BY AMY WOODS  
Special to Florida Weekly

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Regardless of philosophy, one needs hope.

Or as philanthropist Roe Green says, “Patience for the coming year!!!!”

— Scott Simmons

Pro player beat lymphoma, will compete in ’Polo for a Purpose’

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”At stage four, I was quite near the end,” Mr. Phillips said. “They gave me a 50-50 shot of survival.”

The then-14-year-old from King City, Canada, woke up one morning writhing in pain from an ache in his left leg. A cancerous tumor had formed around his ureter, grew in size, caused his left kidney to stop working and eventually compressed the lymph nodes near his upper thigh.

“I had a soccer game the night before, and the next morning, I woke up just aching,” Mr. Phillips said. “I originally thought I was going to lose my leg, lose my kidney, for sure.”

The date: June 7, 1992. The beginning of a summer filled with fútbol, rugby and dream of a professional career. Mr. Phillips has since become an accomplished polo player and has represented Canada in international competitions.

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— Scott Simmons

THE FINAL DAYS OF ANY YEAR ARE A PRECIOUS TIME OF REFLECTION AS we take stock of what we have accomplished and what we have yet to accomplish.

In that spirit we asked a variety of cultural, industry and government leaders their thoughts on the coming year.

Golfer Jack Nicklaus does not worry. “It’s been said that worry does not empty tomorrow of its sorrow; it empties today of its strength. I prefer to focus on and enjoy today,” he says.

But Ray Graziano, president of the Marine Industries Association of Palm Beach County, and president and CEO of the company that owns Loggerhead Marinas, frets that things are out of hand in Washington.

“There is no leadership, starting with the president. It’s like watching children run around on the playground,” he says. Regardless of philosophy, one needs hope.

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The pipes are calling visitors to Scotland.

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Top films
A look at what’s in store for 2014 at the movies. B1

Network
See who was out and about in Palm Beach. A25

Highland journey
The pipes are calling visitors to Scotland.

Antiques
Commemorative flasks still pour on the value. A31

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A manufactured ADHD epidemic

President Barack Obama proclaimed Dec. 15 Bill of Rights Day, praising those first 10 amendments to the U.S. Constitu- tion as “the foundation of American liberty, securing our most fundamental rights — from the freedom to speak, assemble and practice our faith as we please to the protections that ensure justice under the law.” The next day, U.S. District Judge Richard J. Leon called Obama’s surveillance policies “almost Orms of America cons. Clapper-rep. National Security Agency’s bulk col- lection of Americans’ telephone meta- data very likely unconstitutional. If that was not enough, the president’s own task force on the issues, the Review Group on Intelligence and Communica- tions Technologies, delivered its report, which the White House released, with 46 recommendations for changes.

One adviser to the panel, Sacha Meinrath of the Open Technol- ogy Institute, was skeptical, telling me that “the intelligence-community insiders, administration officials, comprise the entirety of this five-member group. I do not see how you can do a truly inde- pendent review of surveillance when so many people are tied in.” The panel is chaired by former CIA Deputy Director Michael Morell, and is managed under the auspices of the Office of the Director of National Intelligence, run by James Clapper. Clapper is widely considered to have lied in a Senate hearing on this issue. When asked by Sen. Ron Wyden, D-Ore., if the NSA collected phone records on millions or hundreds of mil- lions of Americans, Clapper replied, “No, sir.” Following the Snowden leaks, Clapper admitted to NBC News that his answer was the “least untruthful” man- ner to say no. Judge Leon’s ruling relates to just one of several filed after the June disclo- sures by former NSA contractor Edward Snowden about the vast, global surveil- lance system vacuuming up personal data from billions of people. A separate federal lawsuit in New York v. Clapper, seeks to end the mass surveil- lance completely, and to have all the data collected so far deleted. Anthony Romero, the executive director of the American Civil Liber- ties Union, called Edwards a “whistle-blower, patriot,” noting: “as a whistle-blower of illegal government activity that was warranted and life-changing, but others promise of a vast new pharmaceutical next frontier is adult ADHD, with the companies for going beyond the president’s own task force on the issues, the Review Group on Intelligence and Communica- tions Technologies, delivered its report, which the White House released, with 46 recommendations for changes. 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PET TALES

Going inside the canine brain

BY KIM CAMPBELL THORTON
Universal Uclick

We often see news stories of pets who have trekked hundreds of miles to get back home after becoming lost. How do they do it? Science is still trying to answer that question. Migratory animals use magnetic fields, scent cues and orientation of the sun, but the navigational ability of dogs and cats has been little studied. It’s known, however, that they have mental mapmaking skills, good observational abilities, and fantastic senses of smell and hearing, and those capabilities no doubt play a role in allowing them to find home, even from somewhere they’ve never been.

Researchers at Emory University used functional MRI to capture brain images of 13 alert, unrestrained dogs. During the scans, the dogs, who were trained to willingly enter the MRI machine and remain still, watched a person giving hand signals indicating whether the dog would or would not receive a treat.

According to the research, published by PLOS One, most of the dogs had a positive response in the caudate region of the brain — associated with decision-making, motivation and processing emotions — when signaled that they would or would not receive a treat. The research lays the foundation for exploring canine emotional welfare.

Interspecies video chat

If you miss interacting with Rover or Ruffles when you’re at work or on vacation, the PetChatz two-way petcam is for you. The unit, which should be available in early 2014, allows owners to “call” pets, talk to them and even dispense treats from a hidden compartment. Pets can learn to respond to the ring, but whether they recognize the person on the screen is a matter of conjecture. But Lisa Lavin, a veterinary technician and co-developer of the device, says what’s important is the boost to an owner’s emotional welfare.

Dog research has human benefits

A researcher at the University of California, Davis’ School of Veterinary Medicine has identified the gene that causes a condition in Weimaraners known as spinal dysraphism. It’s an inherited neural tube defect that causes the dogs to “bunny hop” with their back legs instead of moving normally. Dr. Noa Safra, whose findings were published in July 2013 in the journal PLoS Genetics, says the disease could be eliminated by mutation is developed. The discovery also has benefits for human medicine. University of Iowa pediatricians who collaborated in the study found the gene is linked to spina bifida.

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NEWS OF THE WEIRD

BY CHUCK SHEPHERD
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

Hope you’ve got the key

■ In November, Michael Brown, 19, became the most recent person with poor decision-making skills forced to report to a police station (this, in Col- lege Station, Texas) in the middle of the night to ask that officers please remove the handcuffs he had been playing

Can’t possibly be true

■ Twice again, in November, men wrongly convicted of major, chilling crimes, who were finally freed after serv-

■ The daunting problems that faced the launch of the HealthCare.gov website in October were merely symptoms of the federal government’s of-

■ A Tucson, Ariz., man apparently escaped a traffic stop in August, but not unscathed. After fleeing to a dead-end street, he climbed out the passenger window, but his foot got caught, and his still-moving car’s back tire ran over his sprawled torso. The motorcycle officer was unable to catch the injured man, who staggered off into the neighbor-

Perspective

Least-competent criminals

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SpongeBob somberpants

Her family wanted U.S. Army Sgt. Kimberly Walker (who was killed in a suspected domestic violence incident in February) to have a burial reflecting her delight at SpongeBob SquarePants and installed a 4-foot-high marker on her grave in the character’s likeness (at a cost of $2,000). However, the Spring Grove Cemetery in the family’s hometown of Cincinnati ordered it removed in October as inappropriate, and despite family and community pressure, is unyielding.
Locals predict a year of hope

RENA BLADES
President of the Cultural Council of Palm Beach County

What are you most looking forward to in 2014? At the Cultural Council we are looking forward to more than 20,000 separate cultural events, from music to visual art to dance and history. And, of course, we can’t wait to host guests at the Muse Awards on March 13 at the Kravis Center, where we will celebrate the excellence in our cultural community.

Are you worried about anything in the coming year? We keep our eye on the stability of our cultural industry and remain concerned that our cultural institutions require larger endowments and reserves. Most of our institutions are less than 30 years old, so they’ve had less time than institutions in places like Boston, Cleveland and Philadelphia to grow their endowments. We are optimistic that funding is growing in our area, and we hope that the generous and capable philanthropists who call Palm Beach County home will increase their support over the coming year.

Any resolutions? If you’re making a New Year’s Resolution, we suggest it include supporting your local arts and cultural programs! My resolution? I resolve to wake up each day and relentlessly pursue the council’s goals to bring arts and culture to all our residents and visitors — and to exercise more!

GREG RICE
Local TV personality and lifelong resident of Palm Beach County

What are you most looking forward to in 2014? The last year, really, the last several years, as a whole, the economy has been troublesome, with our country digging a big hole that we never thought we would be in. But even with all the problems that occur in Washington, and other places, I’m optimistic that 2014 will be a much better year than we’ve experienced in the past, for the nation and in Florida.

Are you worried about anything in the coming year? I do know that we take too many things for granted. This is the time of year people get into a spirit, and stop and reflect on family and friends — health, jobs and careers. I’ve been blessed with a lot of those. And after I lost John (his twin) in 2005, I don’t take those things for granted. I make a point to tell those people who are close who are there for me that I appreciate them, and let them know how much they mean to me — nothing is guaranteed.

Any resolutions? I haven’t made any. But I hope that the management and staff of the Miami Dolphins have made some. If they need me to come down and give them a good pep talk, I’m willing to go right now.
**JACK NICKLAUS**

**PGA champion and golf course designer**

- What are you most looking forward to in 2014? I won’t have to wait long for that — 6, 6 and the BCS Championship Game, and hopefully a Florida State win and national title. That would be a good way to start the year. (Mr. Nicklaus’ grandson, Nick O’Leary, plays tight end for the Seminoles). From there, I will just let the year play out and enjoy it as it comes.

- Are you worried about anything in the coming year? No, I am not worried about anything. My health is good; I have a wonderful family, good friends; and I keep very active with my business interests. It’s been said that worry does not empty tomorrow of its sorrow, it empties today of its strength. I prefer to focus on and enjoy today.

- Any resolutions? My resolution is to not make one. Actually, no, I do have one. I would like to continue to get myself in better shape. I guess I got a good jump on the typical New Year’s resolution, and I have lost 20 pounds. I’d like to continue on this path and lose another 10 pounds or so.

**ROCCO MANDEL**

**Owner, partner of Rocco’s Tacos**

- What are you most looking forward to in 2014? The opening of Rocco’s Tacos & Tequila Bar in Brooklyn. It’s our first restaurant outside of Florida. Growing up on Long Island, I always hoped to open a restaurant in my home state.

- Are you worried about anything in the coming year? I worry that people are going to stop liking Mexican food.

- Any resolutions? To drink more tequila and to not curse in front of my young daughter.

**RAY GRAZIOTTO**

**Partner, president and chief operating officer of Seven Kings Holdings, which owns Loggerhead Marinas, President of the board of the Marine Industries Association of Palm Beach County.**

- What are you most looking forward to in 2014? I think for the most part, Florida is really good shape. State leadership has kept us in sound fiscal condition. Our tax structure is still too high, but is competitive compared to other populated states in the U.S., especially those in the Northeast. We should be the beneficiaries of that and see continued growth here for the foreseeable future. While we have business in many parts of the state, I am particularly bullish on Palm Beach County. I think there is no better place to do business or to raise a family. I look forward to the continued economic recovery and to watching my children enjoy their teenage years.

- Are you worried about anything in the coming year? The federal government, on the other hand, is a real mess. There is no leadership, starting with the president. It’s like watching children run around on the playground. It’s not a just Democratic or Republican problem. Both the Dems and the GOP are to blame. We have to come together and solve the real structural problems this country is facing. It won’t happen unless both sides compromise.

- Any resolutions? I have made the same resolution for three years: continued exercise and healthy eating.

**STEVE WEAGLE**

**Meteorologist for WPTV-Channel 5 News**

- What are you most looking forward to in 2014? I’m hoping for another unusually quiet hurricane season in 2014. It worked well for us this past summer.

- Are you worried about anything in the coming year? I fear we’re in for a winter that feels like summer — with no end to the warm weather.

- Any resolutions? I usually don’t do resolutions. But if I can quit bread for a year, I’d be happy.
**COMMENTARY**

**Land of opportunity**

You hear it all the time: "I'm ADHD." "He's got ADHD." "My daughter has been diagnosed with ADHD."

The disorder seems to get diagnosed by doctors the way ducks seem to get shot by duck hunters just point and shoot, or diagnose, as the case may be. At up to 100 yards. "There goes one! Look, he's flappin' his wings. Point... Shithead... ADHD!"

In the case of advertising videos made for drug companies, doctors paid to pedal pharmacueticals can question a patient and make a diagnosis in all six minutes flat, according to "The Selling of Attention Deficit Disorder," a Dec. 14 report in The New York Times.

"The disorder seems to get diagnosed by doctors the way ducks seem to get shot by duck hunters just point and shoot, or diagnose, as the case may be. At up to 100 yards. "There goes one! Look, he's flappin' his wings. Point... Shithead... ADHD!"

Maybe somebody should sell T-shirts emblazoned with the celebratory letters for ADHD, here. I'm writing about advertising, and misrepresentation. Which is why I'm not writing about ADHD, here. I'm writing about advertising, and the slippery distinction between truth in advertising and the slippery distinction between truth in advertising and misrepresentation.

No doubt, ADHD exists. And it can be treated. But the meteoric rise in diagnoses in the United States corresponds with a history of intense and sophisticated advertising by drug companies — which massively exaggerated the benefits of the drugs, while playing down the sometimes serious side effects. That history led many more doctors to prescribe their medications to many more patients they diagnosed with the disorder. And it led some doctors to claim that the stimulant medicines were no more harmful than aspirin.

Such a claim is demonstrably untrue, and it's one of the reasons why the pharmaceutical company, Shire, makers and sellers of Adderall, agreed to pay $57.7 million in fines for false advertising 10 months ago (Shire ads suggested transformations in the behavior and the success of children into adulthood that no research confirmed).

Money lies at the heart of the abuse, if there is abuse — and I think there is. In 2002, the drug industry showed sales of $15.7 billion for stimulant medication used to treat ADHD. And in 2012 that figure had risen to almost $9 billion. The New York Times reported, using data from a company called IMS Health.

Since one billion is equal to 1,000 million, a fine of $57.7 million, which sounds horrific in itself, amounts to not much more than a bee sting. Once again, greed has turned the land of opportunity into an embarrassment of riches. And the strong likelihood is that some people who do not have ADHD are treated for it anyway, with drugs that will do them no favors.
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SPECIAL TO FLORIDA WEEKLY

A receiving line of adorable, adoptable, tail-wagging pets greeted more than 300 guests at the Peggy Adams Animal Rescue League’s 42nd Annual Christmas Ball on Dec. 5 at Sailfish Club in Palm Beach. The 2013 Christmas Ball was the single largest revenue-generating event in the history of Peggy Adams Animal Rescue League, bringing in more than $600,000.

“It’s incredibly powerful to see this record-breaking level of commitment from the community to support the critical services Peggy Adams provides to the dogs and cats who need it most,” said Pauline Pitt, event chair. “These funds will help us provide services for more than 20,000 animals.”

During the ball, Ms. Pitt announced that the Animal Rescue League was on track to help more than 3,500 pets find forever homes and to perform almost 10,000 spay/neuter surgeries.

Board members and distinguished guests included Board President Joeann Van De Gruit and husband Paul, Vice President Nellie Benoit, Board Chair Lesly Smith, Vice Chair Jane Grace, Lord Charles Spencer Churchill, Carolina Herre-r, Laurie and Steven Gottlieb, Virginia Burke, Janet Pleasants, Sandy and Bill Meyer, Nancy Brougner, Cathy and Jack Flagg, Vicky and Sam Hunt, and Emilia and Pepe Fante, among others. Guests had front row seats for the parade of animals, as the four-legged friends marched through the dining room to the tune, “How Much is that Doggie in the Window.”

During the event, Pauline and George Michel adopted coco, Dan Ponton adopted avocado and Lydia and Robert Forbes adopted Luna.

In addition to animal adoption and spay and neuter services, Peggy Adams Animal Rescue League offers dozens of services, including a vaccine clinic open seven days a week, affordable vaccine packages, and spay and neuter services, Peggy Adams Animal Rescue League (PAGA) executive director Pauline Adams said.

“With more than 3,500 pets finding forever homes and 10,000 spay and neuter surgeries being performed, 2013 has been a banner year for Peggy Adams Animal Rescue League,” Pauline said. “We are so grateful for the generous support of our many volunteers and donors.”

Peggy Adams Animal Rescue League, located at 1930 Bahama Village Road, Palm Beach, offers free dog and cat adoptions every day of the week, and105 shelter pets are available for adoption on the website: www.paggas.com.

Non-profit Peggy Adams Animal Rescue League is supported by the generosity of our many supporters and in the Palm Beach County community, the importance of supporting your local animal shelter or rescue is essential.


SPECIAL TO FLORIDA WEEKLY

Silver Sailfish Derby set to launch 77th annual tournament

In the fast-paced world of competitive billfishing, many tournaments continue to push the envelope in terms of high-stakes payouts and teams go to extreme measures in their preparation, the Silver Sailfish Derby has remained much the same since its inception.

Founded in 1935 by the West Palm Beach Fishing Club, or WPBFC, the Silver Sailfish Derby is recognized as the world’s oldest sailfish tournament and continues to attract some of sailfish anglers, captains and crews in the sport. Even though six-figure payouts are not a part of the prize structure, the derby’s loyal following and continued popularity is a testament to the unique character of the event. The 77th annual Silver Sailfish Derby is set for Jan. 9-11 from the Sailfish Marinas on Singer Island.

Captain’s meeting is Jan. 8 at the WPBFC. The 2014 derby is expected to draw approximately 45 boats and 200 anglers who will be vying for some of the most prestigious awards in competitive sailfishing. Part of what makes the Derby so special is the people involved. Many of the awards are sponsored by families who have been associated with the event for decades. The derby’s top awards include the Mrs. Henry R. Rea trophy, the Top Lady Angler in memory of Rose Hamp, and the Louis S. Boski award for Outstanding Angling Achievement. Other prizes include the Top Small Boat, Top Tag Team, daily angler and boat awards, and overall boat and angler awards.

The derby has embraced the digital age, featuring a virtual scoreboard allowing anyone with an Internet connection to follow the action as it unfolds. The derby’s scoreboard will go live just prior to the event and can be found on the WPBFC’s website at www.westpalmbeachfishingclub.org. The derby Facebook page also offers event information, updates, stats and photos, www.facebook/silversailfishderby.

With more than three quarters of a century of angling history, there have been plenty of memorable moments in the derby and many tremendous catches. Perhaps none were more dramatic than the record-setting event in 2012 when 46 boats caught and released an unprecedented 1L47 sailfish. Derby anglers are hoping for a few cold fronts during this holiday season to help push the fish south so that more pages can be added to the history books.

Early registration deadline has ended, so the entrance fees are $1,275 per boat (6 at least one angler is a WPBFC member) and $1,600 per boat for non-members. Proceeds from the event benefit the many community initiatives of the non-profit West Palm Beach Fishing Club. For additional information on the Silver Sailfish Derby, contact the WPBFC at 832-6780 or register online at www.westpalmbeachfishingclub.org.

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The team from Absolut Joy toasts victory.

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The team from Absolut Joy toasts victory.
New Year’s 2014

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SALE

DEC 27 – DEC 29

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It’s not too late to “do as I do” for your children

Tara (not her real name) couldn’t listen to her mother bad-mouthing the next-door neighbor to her friends for another minute. Tara had always found this neighbor to be friendly and helpful. She couldn’t understand why her mother enjoyed making fun of her.

Jordan closed his eyes in disgust as his father berated the coach. Jordan was really upset that the coach didn’t play him much during the last game, but the last thing he wanted was for his father to make a spectacle of himself in front of the entire team.

Samantha prayed her mother wouldn’t drink too much at the graduation reception. Her entire class and teachers would be there, and when her mother gets going, she becomes loud and boisterous. She could swear her friends are still talking about the time her mother got loaded and picked a fight with Jenna’s dad.

Have you ever stopped yourself just as you were about to open your mouth because you realized your children were in the right?

Have you ever noticed that when you are behaving your worst, your children somehow miraculously appear and see it all?

When we are caught up in the moment, we don’t always consider that our behavior can have a huge impact on our children, no matter what their age.

Our children have strong feelings and are very conscious about how others react to our behavior. They can’t help but personalize our actions. If they find our behavior embarrassing, they become self-conscious and ashamed; and may believe that our misbehavior is a negative reflection on them.

Most of us start out with the best of intentions. Although we have a huge investment in trying to teach our children right from wrong, we don’t always stop to consider that they might form their own conclusions by observing what we don’t want them to see.

It’s easy for us to tell our children what not to do: “Don’t smoke. Don’t drink. Don’t lie.” We may wish that our children would do what we say, and not pay too much attention to observing what we do. Unfortunately, as we know, it doesn’t work out that way.

Adolescents, in particular, are extremely sensitive to hypocrisy. When young people recognize that a parent says one thing, and acts another way, it is very disturbing. When they observe their parents behaving poorly, they find themselves questioning every aspect of their present reality. If they have been invested in believing that their parents behave with integrity, they must now reevaluate their perspective.

It takes much more effort and discipline to practice what we preach. Knowing right from wrong, and the consequences of breaking rules, is not enough to guarantee that we will control our impulses and behave well. Demonstrating maturity and self-control will help us teach them to tolerate frustration, inhibit action and to behave appropriately. This is how young people learn problem-solving and communication skills and to become account-able for their actions.

Daniel Goleman, a world-renowned educator and author writes, “There is perhaps no psychological skill more funda-mental than resisting impulse. It is the root of all emotional self-control, since all emotions, by their very nature lead to one or another impulse to act.” He has written extensively about “Emotional Intel-ligence,” a trait he describes as a set of skills, including control of one’s impulses, self-motivation, empathy and social competence in interpersonal relationships.

Even if you’ve been remiss in your behavior, it’s not too late to become a good example.

Don’t worry that it will seem hypocri-tical of you to change your behavior mid-stream. You can actually come clean, and let your child know that you are committed to the hard discipline and restraint of making concerted changes.

If you were to say, “I know I can be hot headed when something really upsets me, but I’m working on keeping my cool,” you are communicating a powerful message that you recognize the importance of maintaining appropriate control. When you are in the midst of trying situations, you can even share with your child how frustrated you are; but that you are working hard to find alternative means for behaving better than we are.

The responsibility can be awesome. However, these expec-tations can nudge us to behave better than we might have otherwise.

— This column first ran on Jan. 6, 2011.

— Linda Lipshutz, M.S., LCSW, is a psychotherapist serving individuals, couples and families. A Palm Beach Gardens resident, she holds degrees from Cornell and Columbia and trained at the Ackerman Institute for Family Therapy in Manhattan. She can be reached at her Gardens office at 630-2827, or online at www.palm-beachfamilytherapy.com.
Osteoporosis is a very common disease that makes bones weak and more likely to break easily. About 9 million Americans have osteoporosis, and the disease causes more than 1.5 million fractures annually, including 547,000 vertebral fractures, 297,000 hip fractures and 397,000 wrist fractures.

It cannot be cured, but osteoporosis can be detected by a painless test and treated through lifestyle changes and medications.

The human bone looks something like a honeycomb, with the body constantly depositing new bone and removing old bone. Bone mass usually peaks around age 30, at which time the body starts removing old bone and, when the test is repeated sometime later, can help determine how quickly you are losing bone mass and density.

The next free screening is Thursday, Jan. 16, with appointments beginning at 9 a.m., at Palm Beach Gardens Medical Center. To register, please see www.pbgmc.com or call 625-5070.

Treatment for osteoporosis usually focuses on preventing fractures by eating a proper diet, exercising regularly and taking fall precautions.

Medications also may be prescribed to reduce bone loss, increase bone density or reduce the risk of fracture. A healthy diet includes eating foods high in calcium and vitamin D, such as dairy products, dark green leafy vegetables, sardines, tofu, almonds, egg yolks, saltwater fish and liver. People over the age of 50 should get 1,200 milligrams of calcium and 400 to 600 IU (International Units) of vitamin D daily.

Weight-bearing exercise can help make bones and muscles stronger and slow down the rate of bone loss.

Recommended activities done three to four days a week may include walking, hiking, jogging, playing tennis, climbing stairs or dancing.

To reduce the risk of falls, rooms should be kept free of clutter, and carpets and area rugs need to be anchored to the floor. Rubber-soled shoes are suggested for better traction and a cane or walker can help with added stability.

Osteoporosis is not an unavoidable part of aging. It can be prevented and treated.

Even if you have already been diagnosed with the disease, you can take steps to slow its progression and reduce the risk of falls. For more information about osteoporosis, talk with your doctor or see www.pbgmc.com in-us/our-services/medicalservices/pages/orthopedics.aspx.
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The human bone looks something like a honeycomb, with the body constantly depositing new bone and removing old bone. Bone mass usually peaks around age 30, at which time the body starts removing more old bone than forming new bone. A person is diagnosed with osteoporosis when the spaces inside the honeycomb become larger resulting in decreased bone density and strength. Osteoporosis does not cause any symptoms, and those with the disease usually do not know they have it until they experience a collapsed vertebra or fracture.

People at increased risk for developing osteoporosis tend to be those who are women, Caucasian or Asian, over the age of 50, small-boned and who have a family history of the disease. Other risk factors for osteoporosis include regular consumption of alcohol, smoking and certain medications, including glucocorticoids, long-term use of some anti-seizure drugs, gonadotropin-releasing hormone drugs for endometriosis, certain cancer treatments and excessive use of antacids that contain aluminum.

For these people, a bone density test typically is recommended to identify osteoporosis, determine the rate of bone loss, predict risk for broken bones and measure effects of treatment.

The test, which does not require any preparation, is similar to having an X-ray but with considerably less exposure to radiation. If you think you might be at risk for osteoporosis, the Orthopedic Specialists at Palm Beach Gardens Medical Center are here to help.

The hospital offers free bone density screenings once a month for women over the age of 45. A bone density test measures the strength and density of your bones as you approach menopause and, when the test is repeated sometime later, can help determine how quickly you are losing bone mass and density.

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Could You Be at Risk for Osteoporosis?
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NETWORKING

Palm Beach Chamber of Commerce monthly breakfast at The Breakers

Christine Corrigan, Jerry Jernigan and Diane Harper

Dennis Kanai, Linda Casey and John Bowers

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MONEY & INVESTING

Government puts a damper on the Christmas spirit

By Jeannette Showalter, CPA

“Brandon has been here every step of the way,” Ms. Sirota said. “I think I could really help a lot,” he said. “I probably should have done this much sooner.”

Polo pro Brandon Phillips was diagnosed with non-Hodgkin’s lymphoma when he was 14. He said it had been important to remain positive during his recovery and remission. There is no sign of relapse.

Polo for a Purpose chairs are Richard Sirota, Ali Sirota and Lynda Sirota. Richard Sirotaสรรงาน as chairman of the fundraiser, developed Hodgkin’s lymphoma in 1985, survived the four-month ordeal. There is really a lot of that going on.”

Polo for a Purpose is an organization known mostly for its Team in Training and Light the Night walks. The event will take place from 11 a.m. to 2 p.m. and will include a champagne reception, a silent auction and a luncheon in addition to the exhibition match.

Mr. Phillips, now comfortable sharing his own journey as patient and patient advocate, has seen firsthand the results of his own courage and perseverance. His example changed the lives of many, inspiring them to stay positive in the face of their own challenges. His story is one of resilience and hope, and it serves as a reminder of the power of determination and the importance of supporting those who are facing difficult times.

Polo for a Purpose is a unique event that brings together polo enthusiasts, patients and advocates in support of a cause that touches the hearts of many. It is a day filled with the spirit of giving and the joy of giving back. It is a celebration of life and of the many ways in which we can make a difference in the lives of others.


What to do if you used a credit card at Target

SPECIAL TO FLORIDA WEEKLY

The Better Business Bureau has some suggestions for Target customers who are concerned that their credit or debit cards may have been compromised by the data breach announced by the retailer this morning.

“First of all, if you used a credit card at Target in the past few weeks, don’t panic,” advises Carrie Hurt, president and CEO of the Council of Better Business Bureaus, in a prepared statement. “You are not liable for any fraudulent charges on your (Target) account, and there are some simple things you can do to make sure your card was not used fraudulently.”

“Target has already issued a warning for consumers and is working with banks and credit card issuers to alert them to which numbers were stolen,” Ms. Hurt added. “You can expect to hear from your bank if your card information is identified as having been compromised, and you can always call the customer service number on your card if you have a question.”

BBB suggests the following advice.

For those who shopped at Target with a credit card:

• Monitor your credit card statements carefully (go online; don’t wait for the paper statement).
• If you see a fraudulent charge, report it to your bank or credit card issuer immediately so the charge can be reversed and a new card issued.
• Keep receipts in case you need to prove which charges you authorized, and which ones you did not.
• For those who shopped at Target with a debit card:
• Do all of the above as for credit cards, but pay very careful attention to your account, as debit cards do not have the same protections as credit cards and debit transactions withdraw funds directly from your bank account. Contact your bank for more information, or if you want to pre-emptively request a new debit card or put a security block on your account.
• For EVERYONE, not just those who shopped at Target:
  • Beware of scammers who will likely use this highly public event to purport to be from Target, your bank or your credit card issuer, telling you that your card was compromised and suggesting actions to “fix” the problem.
  • Check before you click. Phishing emails may attempt to fool you into providing your credit card information or ask you to click on a link or open an attachment, which can download malware designed to steal your identity.
  • Don’t click on any email links or attachments unless you are absolutely certain the sender is authentic.

For all businesses that collect customer information:

• Make sure you protect your customers’ data. If a data breach can happen to a major retailer with significant data security measures in place, it can happen to any business.
• Check out BBB’s updated online guide Data Security – Made Simpler for free information on how to create a data security plan.

NOTE: Target is a BBB Accredited Business and a National Partner of the Council of Better Business Bureaus. For more than 100 years, Better Business Bureau has been helping consumers find businesses, brands and charities they can trust. In 2012, consumers turned to BBB 124 million times for Business Reviews on more than 4.5 million companies and Charity Reports on 11,000 charities, all available for free at bbb.org.

The Council of Better Business Bureaus is the umbrella organization for 113 local, independent BBBs across the United States and Canada, as well as home to its national programs on dispute resolution and industry self-regulation.
Charm, intrigue and history fill the days and nights in Edinburgh, Scotland. The capital city of Scotland is a great holiday getaway for those craving a taste of royal living, posh shopping and the hearty conversation of locals. Edinburgh has it all.

Stroll up to the famed Edinburgh Castle at the top of Castle Rock and linger in the quaint shops and pubs located along the Royal Mile. Nibble on traditional Scottish foods such as Haggis and salmon. Sip a fine Scotch while listening to live music and making merry with the locals. Edinburgh is a place for all seasons and moments.

Here’s a few must go’s while in Edinburgh:

**Edinburgh Castle**
Each year more than a million visitors trek up the Royal Mile to Edinburgh Castle. The royal residence has been the center of many battles and strife over the centuries. Now visitors get a chance to check out the military fortress — complete with cannons — built into Castle Rock. Military ceremonies, historical re-enactments are some of the many draws to Edinburgh Castle. And don’t forget to bundle up, as the top of Edinburgh Castle can be quite windy. But the breath-taking views of the city and Garden of Princes cannot be missed! Inside the castle pad through the rooms holding the Scottish Crown Jewels or visit the Scottish National War Memorial.

**Royal Mile**
Shops, and historic sites detailing the rich history of Scotland can be found along the Royal Mile — which leads to Edinburgh Castle. The Palace of Holyroodhouse is the official residence of the Monarch of the United Kingdom. Tours of the sweeping, grounds and gardens as well as the interior palace are available. Learn how the royals really live. Stroll through the majestic dining room and living areas of the palace. After your visit don’t forget to pamper yourself with a bit of royal attention and fun at the classy and hip cafes, pubs and shops along the Royal Mile.

The Witchery — an upscale restaurant — considered to be haunted — is lively and bewitching with its medieval décor and atmosphere. Food is sumptuous and a sampling of one of their fine Scotches — a must! Along the way stop and watch a kilt being put together. Kilts and other traditional Scottish apparel and cultural mementos are available — yes including bagpipes.

With so many places to see and things to do, time seems to melt away in Edinburgh. Pack rainy gear and warm clothing — as Edinburgh is chilly, windy, rainy and sunny — usually all at once — as the locals will joke. And don’t forget to enjoy every second of this city steeped in history and lore.
“Like” us on Facebook.com/FloridaWeeklyPalmBeach to see more photos. We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover. You can purchase any of the photos too.

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

PALM BEACH SOCIETY

Shop for a Cause, Bloomingdale’s at The Gardens Mall

Carol Roltz and Dale Wright

Kelsey McNaughton and Mary Sims

Debra Tornaben and Mary Sims

Debra Tornaben and Ellen Huxley

Theresa Middleton and Debra Tornaben

Dunja Calvani, Ellen Huxley, Raphael Corey and Juliana Corey

Elaine Chirico, Mary Sims and Mary Ellen Pale

Mariah Leno and Katherine Galarraga

Marilyn Perlyn and Mary Sims
Cultural Council of Palm Beach County launches exhibition season with photography exhibit

George Michel, Pauline Michel, Alex Dreyfoos and Renate Dreyfoos

Ellen Moses, Tony Serratore and Diane Johnson

Kim Sargent, Joan Sargent, Brad Deflin and Diane Kisner

Glenn Jergensen, Rena Blades and Alex Dreyfoos

Ray Gross, Gabriele Kraus and Tom Radca

Pam Saba, Alex Anderson, Cloe Gibson and Virginia Raitano

Roger Latham and Tammi Latham

Richard Wilson and Mikki Vicoli

George Michel, Pauline Michel, Alex Dreyfoos and Renate Dreyfoos

“Like” us on Facebook.com/FloridaWeeklyPalmBeach to see more photos. We take more society and networking photos at area events than we can fit in the newspaper.

So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover. You can purchase any of the photos too.

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

Concierge loyalty program cocktail party at 50 Ocean in Delray Beach

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

Joan Nova, Christine Najac, Stephanie Immelman, Nancy Stewart

Stephanie Immelman, Stephen Chrisanthus

Alecia Adele, Martha Diaz

Mark Diener, Jennifer Hesser

Cathy Jean-Louis, Randee Spencer

Christine Najac, Joan Nova

Sheila Schwartz, Jeane Sisson, Ted Buckwald

Angel Rodriguez, Molly Brown

Christine Metzger, Sally Shorr, Kimberly Ricketts
Palatial in Mirasol

This luxury residence offers a wealth of architectural detailing and unsurpassed quality. It is impeccably appointed from ceiling to floor in every spacious room. Features include a large lanai with gas fireplace, a summer kitchen overlooking the infinity edge pool and a spa.

The private estate at 111 Via Palacio in Mirasol, in Palm Beach Gardens, offers a chef’s kitchen with butler’s pantry, refrigerated wine room, commercial appliances, working island, top-of-the-line cabinetry and countertops.

A formal living room and dining room boasts a stone fireplace with decorator appointments. The office/den is fully paneled. The master suite offers his-and-her separate baths, large walk-in closets and a covered lanai off the suite.

The home includes balconies in front and back, a 4-car garage, media room, impact glass and a central vacuum. A golf equity membership is available. Lang Realty lists the home at $3,650,000. The agent is Carol Falciano, 561-758-5869.
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Buyer and seller must take negotiations seriously for a sale to happen

It has been a busy two weeks since the Thanksgiving holiday, which is an excellent sign of what to expect for the upcoming season. In addition to receiving an offer on one of my listings, I have also been working with three buyers.

Each one is looking for a different type of property; two of the three are very serious and have been researching the area and narrowing their choices for the past few months. One of my buyers submitted an offer in writing, which unfortunately was not accepted. They became discouraged and wanted to make a verbal offer on another property before they put anything else in writing, feeling as if they may be wasting time by putting an offer in writing.

I strongly advised against a verbal offer, convincing them to put their offer in writing. They did, and after only a few days, we came to terms with the seller. If we had submitted the offer verbally, it may not have been taken seriously and the negotiations would have come to a halt or maybe never even started.

As a real estate agent, I have a commitment to guide my clients in the best direction possible for a successful outcome. Submitting a written offer sends a message of commitment to guide my clients in the best possible for a successful outcome. Buyers also can ask for an attorney review if they do not feel comfortable with the language—all in writing is far stronger and considered more serious than any verbal offer.

In addition to feeling rejected by their first offer and not wanting to make an offer in writing, the husband was preparing to leave town on business. He would not have access to print the paperwork and get it signed while away. My solution: I faxed the documents to his hotel, and he e-signed via the Internet. The e-signed documents were sent it to his wife for her signatures, and they came back to me within an hour. It was seamless.

Next, he was concerned about the deposit. He did not want to send a check in the mail, nor did he have one. That was not a concern at all. Most of the deposits are now wired into the escrow accounts so if the offer is accepted, he would have the opportunity to wire the money on the due date, which is typically three days after the effective date.

“What if my offer is accepted, I wire the funds, and I cannot make it in time for the inspection?” he said. Again, a simple solution. I recommended two inspectors for him to contact, and after he decided which one he felt comfortable with, I scheduled the appointment to meet the inspector. Everything is according to schedule and running smoothly two weeks into the contract. It can be a pleasant and rewarding experience, especially if the negotiations begin in the professional manner they should.

I don't want to make it sound like buyers are the only people who want to work through a contract verbally. Many times it is another Realtor. When I first began selling existing homes, I submitted an offer on a $3 million home. My buyer was expecting a counter offer and instead of a written offer, the agent wanted to negotiate through a text. I was very surprised and tried to work through it, but it frustrated my buyer and he felt his offer wasn't important enough for a formal counter, so he stopped negotiating and we moved onto another property.

As busy as we are in our daily lives, it is important to remember to use the tools at hand to make the process of selling real estate a personal and professional experience. Anyone can throw out a verbal offer, but it doesn't reso- nate until it can be seen in writing. That is when the experience begins.

As a professional, it is crucial that I keep it a good and memorable experience for all involved. Buying a home is one of the most important decisions in people's lives, and writing a contract should be taken seriously. The agent should always make the process easy enough for the client to work through and understand.

Submitting an offer on paper and in writing ensures that everyone is on the same page and there are no misunderstandings. It also gives a simple opportunity for the review of all details, or even further review by a real estate attorney.

Simply put, verbal offers often do not provide enough detail to be taken seriously. Please do not get me wrong as several verbal offers are made by extremely qualified buyers but the sellers often think if they can't take the time to put this on paper, then they are either not serious or not qualified and do not want to waste their time. Buying or selling a home is an extremely serious process and should be treated as such from beginning to end.

— Heather Purucker Bretzlaff is a Realtor with the Corcoran Group in Palm Beach. She can be reached at 722-6436.
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CLIENT ENDORSEMENT:

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- Richard & Janice P.
Consider the benefits of purchasing an existing home

When buyers embark on their venture to buy a home, a decision to consider is whether to buy new or purchase an existing home. There are benefits to each choice. Buyers of a new home may appreciate more energy-efficient appliances, contemporary decor, and that never-been-lived-in-before appeal.

Buyers of a home that has been lived in before may value the charm of mature trees that line older neighborhood streets and a more desirable location depending upon their needs and lifestyle.

Jerry and Jessica were referred to me by a client to whom I recently sold a luxury home. They were undecided whether they wanted a new spec home, an existing home, or if they wanted to build. I discussed with Jerry and Jessica the benefits to consider in making their choice. Jerry and Jessica wanted to explore the options of a previously lived in home first. They were drawn to developed neighborhoods for the sense of an established community. The lush landscaping and mature trees reminded them of the neighborhoods where they had grown up.

We discussed the maintenance and repairs that often come with the purchase of an existing home. I advised them in making an offer on an existing property they should make the contract contingent upon inspection by a professional home inspector of their choosing. A thorough inspection by a professional tends to minimize the surprises or unanticipated repairs that can come with buying an existing house.

The identification of items in need of repair or replacement can be addressed or reflected in the final purchase price. Well maintained homes may require little improvement; the value in having the inspection may be peace of mind from the inspection and assurance of a professional.

Often there will be existing features in a resale property that are unique and a great benefit to the buyer. For example, window treatments, lighting fixtures, built-in cabinetry, security systems, home automation systems and landscaping may be benefits in purchasing an existing home. Existing homes are sometimes located in close proximity to amenities that suit the purchaser. They may provide convenient access to schools, dining, and shopping.

After viewing several new and older houses, Jerry and Jessica indicated that they would consider remodeling for the right location that best fit their needs. Overall, the prices of the existing homes we viewed tended to be less expensive than the newer properties.

However, when Jerry and Jessica calculated the cost of adding window treatments, light fixtures, built-in cabinets, and landscaping, their decision to continue the search for an existing home was strengthened.

They also appreciated the data that I shared with them showing the long and steady appreciation of the houses in the older neighborhoods over the years. Ultimately, Jerry and Jessica decided to make an offer on a home which was built in 2005 and had many of the elements which were important to them, including location, mature landscaping, well maintained streets, and a neighborhood that had appreciated over the last eight years.

They hired a professional home inspector who provided them with a comprehensive report of the details of the home. The report reflected several minor repairs. The price they were purchasing the home at was a good value for the neighborhood and they felt comfortable the repairs were minor.

Jerry and Jessica closed on this home several months ago. They have made a few modifications to fit their needs and are thrilled to be settled in an established neighborhood. After weighing all the options, the choice of purchasing an existing home in a developed neighborhood was the best fit for Jerry and Jessica.

Consider all of your options when looking to purchase a house and you will rest assured that you made the best choice. In your exploration you will discover the house, whether existing or new construction, that best fits your needs.

— Linda Bright is a real estate professional with Mirasol Realty Operated by Fite Shavell & Associates, lbright@mirasolrealty.com, 629-4995.
KOVEL: ANTIQUES

Commemorative flasks were once the perfect gift for barflies

BY TERRY KOVEL
Special to Florida Weekly

New Year’s Eve celebrations have long included alcoholic drinks. A toast to the New Year is part of the party, along with music, noisemakers and a New Year’s wish and kiss. In the early 1900s, bars were the hub of much social activity. Neighborhood folks would go in, drink and talk as they do today, but of course without a sportscast on a nearby TV set. Gifts from the saloon masters and bar tenders to regular customers were expected. In the 1880s, a popular gift was a special small glass flask filled with whiskey. Its label read “Season’s Greetings,” and included the name of the giver—a hotel, bar or bartender. These holiday bottles are very collectible today. Price is determined by the shape and color of the bottle and the historic interest in the giver. Norman C. Heckler & Co., which operates online bottle auctions, recently sold a c.1900 gift bottle from the Hotel Emrich in Washington, D.C., for $468. It had a label under glass, which added to the value.

Q: My grandmother, who was born in the late 1800s, had some pieces of silversware that I now own. I would like to preserve them and display them in a shadow box for my children. Is there something I can put on the silver to keep it from tarnishing?

A: Silver that is going to be displayed, not used for eating, can be lacquered to prevent tarnish. It should be cleaned before treating. You can have it lacquered by someone who repairs and restores silver, or you can buy a product meant specifically for silver and do it yourself. This can be a difficult process if the piece has an intricate design. Every bit of it must be covered and the lacquer must be applied evenly. Lacquer will yellow over time and may crack. You can use Renaissance Wax, a micro-crystalline wax, instead of lacquer, but it will not prevent tarnish for as long. Silver can’t be polished once it is lacquered. The lacquer has to be completely removed first. The type of box the silver will be displayed in is also important. It should have an airtight lid, if possible. Don’t display the silver on felt, velvet or wool.

Q: I have a dining-room set that includes a French Provincial table with four leaves, a china cabinet with glass doors, six chairs and one armchair. All the chairs have been re-covered. A tag on the bottom of one of the chairs says “R.F. Hunley Co.” The entire set was purchased at an estate sale in the 1970s. When were these pieces made and what might their value be? I’m going to sell them before we remodel.

A: R.F. Hunley, an employee of the Oak-land Furniture Co., established his own furniture company in Winston-Salem, N.C., in 1906. Later he acquired the Oak-land Furniture Co. and two other fur-niture companies. In 1960, R.F. Hunley Furniture Co. merged with the Thomasville Chair Co. and became Thomasville Furniture Industries. Your vintage furniture is worth what comparable new sets sell for today.

Q: I have a very old glass plate that my great-grand-mother gave me when I was 10 years old. That was 73 years ago. It’s decorated with cigar bands on the back with a man’s picture in the center. The back of the dish is covered with a felt-like material glued over the bands and center piece. Can you tell me how old it is and if it has any value?

A: Cigar bands, the decorative strips of paper wrapped around cigars, were first made in the 1880s to identify brand names. Cigar bands made from the late 1880s until about 1920 are the most colorful and decorative. “Cigar band art,” which is sometimes referred to as a form of folk art, was a popular home-made craft in the early 1900s. The bands were used to decorate dishes, coasters, bracelets and other items. Your dish was decorated by gluing the large picture, face down, to the bottom of the dish, then gluing cigar bands face down so they completely covered the rest of the dish’s exterior. The bands were then covered with felt so that when the dish is turned upright, the bands can be seen but the back is protected by the felt. Old cigar band dishes are not hard to find. They sell for $10 to hundreds of dollars, depending on age, condition and the talent of the maker.

Upcoming antiques and collectibles events

SPECIAL TO FLORIDA WEEKLY


West Palm Beach Antique & Flea Market — Visit the West Palm Beach Green Market, then stroll a block north to this fun street market, open 9 a.m.-3 p.m. Saturdays on Narcissus Avenue, north of Banyan Boulevard. For information, search Facebook or call 670-2473.


KOFELI ANTIQUES

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South Beach Antique and Collectible Festival — See hundreds of dealers in antiques, collectibles and decorative items 9 a.m.-5 p.m. Jan. 3, 9 a.m.-5 p.m. Jan. 4 and 10 a.m.-4:30 p.m. Jan. 5 at the South Florida Fairgrounds, West Palm Beach. Tickets: $8 adults, $7 seniors, free for under 16. Two-day admission: $12. A $25 early buyer ticket allows admission at 9 a.m. Jan. 3. Discount coupon online at wpbaf.com. Information: 941-697-7473.

The Lincoln Road Outdoor Antique & Collectible Market of Miami Beach — This long-running market is 8 a.m.-6 p.m. Jan. 5 along Lincoln Road Mall. It’s free; antiqueticketablemarket.com.

Kofski Antiques Estate Sale — The company’s estate sales are as much social events as they are sales. Kofski’s second sale of the season includes fur-nishings from homes in Palm Beach and The Bear’s Club. It’s set for 9 a.m. to 3 p.m. Jan. 12-13 at 5001 S. Georgia Ave., West Palm Beach. Info: 585-1976.

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A Merry Christmas, Happy New Year, Hotel Emrich, 485 to 489 Pennsylvania Ave., Washington, D.C.” is the wording on the label under glass on this holiday gift flask. It once held a half pint of whiskey. The bottle sold for $468 at an online Norman C. Heckler bottle auction.
For more information on these Great Buys and Next Season’s Rentals, email us at Info@WalkerRealEstateGroup.com
Itzhak Perlman may well be the world’s best known fiddler. And on March 6, audiences can hear for themselves when the violin virtuoso opens the 8th Annual Festival of the Arts Boca at Mizner Park Amphitheater, accompanied by Festival Orchestra Boca under the direction of Festival Music Director Constantine Kitso- popoulos. He also will appear at the festival on March 9, for the Florida premiere of “Eternal Echoes: Songs and Dances for the Soul,” his new program of traditional Jewish and Klezmer music with celebrated Cantor Yitzchak Meir Helfgot.

“Eternal Echoes,” a musical and cultural treat for everyone, premiers March 9 at Mizner Park in Palm Beach County.

Perlman to open Festival of the Arts Boca

Society

See who was out and about in Palm Beach County. B13-14 ►

Sandy Days, Salty Nights

A writer’s art of not being a fan girl. B2 ►

Things to Do

Tommy Tune plays a New Year’s Eve show at The Colony’s Royal Room. B6-9 ►

Dishing on tacos

The Dish pays a lunch visit to The Pelican Cafe. B15 ►
SANDY DAYS, SALTY NIGHTS

How not to be a fan girl

In “Making a Literary Life,” author Caroline See wisely suggests that we reach out to the people we respect with a brief note of admiration. It’s a small world, she says, and a good idea to have our names on the minds of people we’d like to associate with.

Though I appreciated many of her suggestions in the book, I found this particular one hard to swallow. I’m naturally reserved, and it goes against everything I believe to flatter a stranger. Still, from time to time I force myself to send fan mail. Most has been met with radio silence. Until recently.

For years, I followed the essays of a particular writer in The New York Times and after reading his most recent piece I thought, “What the hell?” Before I could reconsider, I dashed off a note and mailed it to him. In addition to telling the essayist how much I enjoyed his work, I asked if he would share the name of an artist residency in France he had recently written about. I never expected to hear back.

What a treat when, a few weeks later, I received a response from him in the mail. Only I wasn’t home to read it. My roommate told me over the phone that an odd-looking postcard had arrived that day.

“I can’t make out the signature,” she said, “but it’s from New York.” “Read it to me.”

She hesitated. “Isn’t it personal?” “I doubt it,” I said. She read the card to me over the phone. In it the essayist thanked me for the kind comments I made about his writing and he gave me the name of the residency in France. My roommate reached the last line.

“I’m currently —” she paused. “I can’t read this word. It looks like ‘staying.’ I’m currently staying at —.”

“See you there,” she read at the end. “See you there.”

I smiled a happy little smile and all my natural reservedness disappeared. I decided to write him back that instant. Scribbling the first line that came to mind, I penned something that struck me in the moment as especially witty: “But who’s watching your cat?!” I even included two question marks, because I thought it made me look more casual and fun.


I finally came home from my travels and found the original postcard, the one my roommate had read me over the phone, I immediately saw the mistake. He wasn’t staying at the famous retreat overseas. He was applying for it. Which means my second message — “But who’s watching your cat?!” — had reached him at home, where he presumably was watching his own damn cat. I cringed to think how strange my letter must have seemed out of context. My first instinct was to dash off another note to explain away the weirdness of the cat message, but I knew I was already in too deep. I had crossed the line from respectful admirer to creepy fan girl.

All I could do was shake my head. ■
CONTRACT BRIDGE

The head-in-the-sand approach

BY STEVE BECKER

When you play in a doubled contract, you sometimes have to decide how far to go to try to make your bid, and how far to go to try to minimize the loss.

Here is a sad case where the declarer, in a reckless display of total obliviousness, lost control of the hand and took a bad beating as a result.

West made a takeout double of the opening diamond bid, and East not unreasonably elected to leave the double in. West led the king of hearts and shifted to the jack of diamonds.

Declarer covered the jack with dummy’s queen and took East’s king with the ace. South promptly returned a diamond, hoping to dispose of the adverse trumps so that he could cash his spade tricks.

The idea of drawing trumps was greeted with enthusiastic approval by East, who proceeded to extract them all. West, in the meantime, discarded three spades and a heart.

East then made the fine play of shifting to the queen of clubs, trapping South’s king. The defenders thereupon collected four clubs and three hearts to bring about a six-trick defeat, which came to a tidy 1,700 points.

Of course, penalties of this magnitude are almost always traceable to malfeasance in office, and this hand is no exception. Aside from the fact that a spade contract by North-South would have been far superior, the matter of declarer’s line of play at one diamond doubled left a great deal to be desired.

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Films

As if you were swatting flies in the heat of the summer,

Movies conveniently offer a reprieve from the ups and downs of holiday drama. Better, this is the time of year in which theaters are packed with potential Oscar nominees and other quality fare, meaning there's a lot of good stuff to choose from when you venture out.

But what to choose? Let my list be your guide.

When appropriate, I've included an indication of the film's Oscar chances — there are some definite must-sees out there for those who want to watch everything prior to Oscar night, which is March 2 (a week later than usual due to the Winter Olympics).

Oscar Isaac and Justin Timberlake star in The Coen Brothers' "Inside Llewyn Davis."

To dazzle your eyes

"Gravity" is absolutely breathtaking, a film that literally allows us to see the Earth in a way that no one other than astronauts has ever experienced. It's a visual marvel and a true sight to behold.

If you need a great story

"The Hobbit: The Desolation of Smaug," the second part of director Peter Jackson's "The Hobbit" trilogy. The story is more than just a fantasy adventure at the theater.

To touch your heart

The horrors of slavery aren't what many want to think about around the holidays, but the best film of 2013, "12 Years A Slave," is the clear Best Picture, Best Director (Steve McQueen), Best Actor (Chiwetel Ejiofor) and Best Supporting Actress (Lupita Nyong'o) front-runner and is essential viewing for lovers of American history.

If you need a movie that doesn't take itself seriously

"The Secret Life of Walter Mitty" follows a loner and dreamer who's forced out into the world on a grand adventure. Both Walter Mitty and the film itself need for Oscar wins in most major categories comes Oscar time, so it's a definite must-see.

If your kids are acting like spoiled brats, this will make them thankful for what they have

"The Book Thief" is a World War II drama set in Germany that has underperformed at the box office with only $86 million thus far. Yes, it's depressing, but it's also powerful and well made, as it's rare to see a survival story of a young girl (played nicely by Sophie Nélisse) from inside Nazi Germany. With few material possessions, death all around her (literally and figuratively) and barely enough food, she's stripped of all she has — and she still finds more than enough to live and thrive. If nothing else, it's a nice message during this materialistic time of year.

To see what the future looks like

Spike Jonze, the master of existential works with such films as "Adaptation" and "Being John Malkovich," does it again with "Her," a futuristic drama starring Joaquin Phoenix as a depressed shrink with no idea how to be happy.

The good news is that he meets and falls in love with Samantha (voice of Scarlett Johansson), and she treats him well. The bad news (maybe) is that Samantha is only a voice on a computer operating system, but does have a personality of her own. The premise is ingenious and plays out wonderfully, with twists we don't expect and an intriguing commentary on what a relationship is and can be. This one's not in theaters until Jan. 10; I put it in my list just to ensure it makes it onto yours. We can expect an Best Original Screenplay nomination for Mr. Jonze, and possibly a actor nod for Mr. Phoenix.

For music lovers

The Coen Brothers' "(No Country For Old Men)" latest, "Inside Llewyn Davis," follows the title character (Oscar Isaac) for a week in 1961 as he sleeps on friends' couches and acts like a degenerate. Llewyn is a folk singer dedicated to his art and frustrated that the world hasn't rewarded him financially for it.

Nice supporting turns (and songs) from Carey Mulligan and Justin Timberlake make this a unique experience, but aren't enough to get us to actually like Llewyn. It's a wonderful film that doesn't live up to the Coen Brothers' standards, but because of their name, the brothers have an inside shot at an nomination for Best Original Screenplay.

Just when you think your family can't get any worse

At least you're not the Weston clan in "August: Osage County." The alcoholic father (Sam Shepard) disappears because he just can't take it anymore. The pill-popping mother (Meryl Streep) is in love with her daughters (Julia Roberts, Julianne Nicholson, Juliette Lewis), and the poor men (Chris Cooper, Ewan McGregor, Dermot Mulroney, Ben Chaplin) who are just trying to make a unique experience, but aren't enough to get us to actually like Llewyn. It's a wonderful film that doesn't live up to the Coen Brothers' standards, but because of their name, the brothers have an inside shot at an nomination for Best Original Screenplay.

Finally, while Christmas stories get all the attention, New Year-themed movies are few and far between. If you're looking for something to properly ring in 2014, there are two great films that feature a pivotal scene centered on New Year's: "The Apartment" (1960), which stars Jack Lemmon giving the best performance I've ever seen (yes, ever) as a corporate underling who allows his bosses to use his apartment to carry on affairs, and "When Harry Met Sally," in which Billy Crystal's Harry wants the rest of his life to start as soon as possible.

Happy Holidays!
Mr. Perlman joins a roster that includes the Bill T. Jones/Arnie Zane Dance Company, authors James Fallows, Daniel J. Levitin and Doris Kearns Goodwin, musician Arturo Sandoval, actress/playwright Anna Deavere Smith and the tenor trio Forte.

Mr. Perlman's premiere of "Eternal Echoes," with Cantor Helfgot will include beloved liturgical and traditional works in new arrangements, backed by klezmer musicians and a chamber orchestra. "It's so easy for him ... it's just effortless," Mr. Perlman said in the statement, explaining what led him to pursue his inspired collaboration with Israeli-born Cantor Helfgot, chief cantor at Park Avenue East Synagogue in New York.

If that performance is a first for Florida, the festival also is doing a first as it offers an early bird special, with tickets at $39 for events at the Amphitheater until Jan. 1 (quantities limited). Prior ticket buyers also have priority access to preferred seating at a 20 percent discount off regular prices, regularly priced up to $125.

Festival of the Arts Boca runs March 6-15.

Since its inaugural year, the festival has attracted such artists as Mr. Perlman (three times), the Russian National Orchestra, Yefim Bronfman, Vladimir Jurowski, Sir James and Lady Jeanne Galway, Nina Kotova, Helene Grimaud and Yellowjackets.

Other artists have included operatic soprano Renee Fleming (twice), soloists from the American Ballet Theater, pianist/composer Conrad Tao, and jazz extraordinary Eldar Djangirov, the U.S. debut of Miles Karadaglic, a classical guitarist from Montenegro, Ballet Hispánico, the Jazz Roots production of Piano Latino (Eddie Palmieri, Michel Camilo and Alfredo Rodriguez and their bands), young stars of the Metropolitan Opera, Jackie Evancho, Time for Three; Valentina Lisitsa; Patti Austin and Tony DeSare; Poncho Sanchez; "The Wizard of Oz" and "Casablanca" set to orchestra performed by the Boca Raton Symphony and conducted by Constantine Kitsopoulos, Preservation Hall Jazz Band, KODO, Amadeus Leopold, Constantine Kitsopoulos, Boca Raton Symphonia, Cameron Carpenter, Valentina Lisitsa, Peter Oundjian, New World Symphony and Audra McDonald.

For more information, call 368-8445. To purchase tickets, visit www.festivalboca.com or call 866-571-ARTS.
Thursday, Dec. 26

- Clematis by Night — Dec. 26: No CNB. Info: clematisbynight.net.
- "The Greatest Show On Earth" — Through Dec. 29: Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Ringling Bros. and Barnum & Bailey presents Super Circus Holiday with elite athletes, acrobats, aerialists and clowns. Showtimes: 11 a.m. and 3 p.m. Thursday Dec. 26; 11 a.m. and 3 p.m. Dec. 27; and 7 p.m. Dec. 28. Tickets start at $15. Tickets: Ticketmaster and 800-745-3000. Info: ringingbros.com

Saturday, Dec. 28

- Cresthaven Stamp & Postcard Show — 10 a.m.-2:30 p.m. Dec. 28, Holiday Inn Express, 2485 Metrocentre Blvd., (off 45th Street), West Palm Beach. Info: 969-3432 or 472-7020.
- The Colony Hotel — 9 p.m. Dec. 28. In the Royal Room: Marilyn Monroe Monroe’s last chance to tell her story in her own words. Co-produced by award-winning producer and writer Greg Thompson. Tickets: $25 prior to opening; $30 after opening.
- At Delray Center for the Arts
  - Delray Beach Center for the Arts, Old School Square, 51 S. Swinton Ave., Delray Beach. Info: 561-243-7922; delrayarts.org

Sunday, Dec. 29

- The Long Run Eagles Tribute — 9 p.m. Friday, Dec. 27. Ticket: $35. Info: 561-207-5900.
- "The Winter in Lion" — Through Dec. 6-Jan. 5. Theatrical presentation by Barry Lewis, 2 and 7 p.m. Jan. 7. Tickets: $20

Monday, Dec. 30

- The Long Run Eagles Tribute — 9 p.m. Friday, Dec. 27.

Tuesday, Dec. 31

- Big Band Blast With the Indian River Gardens Band — 8 p.m. Tuesday, Dec. 31, PBSC Eissey Campus Theatre, 3600 PGA Blvd., Palm Beach Gardens. A Big Band Blast featuring musical memories from big band standards to “Phantom of the Opera.” Includes party hats, favors and refreshments. $35. Info: 561-207-5900; newgardensband.org

Wednesday, Jan. 1

- "Winnie the Pooh's Grand Christmas Celebration" — Through Jan. 3-4. A KWP production of the story by A.A. Milne and E.H. Shepard. Tickets: Tues and Thurs $135 for prix fixe dinner and show; Fri-Sat $150 for prix fixe dinner and show, $70 for show only
- "Howard and the Beatles" — Friday through Sunday and Jan. 3-5. Live production of the story of Howard Koral’s life in London and New York City. Tickets: $38. Info: 561-243-7922; delrayarts.org
- "The Polar Lounge" — Friday and Saturday and 2 and 7 p.m. Jan. 3 and 4 p.m. Sunday Dec. 29 and Jan. 5. Ticket Price: Adult $27, student $21,60, group 10+ $60,20.
- At The Bocca Theatre
  - Located at various venues. Info: 948-2601; btg.org.

Thursday, Jan. 2

- "Howard and the Beatles" — Friday through Sunday and Jan. 3-5. Live production of the story of Howard Koral’s life in London and New York City. Tickets: $38. Info: 561-243-7922; delrayarts.org
- "The Long Run Eagles Tribute" — 9 p.m. Friday, Dec. 27.
WHAT TO DO, WHERE TO GO


At The JCC
The Mandel JCC, 5221 Hood Road, Palm Beach Gardens; 689-7700.

**Current Events** — Join lively discussions covering the most up-to-date topics including national affairs and discussions covering the most up-to-date information. Call for times.

Camp — 9 a.m.-4 p.m. Dec. 27
1. **Winter Pre-School Sports Camp** — 9 a.m.-4 p.m. Dec. 30.
2. **Pre-school Gymnastics Winter Camp** — 9 a.m.-12:30 p.m. Monday and Tuesday, Dec. 30-31.
3. **Camp Shalom Winter Break Camp** — 9 a.m.-4 p.m. every day of the break.
4. **Youth Gymnastics Winter Camp** — 9 a.m.-12:30 p.m. Dec. 30-31.
5. **Winter Sports Camp Second Week** — 9 a.m.-4 p.m. Dec. 30
6. **Winter Camp** — 9 a.m.-4 p.m. Jan. 2
7. **Winter Sports Camp** — 9 a.m.-4 p.m. Jan. 2
8. **Pre-school Sports Camp** — 9 a.m.-1 p.m. Jan. 2
9. **Gymnastics Winter Camp** — 9 a.m-12:30 p.m. Jan. 2

At The Kravis
Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Info: 832-7469; www.kravis.org.

**Forbidden Broadway — Alive** — Tickets start at $30 plus tax. Performances are 9:30 a.m.-1 p.m. Sundays, Dec. 29-30; 1:30 p.m. Saturday, Dec. 28; 2 p.m. and 1 p.m. Monday, Dec. 30; 2 p.m. Friday, Dec. 28. Call 549-2600 or visit fpab.org/livingtheatres.com.

**Music**

**Films**

**At PBAU**
Palm Beach Atlantic University, 901 S. Flagler Drive, West Palm Beach. Recitals take place in the Helen K. Persson Recital Hall in Vera Lea Rinker Hall, 526 Acacia Road, West Palm Beach. For tickets: 803-2970 or ticketcentral@pba.edu.

**At Palm Beach Improv**
Palm Beach Improv, CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach; 833-1822 or palmbeachimprov.com.

**At The PSL Civic Center**
Port St. Lucie Civic Center, 9221 S.E. Civic Center Place, Port St. Lucie. 772-807-4488; www.cityofpsl.com/civic/index.html


**PSL Concert Band Performances** — Jan. 29, March 19

**At The Sunrise Theatre**
Sunrise Theatre, 117 S. Second St., Fort Pierce. Ticket prices vary. 772-461-4775; www.sunrisetheatre.com

**Sleeping Beauty** — Jan. 10

**Swan Lake** — Feb. 26

At Markets

**Abacoa Green Market** — 9 a.m.-2 p.m. Saturdays at Abacoa Town Center, 1200 Town Center Drive, Jupiter. Info: reggie.chase@sunmail.com.

**West Palm Beach Antique & Flea Market** — 9 a.m.-3 p.m. Saturdays on Narcissus Avenue, north of Ban- yan Boulevard. For information, search Facebook or call 670-2743.

**Gardens GreenMarket** — 8 a.m.-3 p.m. Sundays, City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. Come shop at more than 120 vendors with an abundance of just-picked, orchard-grown goods, a wide selection of seasonal vegetables and fruits, fragrant herbs, honey, and home made old-fashioned breads, doughnuts, pies, cheeses, sauces and handmade crafts. Leave your pets at home. Visit pbgf.com/greenmarket or call 630-1100. The meats, sauces, jewelry.

**Palm Beach Green Market & Bazaar** — 9 a.m.-2 p.m. Saturdays at Abacoa Town Center, 1200 Town Center Drive, Jupiter. Info: reggie.chase@sunmail.com.

**Royal Palm Beach Green Market & Bazaar** — 9 a.m.-2 p.m. every Sunday; Commons Park, 1600 Poinciana Blvd. Royal Palm Beach. Shop some of the area’s finest vendors selling fruits and vegetables, fresh flowers and plants. Enjoy artisan foods, fried foods and a unique selection of artists and crafters. www.pbpgreenmarket.com.

**At The Kravis**
Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Info: 832-7469; www.kravis.org.

**At The Lake**
Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Info: 586-6480; lakeworthplayhouse.org

**At The Lake Worth Playhouse**

**At The Lighthouse**

**At The Mos’Art**
Mos’Art Theatre, 700 Park Ave., Lake Park. Call 337-OPOD (6676) or visit www.mosarttheatre.com.

**At The PSL Civic Center**
Port St. Lucie Civic Center, 9221 S.E. Civic Center Place, Port St. Lucie. 772-
WHAT TO DO, WHERE TO GO


Tequesta Green Market — 9 a.m.-3 p.m., third Saturday of the month through April 2014 (next market is Dec. 21). Constitution Park, 399 Seabrook Road, Tequesta. All items are fresh from the farm. Provides locally-grown vegetables, fruits, meat, dairy and other farm products, as well as hand-made items to neighbors in the community. Admission is free. Call Wendy at 768-0476.

Ongoing Events


American Needlepoint Guild — 10 a.m. every second and fourth Monday (next meeting is Dec. 9), 110 Mango Grove Bay Way, Jupiter. Call 747-7104 or email mbusler@comcast.net

The Artists of Palm Beach County — Small Works Exhibit at Art on Park, 800 Park Ave., Lake Park. Most works will be 12 inches by 12 inches or smaller and will be priced at less than $100. Enjoy drinks and refreshments at the opening reception on Black Friday from 5 to 8 p.m. The show runs through Dec. 24. Hours are noon-6 p.m. Monday-Saturday, extended hours through the holidays until 8 p.m. Friday and Saturday nights; 345-2842.

Aqua Pilates — 10-11 a.m. Tuesdays and 11:45 a.m.-12:45 p.m. Wednesdays at the Tequesta Recreation Center, 4404 Burns Road, Palm Beach Gardens. All equipment provided. Drop-in fee is $6 for residents of Palm Beach Gardens and $8 non-residents. Call Brittaní Benko at 630-1145.

Barre Pilates Classes — Ages 16 years and up can participate 6:30-7:05 p.m. Mondays at the Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Sign up for a 6-week session or just pay the drop-in fee per class. For more information or to register, visit www.pbgfl.com/recreationandparks or call 630-1100.

Bingo — Noon every Thursday at the Moose Lodge, 3600 RCA Blvd., Palm Beach Gardens. Lunch available at 11 a.m. Packs start at $15. 626-4417.


Deep Water Aerobics — In the Palm Beach Gardens Aquatic Complex heated pool, 4404 Burns Road, Palm Beach Gardens. Classes: 9:40 a.m. Mondays, Wednesdays and Saturdays, 5:30-6:30 p.m. Tuesdays and 10:30-11:30 a.m. Fridays at All equipment provided. Drop-in fee is $6 for residents, $8 for nonresidents. Call Brittani Benko at 630-1145.

Downtown Live — 7 p.m. Fridays. Downtown at the Gardens’ Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens.

Flagler Museum — Through Jan. 5: “Man of the Century: The Incomparable Legacy of Henry Morrison Flagler.” Open 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Sunday. Through April 5: Lunch in Café des Beaux-Arts, 11:30 a.m.-2:30 p.m. Tuesday-Saturdays, noon-5 p.m. Sundays. Tickets: $40 nonmembers; $32 members. Museum is housed in Henry Flagler’s 1902 Beaux Arts mansion, Whitall, at 1 Whittall Way, Palm Beach. Tickets: members free; $18 adults, $10 youth (13-17) with adult; $3 child (6-12) with adult; under 6 free. 655-2833; www.flaglermuseum.us.

Food Truck Pow Wow — 5-9 p.m. the first Friday of the month (next session Dec. 6), Constitution Park, 399 Seabrook Road, Tequesta. Includes live music; admission is free. Info: tequesta.org

The Lake Park Public Library — 529 Park Ave., Lake Park. Super Hero Hour, 3:30 p.m. Thursdays for ages 12 and younger; Adult Writing Critique Group, 10:30 a.m. to 1 p.m. Saturdays for age 16 and older; Anime, 6-7 p.m. Tuesdays for age 12 and older. All events are free. 881-3330.

Le Cercle Français — Franco-philic and Francophones can join for a monthly gathering at 6:30 p.m. the second Thursday of the month (next session Dec. 12), in members’ homes. Call 744-0086.

NOON YEAR’S EVE

Kids countdown the “Noon Year” with carousel rides, games, face painting and other surprises. Enjoy a kid-friendly toast with 97.9 WRMF personalities, party hats, horns & more.

December 31, 11am-1pm • Carousel Courtyard

Ring in the New Year at Downtown at the Gardens!
WHAT TO DO, WHERE TO GO

**Lighthouse ArtCenter** — Gallery Square North, 373 Tequesta Drive, Tequesta. Through Feb. 16 “Chris Gustin” and “Spotlight on New Talent.” Third Thursday meets 5:30-7:30 p.m. the third Thursday of the month. Museum admission: $5 ages 12 and older. Free for younger than 12. Free admission on Saturday. 746-3101 or lighthousearts.org.


**Loggerhead Marinelife Center** — 14200 U.S. 1, Juno Beach. Kids Story Time at 11:30 a.m. Saturdays; Hatchling Tales at 10:30-11 a.m. Wednesdays. Free. Info: marinelife.org.

**Loxahatchee River Environmental Center** — Burt Reynolds Park, 805 N. U.S. 1, Jupiter. Story time session 9:30 a.m. Thursdays. 743-7223 or www.loxahatcheeriver.org/rivercenter.


**Korean War Veterans Association** — 4476 Hagan Ranch Road, Delray Beach. Open to all veterans who served from June 25, 1950 to July 27, 1953 at any location, as well as any veterans who has served in Korea since July 27, 1953. The chapter volunteers at functions including parades, flag-raisings and funerals. Info: Robert Green at 561-496-5533 or email bobwinwood@bellsouth.net.

**Morikami Museum and Japanese Gardens** — 4000 Morikami Park Road in Delray Beach. Through Feb. 23: “Contemporary Kogi Stiles in Japan.” Through Feb. 28: “Breaking Boundaries: Contemporary Street Fashion in Japan,” displaying some of the most popular and imaginative clothing styles made and worn on the streets of Japan today. Hours: 10 a.m. to 5 p.m. Tuesday through Sunday. Info: 561-966-4000; morikami.org.

**The North Palm Beach Library** — 303 Anchorag Drive, North Palm Beach. Knit & Crochet, 1-3 p.m. Monday, Tuesday, Wednesday, Thursday. Free. Info: 625-5566; NPBL@npr.lib.net.

**Palm Beach Photographic Centre** — In City Center, 415 Clematis St., West Palm Beach. Through Jan. 4: “Memories from Friends of Palm Beach Photographic Centre.” Hours: 10 a.m. to 5 p.m. Monday-Thursday, and 10 a.m.-5 p.m. Friday and Saturday. Info: 253-2600 or visit www.palmbeachphotographiccentre.org.

**Palm Beach Zoo & Conservation Society** — 1381 Summit Blvd., West Palm Beach. “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 weekends. Hours: 9 a.m.-5 p.m. daily. Tickets: $18.95 adults; $16.95 seniors, $12.95 age 3-12, free for younger than 3. Info: 553-0887; www.palmbeachzoo.org.

**The South Florida Science Center and Aquarium** — 4601 Dryer Trail N., West Palm Beach. Science Night: 6-9 p.m. the last Friday of the month. Members: Adults $5, Children: free; Non-Members: Adults $12, Children $8 and under free. Planetarium shows and mini-golf are not included in event admission. “Titanic: The Artifact Exhibition”: Through April 20. Tickets: $13 adults, $9.50 age 3 to 12; $11.50 for seniors 62 and older. Members and children younger than 3 are free. 832-1988 or visit www.sffsm.org.

**Sunday on the Waterfront Concert Series** — Free concerts the third Sunday of each month from 4:30 to 7:30 p.m. at the Meyer Amphitheatre, downtown West Palm Beach. Info: 822-1535 or wpb.org/sow/.

**Wick Theatre & Costume Museum** — The Broadway Collection is an exhibit of costumes by the most honored and respected designers in the history of the American theater. Tours are led by theater professionals who give the visitor a “behind-the-scenes” look at the work of iconic designers. The Wick is open for tours, luncheons and high tea events. Tours typically start between 11 and 11:30 a.m. and are available from individual admissions to groups by appointment only. All tours include a guided journey through the collection and lunch. Tour & Luncheon (off season): $38. 7901 N. Federal Highway, Boca Raton, 995-2333 or theatwick.org.

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**DOWNTOWN COUNTDOWN**

Countdown the New Year with the band PWL. Join 97.9 WRMF and enjoy live entertainment, specialty acts, party favors, our amazing balloon drop & more.

December 31, 9pm-12:30am • Centre Court
■ CAPRICORN (December 22 to January 19) Don’t just wait out that unexpected and unexplained delay in your career move. You could gain added respect if you ask why it happened and what you can do to move things along.

■ AQUARIUS (January 20 to February 18) Although your workplace strategies usually are accepted, you could be challenged by someone who isn’t so favorably impressed. Be prepared to defend your positions.

■ PISCES (February 19 to March 20) Your friendship circle expands, with new people coming into your life at this time. Welcome them warmly. But don’t neglect those cherished long-term personal relationships.

■ ARIES (March 21 to April 19) It’s a good time to take a much-needed break from your recent hectic schedule and spend some time in quieter surroundings. Important news could arrive early next week.

■ TAURUS (April 20 to May 20) The Taurean traits of reliability and thoroughness could be well-tested when decision-makers consider your proposals and/or requests. Be prepared to answer some probing questions.

■ GEMINI (May 21 to June 20) A sudden attack of boredom leaves you with some tasks undone. It’s OK to take a short respite. But get back to work by week’s end so that you have time for other projects.

■ CANCER (June 21 to July 22) Avoid prejudging a situation just because it looks bad. Facts could emerge that would make your position uncomfortable, to say the least. A relative has interesting news to share with you.

■ LEO (July 23 to August 22) This is a good time to begin reassessing some of your recent decisions about your long-range goals to see if they still have merit. Spend more time with loved ones this weekend.

■ VIRGO (August 23 to September 22) An unsettled situation at home or on the job early in the week could drain your energy levels, making it difficult to get your work done on schedule. But things improve by midweek.

■ LibRA (September 23 to October 22) A temporary setback could give you time to go over your plans to find weaknesses you might have overlooked before. A romantic getaway with that special person is favored this weekend.

■ SAGITTARIUS (November 22 to December 21) A problem with workplace colleagues or family members seems to defy even your sage counsel. But be patient. Your words eventually will lead to a resolution.

■ BORN THIS WEEK: You love to search for knowledge and share it with others. You would make an especially fine teacher.
American Hustle ★★★★★
(Christian Bale, Amy Adams, Bradley Cooper) Con man Irving (Mr. Bale) and his partner Sydney (Ms. Adams) are forced to assist an overzealous FBI agent (Mr. Cooper) in sting operations in late ‘70s New York. Funny, tense and brilliantly acted, the story keeps you guessing and it’s a helluva lot of fun. One of the best movies of the year. Rated R.

Saving Mr. Banks ★★★★★
(Emma Thompson, Tom Hanks, Colin Farrell) Walt Disney (Mr. Hanks) and his creative team endure the difficulties of author P.L. Travers (Ms. Thompson) as they work to adapt Travers’ “Mary Poppins” into a movie. The “Mary Poppins” pre-production scenes are a trip, especially for those who love that film, but Mr. Travers’ flashbacks to her childhood with her alcoholic father (Mr. Farrell) weigh the story down. Rated PG-13.

Money, drugs and hookers are a dangerous combination for anyone. When put in the hands of a hotshot young stockbroker without a conscience, they can be deadly. In the case of Jordan Belfort (Leonardo DiCaprio) in “The Wolf of Wall Street,” he has a mansion, yacht, private jet, six cars, a steady supply of cocaine and everything else money can buy. Debauchery isn’t a habit for him; it’s a way of life.

Jordan is not an easy person to like, but he sure is fun to watch. He doesn’t believe in excess, there’s no such thing as “taking it too far” and his hedonism results in antics we enjoy observing. It’s the late ‘80s, so anything goes. He’s a terrible role model in many ways but, man, does the guy know how to have a good time.

Right-hand man Donnie (Jonah Hill), who’s socially awkward yet just as big a party animal as Jordan, masturbates in public the first time he sees Jordan’s future wife Naomi (Margot Robbie), who in all fairness does the guy know how to have a good time.

How did Jordan get this way? His first alcoholic father (Mr. Farrell) weigh the story down. Rated PG-13.

Director Martin Scorsese’s (“The Departed”) film is based on a true story, with the screenplay written by Terence Winter from a book of the same name by the real Jordan Belfort. One imagines, given the source that there’s some embellishment in the craziness of the parties and stories depicted here, but be so be — it’s not imperative for the enjoyment of moviegoers. What is important, and at least feels authentic, is the rollicking life Mr. Belfort led and how well his story is told.

Mr. Scorsese is on top of his game, seemingly every few minutes finding something new for Jordan to take to an extreme. Because Jordan is out of control for so much of the three-hour movie, we often laugh at his craziness, knowing thatribald boys will be boys.

In some ways, the film takes a similar structure to “Goodfellas,” chronicling a lavish life of grandeur that anyone would want followed by a preposterous fall. The regret in the end is not for sins committed, but rather for not covering tracks better so those sins can continue.

Watching Jordan, it’s as if he saw Michael Douglas’ Gordon Gekko in “Wall Street” (1987) and said, “That’s what I wanna be!” Greed is, indeed, good for a while, but in the end, as it often does, avarice becomes his undoing. Mr. Scorsese doesn’t lay it on too thick in condemning Jordan for his misdeeds; doing so would, by extension, throw scorn at the audience for enjoying watching him be so naughty. But the director and longtime editor Thelma Schoonmaker do maintain the proper energy and tempo throughout.

“The Wolf of Wall Street” is full of shocking moments you will not soon forget and a morality that’s nowhere to be found. It’s an absolute trip.

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Mark Frangione & Karen Howe
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Live Music Monday Nights
Dance Party Begins January 6th, 2014
Featuring Hal & Diane
6:30pm - 9:30pm
In her eighth Faye Longchamp Mystery, Mary Anna Evans sets her archaeologist heroine down in a Spiritualist enclave in western New York.

Her rather tedious task here is to help professionalize a town museum in fictional Rosebower, lending her credentials and industry to assessing the archives and artifacts that have piled up over the years.

Faye’s scientific training makes her a skeptic regarding the psychic readings that her health is deteriorating with evidence that her life could be in jeopardy. Is it a coincidence? And how in the world did Tilda get out of that room?

The cautious, deliberate and determined fire inspector unofficially teams up with Faye, multiplying the investigative brainpower. Ennis LeBeque, in a stumbling and showy manner that has not been respected by her mother or her Aunt Myrna.

If Dara believes that she is her mother’s heir, she could have a lot to gain, as could Willow, by inheriting land needed for Marlowe’s project. If Myrna, already a significant landholder, is the heir, then her life could be in jeopardy. Is it a coincidence that her health is deteriorating with alarming speed?

Watching events unfold in Rosebower, Ennis is learning the business and building its online presence. However, he has something at stake that might lead him to doctor his aunt’s medications in ways harmful to her and to patrons such as Tilda and Tilda’s sister, Myrna.

The big mystery is whether or not Tilda miraculously escaped from her burning home only to expire soon after from smoke inhalation.

Evans is looking for part of that action, as is Willow, Tilda’s son-in-law and assistant to his wife, Dara, who practices the psychic arts in a showy manner that has not been respected by her mother or her Aunt Myrna.

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If Dara believes that she is her mother’s heir, she could have a lot to gain, as could Willow, by inheriting land needed for Marlowe’s project. If Myrna, already a significant landholder, is the heir, then her life could be in jeopardy. Is it a coincidence that her health is deteriorating with alarming speed?

Watching events unfold in Rosebower, Ennis is learning the business and building its online presence. However, he has something at stake that might lead him to doctor his aunt’s medications in ways harmful to her and to patrons such as Tilda and Tilda’s sister, Myrna.

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PALM BEACH SOCIETY

Festival of Trees at Ann Norton Sculpture Gardens

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PALM BEACH SOCIETY

White Truffle Dinner, Palm Beach Wine Auction Kick-off at Trevini

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Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.
The Dish: Chicken tacos
The Place: Pelican Cafe, 612 U.S. Highway 1, Lake Park; 842-7272 or pelicancafe.com.
The Price: $14.95
The Details: We love visiting Pelican Cafe for its doughnuts. That's right — doughnuts. During a recent visit we were treated to a basket of the decadent cake doughnuts that had just the right amount of sweetness. But it’s not all about doughnuts. Pelican Cafe also is a serious breakfast place, with omelets and Benedicts, pancakes and waffles. The restaurant also offers serious lunch and dinner menus, and it was lunch that drew us to the place for pizzas, fresh fish and these heavenly tacos.

The soft tacos were stuffed with tender chicken and crisp lettuce, then topped with avocado and drizzled with a subtle chipotle-infused sauce. Our server brought us a dish of jalapeño slices to pair with the tacos, as well as a selection of hot sauces. Also worthy of note: those huge sweet onion rings served on the side. They were crispy on the outside, tender on the inside, and we were stuffed.

— Scott Simmons
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it’s on us.

Enter to win tickets to the 2014 Orange Bowl. A grand prize winner will score four lower level corner tickets to the game and four tailgating tickets – now that’s a touchdown! A second place winner will receive two upper level corner tickets. Enter to win so you can cheer your team on to victory in 2014.

One entry per person. Must be 18 years or older to enter. Contest ends at 4 p.m. on Dec. 30, 2013.

Enter at www.facebook.com/floridaweeklypalmbeach and click on Orange Bowl Game Giveaway
Mind, Body, Spirit

Healing Integrative Medicine at Jupiter Medical Center

BY MARK GOCKE, MD
Board Certified, Orthopedic Surgery

Every year, millions of people see a healthcare professional for symptoms that diagnostic tests can’t explain. In many of these patients, the cause of illness is underlying stress, particularly stress that isn’t fully recognized. Managing stress — as well as any health condition — is all about taking charge of your thoughts, emotions and the way you deal with problems.

Jupiter Medical Center’s Integrative Medicine Program combines the best of...
Nice and easy does it, part II

When planning travel for the elderly keep the old adage, “Nice and easy does it” in mind. I learned this from experience when traveling with my dad on his occasional pilgrimages to Las Vegas. Dad loved playing slot machines and to him, Vegas was the ultimate vacation destination. The problem was that as Dad aged, 60 years of smoking and a nasty bout with tuberculosis (a souvenir of the Korean War) had given him poorly functioning lungs and chronic obstructive pulmonary disease. Not to be deterred by his shortness of breath, dad relished a trip to Vegas despite the fact that traveling from Florida to Vegas requires a five-hour flight in an airline cabin pressurized to an altitude of 4,500 feet. (Think of Mile High Stadium in Denver and the visiting teams gasping from the thin air.)

Basically, as air rises, gases expand allowing less oxygen per each breath. This, in turn, makes breathing more difficult for people with respiratory concerns.

For healthy people this is a minor concern. After a long flight we may feel tired and claim to be “jet lagged.” Actually this jet lag may be a mild case of hypoxia (depleted red blood cells) caused by extended time at the high pressurized cabin altitude. After a rest and some time near sea level, breathing the more dense air, people with healthy lungs feel better and claim to be over the jet lag. The red blood cells are reenergized by the more dense air at lower altitudes. Flying is a much greater concern for the elderly who may have health related breathing difficulties. This could result in minor respiratory distress or become a major health risk. For my dad, simply taking things “nice and easy” made all the difference.

For those with more advanced medical concerns, it is best to first check with your health care professional. Your doctor may advise you to travel with supplemental oxygen. Just one to three liters of O2 can make all the difference. Most major airlines allow the use of portable oxygen concentrators, when accompanied by a prescription signed by a doctor. Many home medical/oxygen suppliers will rent an oxygen concentrator on a weekly basis. To avoid any problems, make sure to check in advance with the airline for a list of approved equipment. It would also be wise to consider the help and assistance of a medical escort, especially if traveling alone or with another elderly person.

If one should find themselves in need of a professional medical escort, Air Trek is always more than happy to help. We have a Commercial Airline Medical Escort Service set in place to meet international and long distance transportation needs for those who require or desire assistance onboard a commercial aircraft. Air Trek will take care of everything including booking airline tickets, helping with navigation through crowded airports (especially useful around the holidays), getting one to their desired destination and any additional needs that may arise.

Traveling to see family and friends or even a trip to Vegas, may be enjoyed by the elderly, just remember: Preplanning and “nice and easy” does it.

— Dana Carr is an airline transport pilot and serves as director of operations for Air Trek Inc., which is family owned and operated since 1978, and specializes in helping people travel throughout the world. Air ambulance information is available at www.medjets.com. Aircraft charter and luxury travel info is available at www.airtrek.aero.

Too much sleep? There’s no such thing these days, is there? With today’s fast-paced lifestyle, there’s barely enough time to grab enough sleep let alone too much. However, if you sleep eight hours a night or more and still awake less than what you need and is more sleep, it’s quality sleep. Quality sleep allows us to awake feeling refreshed and full of energy, ready to power through the day. It also allows us to sleep less hours, freeing up more time for us to do the things we want. A lot of people assume that because they’re feeling tired all day or have a mid afternoon ‘slump’ that they need more sleep. Not true! A lot of people believe that because they may have had a couple of late nights, they have to ‘catch up’ by having extra sleep.

Also not true! Sleeping for too long can damage your circadian rhythm. The circadian rhythm is your 24-hour “clock” controlled by a central part of the brain. This clock tells us when we are sleepy by altering the body temperature by a few degrees. When the body temperature is lowered, we feel sleepy. Conversely when it is raised, we feel awake and alert. When we sleep for a longer time, our body temperature does not rise as fast. This is why we feel sleepy and sluggish in the mornings.

The more tired we feel, the less physical activity we do. Inactivity keeps the body temperature down so it creates a vicious cycle.

Our body doesn’t get exposed to sufficient sunlight to lower our melatonin levels, so we stay sleepy throughout the day. The deeper stages of sleep (stages 3 and 4) are the most restorative. This is where the body regenerates. Most of stage 3 and 4 sleep takes place in the first 4 hours of our sleep.

The rest of the night is spent in REM (dreaming) sleep and the lighter stages. Stages 3 and 4 are also where the immune system repairs and strengthens itself. It is vital to get this type of quality sleep. A good start is to make sure we get enough activity during the day, this gives us a three-fold benefit. It gets us out into the sunlight, which reduces our melatonin levels, it raises our body temperature so we feel energized and it tires us in a healthy way so we can have more deep sleep.
3D technology provides state-of-the-art diagnosis and treatment for dental implant surgery

In the past, placing dental implants involved a lot of guesswork. Dentists used to rely on traditional black-and-white X-rays, which displayed only two-dimensional images, inaccurate in size and detail. The dentist could not see the bone, soft tissues or surrounding vital structures beneath the gums, so he would have to approximate the location of surgical implant placement.

X-rays are fine for finding decay in teeth, but for dental implant surgery, 3D CT scans are now considered “the standard of care” in modern dentistry. A CT scan is a volumetric image of your teeth, jaws, and surrounding vital structures. It shows, in high resolution and unparalleled detail, structures not visible with traditional X-rays.

3D CT scans provide both three-dimensional and cross-section views that are much more accurate than traditional two-dimensional X-rays. These 3D computerized images provide detailed views of the facial structures that enable a qualified dentist to determine the quantity and quality of bone as well as bone density where the implants will be placed.

Vital structures such as nerves and sinuses are precisely located to add a great measure of safety not offered with traditional X-rays. With a 3D CT scan, the doctor can properly assess your specific case to determine if you’re eligible for dental implants, whether bone grafting is necessary and plan precisely where to place the implants.

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

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

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

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

— Dr. Jay Ajmo earned his Doctor of Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry. Dr. Ajmo has been awarded Diplomate Certification from the International Congress of Oral Implantologists, Diplomate from the American Dental Implant Association and a Mastsership from the Misch International Implant Institute. He is an active member of The American Academy of Oral Implantologists. Dr. Ajmo is Board Certified in IV sedation and maintains an active membership with the American Society of Dental Anesthesiology.

He focuses his practice on complete dental restoration, surgical placement of dental implants, cosmetic smile design and sedation dentistry. Dr. Ajmo has been serving patients in his Palm Beach Gardens office since 1987.
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OYM Performance Center offers holistic alternative for tissue rejuvenation

Prior to his October 2012 Ironman, OYM Performance Center owner Matt Goforth knew he needed to carefully plan for ways to tend to his body’s recovery not just after but also during the race. Coach Matt knew the dangerous effects that NSAIDs (nonsteroidal anti-inflammatory drug) can have on an already overactive liver, so he turned to a well-tested product by Hammer Nutrition to complement his integrative medical approach to wellness.

Natural formulations, Hammer Tissue Rejuvenator is a gluten-free product. One of its components, turmeric, is a highly effective anti-inflammatory, antioxidant and anti-carcinogenic agent. Turmeric contains curcumin, which Hammer Nutrition indicates has liver protecting and anti-biostic properties as well.

“During my Ironman race, I kept several capsules of Tissue Rejuvenator handy in my pouch. Every two hours, I took a couple along with water,” said Matt.

“The Hammer Tissue Rejuvenator capsules helped Matt manage his pain throughout the Ironman event and the following day in a safe, natural way with minimal detrimental effects to his liver.”

Not only did the product help Matt prevent tissue and joint injuries, it provided his system with nutrients to reduce soreness while promoting rapid tissue repair.

The product contains several well-known and non-traditional components.

Glucosamine sulfate is a raw material found in joint cartilage, ligaments and tendons that helps to promote elasticity of joint movement. Also functions as a mild anti-inflammatory. Like glucosamine, chondroitin sulfate is another important building block for the repair of damaged cartilage, which also promotes lubrication and cushioning in the joints.

Additionally, Tissue Rejuvenator contains methysulfonylmethane (MSM), which has been reported to decrease arthritic joint pain, enhance wound healing, and reduce allergic symptoms.

Depending on the severity of injury, Matt recommends taking four capsules about once or twice per day with plenty of fluids.

“If I feel any soreness coming on after a harder training session, then I’ll take a capsule or two for prevention purposes to keep from needing any NSAIDs,” he said.

Tissue Rejuvenator’s unique blend of various enzymes not only aids in the complete absorption of the nutrient components in the product, but it provides potent anti-inflammatory benefits. Along with turmeric, additional herbs such as boswellia serrata, Devil’s Claw and Yucca root offer anti-viral, anti-fungal and antibacterial health benefits.

According to the company, the water-soluble flavonoid known as quercetin that it contains may also act as an anti-histamine.

Aside from its patented undenatured Type II Collagen (UC-II), which is derived from chicken sternum cartilage, this product is primarily plant-based. However, it is not recommended for clients with shellfish allergies even though its glucosamine sulfate is made from the shells rather than the flesh of the animals. Tissue Rejuvenator also contains chondroitin sulfate that is composed of shark cartilage.

Stop by the OYM Performance Center today. Owners Julie and Matt Goforth will be happy to introduce you to their complete nutrition line and other integrative medicine products. They’re ready to discuss any additional questions you might have regarding ways to enhance your overall health and wellness.
The holiday guide to divorce

There is a common belief that the two most difficult situations a person can face are death and divorce. This is not exactly true. It is not uncommon for at least one of the prospective divorcées to be well…enthused. Sometimes both people agree that separating is a logical and healthy thing to do. Regardless of whether or not you are the one being left, or the one leaving, there is one common truth, a new chapter is beginning. With the holidays upon us, particularly New Year’s Eve, it seems a good time to reflect upon our lives, and make a few resolutions about how to best move forward. In order to gain a bit of perspective I’d like to first look back and consider just what this marriage thing is all about.

In today’s world, the institution of marriage has become a complex amalgamation of religion, commerce, societal norms, and marketing. This was not always the case. A historical view of western civilization shows us that marriage used to be about consolidating power and wealth, specifically real property, more than it ever was about love. In many cultures in the world arranged marriages are common, and the concept of love more accurately describes the respect and familiarity that is bred from a long and successful union, as opposed to the sympathetic chemical and physical reaction that we expect almost immediately upon meeting a prospective mate.

It seems today people are motivated to marry as a result of Hollywood and Madison Avenue’s glorified spin on love and relationships. Religion is also an enthusiastic proponent of marriage as a preferred lifestyle, and some might argue that the reason for this is to encourage the propagation of future devotees. Whatever one’s reason to get married in today’s world, the specter and reality of divorce cannot be ignored. In order to survive, and in fact prosper, in the face of divorce a key element must be a profound respect for reality.

It is no secret that the holidays are especially difficult for those people going through the turmoil of a divorce. You cannot turn on the television during this time of year without being assaulted by endless programming depicting happy families gathered around a turkey, a tree, or some other Norman Rockwell-esque scene. It is important to remember that these various vignettes are not real, the people in them are actors...acting happy. This is no more representative of real life than the sitcom Glee.

The key to survival during the holidays is to step outside your personal situation and appreciate all that life has to offer. Some specific suggestions which are guaranteed to assist in moving through this time of year are as follows:

- **Help others.** There is no end to the amount of good deeds just waiting to be done. You can volunteer at your local homeless shelter, raise money for any number of good causes, and otherwise exercise the old adage that it is better to give than to receive;
- **Give yourself a gift.** There is no better time to treat yourself to something special. This does not have to involve the expenditure of money; it can simply be time off, a trip you’ve always wanted to take. Sign up for sailing lessons, cooking lessons, rumba lessons;
- **Identify and acknowledge those around you whom you love, and who love you.** There is no better time to take stock of how lucky you are in the love and support department as opposed to however bad your current situation might seem.

The bottom line is that life is short, and positive relationships are precious. Our best times are truly defined by our situation and appreciate all that life has to offer. Some specific suggestions which are guaranteed to assist in moving through this time of year are as follows:

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- **Identify and acknowledge those around you whom you love, and who love you.** There is no better time to take stock of how lucky you are in the love and support department as opposed to however bad your current situation might seem.

The bottom line is that life is short, and positive relationships are precious. Our best times are truly defined by our troubled times. Pick one wonderful thing you can do for someone else, do it, and then pick another... and you’re on your way.}

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If the unthinkable does strike, don’t settle on a course of treatment until you’ve explored the world-class options available right here at South Florida Radiation Oncology.

Get Back to Living Your Life.

Confessions of a sweaty yogi: Prescription for yoga

Yoga, exercise, mental stress releaser, or alternative medicine? The answer is yes. Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. If you’re looking for choices beyond drugs and surgery for a health condition or concern, you’re likely finding that traditional western medicine isn’t giving you many (or any) options.

Yoga — by which I mean a broad array of tools including asana (yoga poses), pranayama, meditation, etc. — has been shown in hundreds of scientific studies to benefit people with a wide variety of health conditions. Yoga lowers blood pressure, improves lung function, relaxes the nervous system, cuts cholesterol, boosts immunity and makes you more content, to name just a few documented effects.

Perhaps even more important, yoga is a methodology to change dysfunctional habits and attitudes into ones that serve you better. Patanjali wrote that the key to success in yoga is regular practice over a long period of time, and this idea is finding support in recent breakthroughs in neuroscience. We now know that the brain is capable of changing itself — of creating new patterns, new connections between neurons — and that the more you do something, the stronger those neural pathways become.

Yoga has many styles, forms and intensities. Hot vinyasa yoga, in particular, may be a good choice for stress management and increased vitality as well as detox. This style of practice is a third generation of yoga that incorporates all the therapeutic benefits of the heat with the healing movements of vinyasa. The philosophy of vinyasa yoga is to link movement with breath to form meditation in motion. It is also sequenced to link posture progressions and counter poses to heal the internal body as well. But most people can benefit from any style of yoga — it’s all about your personal preferences.

The core components of yoga are:

- Poses. Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits. Poses not only have an external focus but more importantly internal benefits as well.
- Breathing. Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.
- Yoga is considered a broad practice, and incorporates all the therapeutic benefits of the heat with the healing movements of vinyasa. The philosophy of vinyasa yoga is to link movement with breath to form meditation in motion. It is also sequenced to link posture progressions and counter poses to heal the internal body as well. But most people can benefit from any style of yoga — it’s all about your personal preferences.

The health benefits of yoga

The potential health benefits of yoga include:

- Stress reduction. A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- Improved fitness. Practicing yoga can lead to improved balance, flexibility, range of motion and strength. And not only have an external focus but more importantly internal benefits as well.
- Management of chronic conditions. Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia. It has also been proven to help slow down the aging process.
- Yoga is considered a broad practice, and incorporates all the therapeutic benefits of the heat with the healing movements of vinyasa. The philosophy of vinyasa yoga is to link movement with breath to form meditation in motion. It is also sequenced to link posture progressions and counter poses to heal the internal body as well. But most people can benefit from any style of yoga — it’s all about your personal preferences.
SPIRIT

From page 1

conventional and integrative therapies, taking a holistic approach to wellness to help patients achieve a healthy mind, body and spirit. We focus on the whole person with the goal of improving quality of life.

Integrative Medicine is used as an added form of treatment for many conditions, including:
- Heart Disease
- Diabetes
- Weight Control
- Management of Symptoms Associated with Cancer Treatment
- Back, Neck and Joint Pain
- Those Seeking a Healthier Lifestyle

Integrative therapies can help patients manage chronic conditions or major medical events, as well as maintain a long term state of well-being. Medical research has shown health benefits from many of these therapies, and ongoing clinical trials continue to study the potential benefits.

Jupiter Medical Center’s Integrative Medicine Program includes classes and lectures to the community such as:
- Mindful Living Stress Reduction (modeled after the Mindfulness-Based Stress Reduction Program at the University of Massachusetts Medical Center) is an eight-week course that will teach you new ways to cope with stress and improve your quality of life.
- Yoga and Tai Chi can help you relax and reconnect your mind, body and spirit. They are proven to lessen the effects of stress, reduce anxiety and alleviate pain.
- Massage Therapy can help relieve stress and help you achieve a healthier lifestyle. It encourages relaxation, improves circulation, lowers blood pressure, and improves flexibility and range of motion by relaxing tense muscles.
- Aquatic Therapy reduces stressful effects of gravity on the body by offering little or no weight bearing to help improve range of motion and function quickly and safely.

Integrative Medicine Lecture Series offers you an opportunity to meet the experts and learn more about a variety of topics, including acupuncture, herbal supplements, nutrition and food therapy, and achieving optimal health and longevity.

Acupuncture is also offered at Jupiter Medical Center’s Wellness Center by appointment. Acupuncture is becoming an increasingly popular treatment option for patients around the world. It is used to treat pain, anxiety, insomnia, headaches, weight control and more. Treatments are customized to each person and their desired results.

It’s important to remember that these integrative therapies are not meant to replace conventional medicine — but rather work along with it. The goal of integrative medicine is to help patients achieve optimal health, even in situations where they simply don’t feel well.

Achieve a sound mind, body and spirit with Jupiter Medical Center’s Integrative Medicine Program. For more information, call (561) 263-5775 or visit www.jupitermed.com/IM.
Stress Less, Live More
Mindful Living - A Stress Reduction Program

Modeled after the acclaimed Mindfulness-Based Stress Reduction Program at the University of Massachusetts Medical Center, this comprehensive course is now available at Jupiter Medical Center. Thousands have benefitted from this eight-week course in stress reduction. Learn new ways of coping with:

- cancer
- heart disease
- chronic pain
- anxiety/depression
- autoimmune disease
- diabetes
- grief
- eating disorders
- work/family stress
- many other conditions

For more information, please call Cyndi Drake at (561) 263-5775. Tune in to WJNO 1290AM each Saturday at 10 a.m. for Jupiter Medical Center’s ‘Maximum Health’ with Dr. Ken Grey, AP, DOM.

Mindful Living Program - Includes CD and one all-day session. Fee: $350
Location: Jupiter Medical Center, 1000 S. Old Dixie Highway, Jupiter

Mindful Living with Kim LaRue, Certified Health Coach, LMT, RYT
Introductory Course: Thursday, January 2, 2014 • 5:30 p.m. - 7:30 p.m.
Wednesdays, January 8, 2014 to March 5, 2014 • 6:30 p.m. - 8:30 p.m.

Mindful Living with Mimi Bailey, RN
Tuesdays, January 14, 2014 to March 11, 2014 • 6 p.m. - 8:30 p.m.

Reservations are required. Space is limited to 20 participants per session. Please call (561) 263-5775.