoscopy, and minimally invasive surgical procedures.

Get In Shape For Women’s program offers small-group personal training for women. A personal trainer works with one to no more than four women at a time in a private, upscale studio for as little as $29 a session.

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Marine compound discovery shows promise for COPD patients

Pharmacy researchers at the University of Florida have isolated a new marine compound they believe could lead to improved drug therapies for pulmonary diseases by inhibiting their progression rather than managing their symptoms. Known as symplostatin 5, the compound was extracted from blue-green algae collected in Cetti Bay, Guam, by Hendrik Luesch, the Frank A. Duckworth eminent scholar chair in drug research and development. The new compound targets an enzyme overactive in chronic obstructive pulmonary disease, asthma, acute respiratory distress syndrome, cystic fibrosis and other diseases. “These compounds can potentially offer a new opportunity to treat COPD and related diseases in a different way and possibly more effectively,” Mr. Luesch says.

COPD is the fourth leading cause of death in the United States, killing more than 120,000 Americans each year, according to the Centers for Disease Control and Prevention. Current therapies alleviate symptoms of COPD but do not slow disease progression. Only one drug, Sivelestat, targets the enzyme, called elastase, but its marginal effects are delaying further clinical approvals, according to Mr. Luesch. Elastase is an enzyme that breaks down a variety of proteins. In COPD, where there is excessive enzyme activity, this contributes in part to lung damage and inflammation. The effects of elastase on these processes contribute to the irreversible destruction of lung tissues typically observed in COPD patients.

Lilibeth Salvador, a researcher in Mr. Luesch’s Marine Natural Products lab, led the investigation that revealed blue-green algae prevented elastase-driven changes in bronchial connective tissue cells. Ms. Salvador, who will earn her doctorate from the UF College of Pharmacy in May, uses a soccer analogy to describe how the compound may prove to be a more effective drug therapy. “By inhibiting this enzyme, we prevent one of the key players in the initiation of COPD. So, we prevent the ball from being relayed on to other players involved in the progression of the disease,” she says. Blue-green algae investigated by the Marine Natural Products lab contain naturally occurring molecules essential for survival in a harsh marine environment. These ingredients are what Mr. Luesch believes will lead to a new source of drugs that he hopes to develop for improved treatments for patients suffering from COPD and a host of other diseases.

From his marine samples collected in the Atlantic side of the Florida Keys to as far away as Guam in the Pacific, Mr. Luesch has discovered dozens of promising compounds. His lab has already chemically synthesized several of these natural products and designed and generated similar compounds with improved drug-like properties. Further research funding enables him to continue the drug development process. His early studies show these marine compounds have the right stuff to begin further clinical studies for drugs to treat colorectal, prostate and metastatic breast cancer, enhance bone regeneration and slow the progression of Alzheimer’s disease.

While new research holds promise for sufferers of COPD, healthy lifestyle changes, like quitting smoking, can also help alleviate symptoms.

Marine compound discovery shows promise for COPD patients

The University of Florida

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We at Ritter and Ramsey pride ourselves on providing the latest and most up-to-date treatments for our patients. Ritter and Ramsey provides dentistry for children, teens, and adults.

CONTACT THE DENTAL PRACTICE OF RITTER AND RAMSEY TO SCHEDULE AN APPOINTMENT TODAY.