Hospice Foundation celebrates 30 years of support for ‘world-class’ facility

BY AMY WOODS
Special to Florida Weekly

Hospice Foundation of Palm Beach County and its founder, Helen Ross, have aged gracefully the past 30 years. The foundation, formed by the Palm Beach philanthropist with a passion for the dying, now flourishes with 60 like-minded members who continue to accomplish their mission of strengthening end-of-life care for local families.

“I had a vision that I just felt very, very strongly about,” said Ms. Ross, who began raising money for what would become the first hospice facility in the southeastern United States. “My goal was acquiring the land and building the building.”

She started out with a team of three volunteers, and together the four of them knocked on doors up and down the island spreading the philosophy of hospice care.

“People were not talking about death in those days,” Ms. Ross said. “When they learned it was hospice, they said ‘Hospice? What’s that?’”

The foundation, which began with a $50,000 grant, has since grown to have 120 employees and serves about 1,500 patients annually.

“Hospice is a philosophy of care to make life as comfortable as possible,” Ms. Ross said.

The hospice facility, opened in 1984, is the largest in the southeastern United States and the second-largest in the nation. It has 42 beds and a $16 million endowment.

“Hospice is a community success story,” Ms. Ross said.

The Hospice Foundation of Palm Beach County is located at 1051 S. Dixie Highway in West Palm Beach.

Hospice Foundation celebrates 30 years of support for ‘world-class’ facility

SEE HOSPICE, A24
Because we love them

A commercial crafted to carry these message points is appearing periodically on cable television, featuring two SeaWorld employees as the company’s spokespeople.

A killer whale functions as a prop in the background, with two SeaWorld trainers (?) at its side, dangling their arms in the air. The company representatives come across as well-intentioned thespians reading their first script, Jack and Jill going up the hill to fetch a pail of water the whales would not work at SeaWorld if they were unhappy.

Imagine, a dissatisfied orca telling SeaWorld they can take its job and shove it — an unlikely event if there ever was one, thus cementing our tour guide’s claim that the orcas showing up for work each day reflects their happiness with the circumstance of their confinement. Ridiculous. The video ends with the aforesaid testimonial, “We love them, and we know you love them, too.”

It is a whale-size, cringe-worthy performance.

Call me cynical. The notion of happy, working orcas in a teacup of ocean, their love life managed by aliens in rubber suits, paid in dead fish, to perform unnatural acts; and then, trafficked as innocents by their corporate Godfathers, forced to live out their natural lives in servitude, selling tickets to the cheap seats for profit-making aqua circuses — well, I am not convinced.

Expectations of animal welfare once commonplace are no longer acceptable. Maybe it is not too late to save Tilikum and others of his kind from this form of abuse — because loving them requires action.

— Leslie Lilly is a native Floridian. Her professional career spans more than 25 years leading major philanthropic institutions in the South and Appalachia. She writes frequently on issues of politics, public policy and philanthropy. She resides with her family and pugs in Jupiter. Email her at llilly15.Tumblr.com.

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Because we love them

The commercials started appearing several months ago on cable television, and full-page ads popped up simultaneously in major newspapers across the country. The blitz is part of a $30 million public relations campaign by SeaWorld to counteract the negative publicity it received from the documentary film, “Blackfish.”

The film debuted in 2013 at the Sundance Film Festival and went viral after CNN and Magnolia Pictures put the film into national distribution.

It is about the orca “killer” whales held in captivity for commercial purposes and the ethical, moral and safety issues associated with the practice.

The hapless star of its narrative is Tilikum, the largest whale of its kind in captivity, held at SeaWorld Orlando. The documentary features its role in the death of three people since the three decades of its captivity began.

The last incident took place in 2010 and involved the mutilation and drowning death of the orca’s female trainer at the company’s Orlando marine park. The whale’s attack followed one of Tilikum’s crowd pleasers, a “Dine with Shamu” performance.

No one imagined the whale’s split taking a macabre twist but it did. Tilikum snatched his 40-year old sidekick and pulled her into the water. Multiple efforts to rescue the trainer failed. The autopsy recorded multiple, catastrophic injuries, and ruled drowning as the cause of death.

The Occupational Safety and Health Administration subsequently investigated. It fined the park and documented safety violations related to the death. SeaWorld criticized the agency’s findings, calling them “unfounded.” Their public statements characterized the trainer’s killing as a tragic “accident.”

“Blackfish” challenges the company’s assertion it bears no responsibility in its killing as a tragic “accident.”

A2 | NEWS | WEEK OF JUNE 25–JULY 1, 2015

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The morning after a white man pulled a .45 pistol out of his trousers in a Charlesto-
non church and fired nine praying people because they’d been born with black skin in
the land of the free and the home of the brave, I went to the tent.

One of those he’d executed, I learned later, was an energetic 85-year-old woman named Susan Jackson, who had planned a trip to Chicago to see relatives this week. Mrs. Jackson was born in 1928, less than 12 months after my parents. She happened to enter the world in a year when only 30 blacks were lynched in the South. That was a new low. The numbers would double or triple in several subsequent years, again.

By 10 a.m., still less than 24 hours after the shooter had hammered them all into bloody oblivion, the park was cotted-up even in the morning shadows. Mossy live oaks and old slash pines rose like ships’ masts above the ground flanking tennis

tennis courts and green baseball fields.

Not a whisper of wind floated across the June day. Instead, the warbling good-

cheer of children’s voices married itself to birdcall, as if nature had insisted on interspecies harmonies—blue jays, 8-year-olds and mockingbirds piping into the sweetly-tuned summer sweeter like reedy instruments. Out on the tennis courts, Tiyar Diggs worked with about 10 children, all of them clutching tennis rackets and each of them white or Hispanic. Ms. Diggs is Black.

On the playground, Tresia Thomas worked with another eight or nine kids, all white—she’d ask as finely ground coffee. The two women are employees of the county’s Department of Parks and Recreation. It could be any county because such people exist everywhere. But in this case, it’s a county named for the courageous Civil War general and Virginian who championed states’ rights, slavery and the cause of the old

South, Robert E. Lee.

What could these black women do and what would they feel after such a horrific loss?

I watched them work for an hour, struck by the fabric of the country we’ve really built together in the 150 short years since that blood-soaked, ruinous family fight.

The two adult Americans knew each child American by name. They encouraged all of them in strongly affection-

ate murmers. They held their hands, or caressed them when they fell. They were gentle in the scolding and generous in the praise. And they showed not a molecule of resentment, bitterness or disregard for the confines of another race, one of whom had just killed nine black people.

In the next few days I kept thinking about playgrounds. And I kept read-

ing a blizzard of opinions about what the slaughter meant, and what to do.

They were variously eloquent, angry, defensive, insistant and confident. Take down the rebel flag from the South Carolina capitol or any other government building, anywhere, they insisted. It repre-

sents slavery, racism and treason.

To induce legislation requires much more scrupulous background investigations of would-be gun buyers, they demanded. That’s gun safety not gun control.

Begin to think of American hate-groups as terrorists, not just as a few eccentric hate-mongers, and treat them the way we treat ISIS or Al-Qaeda, they advised.

Or conversely, remember that the Confederate battle flag represents heritage, not hate — a heritage of Southern manners, traditions and respect for God and women. Remember that “making good people helpless won’t make bad people harm-

less,” as a popular Facebook post has it.

And never forget that “the only thing that can stop a bad guy with a gun is a good guy with a gun,” as the director of the NRA, Wayne LaPierre, said after a gunman killed 26 people in Sandy Hook, Connecticut, two years ago with an assault-grade weapon his mother kept in her house.

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His fundraising, even if it falls short of the widely cited $500 million mark, has been prodigious. But there has been a stark enthusiasm gap between donors and actual voters. If the Republican nomina-

tion were going to be fought out exclu-

sively in fundraisers held in corporate conference rooms and fancy homes, Bush would be winning in a rout. Instead, he is clustered with a few other top contend-

ers, a frontrunner in name only.

His freshly unveiled “ Jeb!” logo might be more appropriately punctuated with a cattle brand, for whether he can excite Republican voters in a field that is as large and talented as any in history, in a year when Romney’s path to the nomi-

nation is not available to him. Bush can’t show up with a fundraising advantage, a bona fide operation and a strong message when he expect to inexcusably grind down all the other candidates. Romney could do that in 2012 against an unprepared Rick Perry, an anemic Newt Gingrich and an unfunded Rick Santorum. Bush is running against a field that has about a half-dozen candidates who would have been in the top tier last time around.

Romney won the nomination despite his Massachusetts health-care plan that

was anathema to much of the party. Those guns were so effective against the bodies of 20 little children and six adults that when emergency crews arrived on the scene, there was nothing to do. No wound to treated, nobody to save with heroic medical wizardry. Nothing. Everyone who got hit got killed.

While all of those people talk, there-

fore, what can the rest of us do? We can listen and respect each other, no matter what our opinions — that’s one thing, as American as apple pie. And we can look at our history evenly, unencumbered by mythologies that people we love, and will continue to love, may have taught us.

The Charleston murders relied on bul-

lets, not aLittlemillennial.” He wandered around reloading and shooting the ter-

rified humans as casually as if he were killing chickens or hogs.

How hard was it for him to shoot an old

woman named Susan which looked like him in some red-blooded Ameri-

can to another?

Probably not hard at all. He moved from person to person pulling the trigger, his .45-caliber rounds traveling at about 900 feet per second, expanding as they hit their targets and tearing wide chan-

nels a foot deep or more through their bodies, as they were designed to do.

And yet, even after the morning of the last year after, we Americans, a mourning that can last years. What can we do?

I think I’ll start by going back to the park.
The Lord’s Place has greatly enhanced its ability to serve chronically homeless citizens who cycle in and out of Palm Beach County’s jails and hospitals through new outreach efforts made possible through a $660,000 grant from the Quantum Foundation.

The grant, which provides $220,000 per year for three years, has enabled The Lord’s Place to hire additional outreach staff, while also incorporating other services such as transitional housing, case management, assistance to manage financial benefits, life coaching and supportive employment, the agency said in a prepared statement.

This program will double the number of clients that the agency is able to help access Social Security Disability benefits, including Medicaid and Medicare health-care benefits. The programs targeted by the program include the chronically homeless on the street, as well as citizens leaving jails, prisons and hospitals — preventing them from becoming homeless by linking them with benefits to which they are entitled.

Research cited by The Lord’s Place finds that chronically homeless citizens struggle to access federal health-care insurance due to an overly complex application process. Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) also dictate eligibility for Medicaid/Medicare health insurance. These benefits allow vulnerable citizens to afford healthcare and housing. Yet nationally, only 37 percent of individuals who apply for these benefits are approved on initial application, with an appeals process that can linger for two years, according to the statement.

For unassisted chronically homeless applicants, SSI/SSDI approval is much worse, as low as 10-15 percent, typically due to mental illness and behavioral health concerns that impair their ability to navigate the application and appeals process. The application is a lengthy process that includes online and paper applications that total from 30-50 pages.

The program being employed by The Lord’s Place to secure benefits for these populations is SOAR (SSI/SSDI/Outreach, Access and Recovery). It is a nationally recognized model that utilizes a meticulous process, averaging 50 staff hours and a 60-day timeline per application, producing an average 80 percent approval rate.

Under the grant, this SOAR Initiative will benefit hundreds of chronically homeless citizens annually. The program will increase application rates, reduce processing times, and decrease dependency on emergency services. The program’s strengths are its formal partnership with Social Security Administration, as well as the incorporation of housing and social enterprises to foster independence.

On any given day in Palm Beach County, there are 1,421 homeless men, women and children, marking a 35 percent increase in chronic homeless compared to data from two years ago. These men and women cycle in and out of homelessness year after year, often using expensive emergency services when in crisis, paid for by taxpayers.

This subpopulation of homeless citizens is referred to in the social service community as “high-utilizers,” interfacing with our local county jails, prisons, emergency rooms and crisis stabilization units at rates disproportionate to the general population. This population represents the most mentally ill and vulnerable citizens in our community. Yet, due to their nomadic lifestyle and health instability, high-utilizers continue to go uninsured, unstable and unsheltered. The SOAR program is working to break this cycle.

“Prior to the receipt of the Quantum Grant, The Lord’s Place used the SOAR program with success, yet we know that hundreds of other eligible citizens are stuck in the cycle of emergency services and homelessness that will never walk through our doors,” said The Lord’s Place CEO Diana Stanley, in the statement. “This grant is enabling us to dramatically increase our efforts to reach those most in need.”

Ms. Stanley said that the Quantum funds are allowing The Lord’s Place to hire additional staff to provide valuable outreach, advocacy and support services for high-utilizers. Using Memorandums of Agreements with local jails, prisons and hospitals, The Lord’s Place is identifying who can benefit from the program, and deploying a mobile team that initiates SOAR applications prior to inmates and patients being released. If patients are released prior to their benefits approval, the program provides temporary transitional housing, case management, as well as access to supportive employment opportunities in The Lord’s Place catering, retail store and management social enterprises.

Ms. Stanley stressed that the return on investment for the community from the SOAR program is undeniable. Palm Beach County’s local emergency service providers serve hundreds of uninsured patients each year without any compensation. Once an individual is approved for SSI and Medicaid, treatment providers can retroactively bill Medicaid for services provided up to 90 days prior, as well as for ongoing treatment. Nationally, eight states report $3.5 million in Medicaid reimbursement (average of $7,417 per person) as a result of SOAR, she said.

“The SOAR program is an important entry portal to additional services that help break the cycle of homelessness,” Ms. Stanley said in the statement. “Our program’s ultimate goal is to assist participants to improve their health, gain independent housing, and when possible, become employed and no longer require healthcare subsidies. The incorporation of social enterprises and supportive employment programming will help to achieve these long-term goals. It is a win-win for both the clients we serve – helping them to get their lives back on track – as well as for the community through the significant savings in taxpayer dollars and the additional rents spent to address homelessness in Palm Beach County.”

For more information, contact The Lord’s Place at 494-0125 or see their website. 

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Women’s business group sets July meeting, shopping event

SPECIAL TO FLORIDA WEEKLY

The Northern Palm Beach Chapter of the American Business Women’s Association will host its monthly meeting on Wednesday, July 8, at the PGA Boulevard Embassy Suites Hotel, Palm Beach Gardens. Networking is 6 p.m.-6:30 p.m.; the dinner program is at 6:30. Cost is $22. Guests are welcome.

Before the networking, a Christmas in July shopping extravaganza will take from 5 p.m. to 7 p.m. Vendors include BeautiControl, Dove Chocolate, jBloom, Omnitrination, Pure Romance, Sharon’s Aprons & Such, Stampin’ Up, Thirty-One Gifts & Tropical Kandle Kreations Norwex, and Shirley G Inspired Glass.

To make reservations or for more information, contact Karen Dooley at 543 5641 or Pat Key at 283-9768/622-2713. The Embassy Suites Hotel is at 4350 PGA Blvd., Palm Beach Gardens.

The mission of the American Business Women’s Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

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Sarah and William Soter

The decision to broach the issue of driving is one of the most sensitive topics of all. Taking away the car keys is symbolic for many that they have lost their integrity and independence. They may hold onto this privilege long past the point of safety, because giving in may be the last defeat. When there are delicate or polarizing issues to address, a physician who knows your parent well may be a source of objectivity, comfort and support.

Reaching out to our loved ones when they are still able to rationally plan for the future, and including them in planning discussions is important. Letting them know you will listen to their anxieties and will support them in finding solutions should calm them. They may need ample time to adjust to their limitations so if possible, it may help to put supports in place, in stages, to ensure the older individuals’ sense of autonomy. If the extended family has had frank discussions throughout, there could be contingencies in place should an emergency arise.

Some families find the guidance and support of an experienced geriatric care manager to be extremely valuable. This person should be able to objectively help the family evaluate what is needed and hopefully offer a calm, balanced perspective. There are also many sources of information offered by government and social service agencies. We must remind ourselves, at all times, that this stage of life can be emotionally and physically exhausting. It will make a huge difference if we reach out for as many supports as we can to bolster our strength as we face these challenges.

— This column ran in September 2011.
Is it an emergency, or time to go to urgent care? How to tell

BY MATTHEW CAPUANO, M.D.
Medical Director
Jupiter Medical Center Urgent Care

It’s that time of year again — barbecues, outdoor sports and more free time than children know what to do with. As the summer heat rises, so does the potential for unwelcome dangers — dehydration, sun exposure and the assorted scrapes, strains and sprains. Summer is a time to play … play it safe that is.

When the unexpected happens, the natural response is to hightail it to the emergency room. However, a trip to Jupiter Medical Center Urgent Care has many benefits and may often be the best course of action.

When to go to Urgent Care

Jupiter Medical Center’s two Urgent Care Centers offer a wide breadth of services, including, but not limited to, fracture and laceration diagnosis, treatment and repair, as well as hypertension, diabetes and other chronic medical disease assessment and treatment.

Better yet, our Urgent Care team can help determine when a higher level of service is needed, such as an emergency room visit.

We do not expect people to know what they should be looking for — we will help guide patients to the proper facility. However, there are some signs that patients can look out for, which indicate the need for a higher level of care. For example, if one is experiencing chest pain and has a history of cardiac issues, a trip to the emergency room is the best choice.

If you have an earache, sinus pain and congestion, symptoms of a urinary tract infection or another non-threatening injury or illness, then an Urgent Care Center is a convenient, affordable alternative. Preoperative clearance tests, physicals and various screenings are also offered. For a complete list of services available, go to jupitermedurgentcare.com.

Why Jupiter Medical Center Urgent Care?

Jupiter Medical Center’s Urgent Care facilities are unique for a number of reasons, and are a true asset to the community. What is truly special about the Jupiter Medical Center Urgent Care is the ways in which it works with the hospital to give the patients the best level of care.

For example, our Urgent Care Centers have real-time radiology that is synced with the hospital. So if you get an X-ray done at one of our facilities, you do not need to repeat it if you go to the emergency room. This system is indicative of the collaborative culture that exists between the Urgent Care Center and the hospital.

“The Urgent Care works to collaborate, not compete, with the hospital. Additionally, every patient who enters one of the facilities will see a board-certified practitioner who is supported by nurse practitioners and physician assistants. Urgent Care is not only a resource for when the unexpected happens, it is a place to help you maintain your health and stop underlying issues in their tracks.”

Urgent Care is a convenient, compassionate and cost-saving alternative to the emergency room when you need quick, quality care. Members of the community should use these summer months to stay healthy and live with wellness in mind.

URGENT CARE’S HELPFUL TIPS

Heat safety:
- Put on sunblock and reapply frequently.
- Drink plenty of water.
- Be sure to have children drink water even when they are not thirsty.

Driving safety:
- Make sure teens are responsible and safe.
- Wear seatbelts.
- Don’t listen to loud music.
- Don’t text.
- Don’t drive with too many people in the car.

School and sports physicals:
- Low cost ($20).
- Walk-ins welcome.

Jupiter Medical Center now offers two convenient Urgent Care locations. Our centers in the Abacoa Shopping Center and at 1335 West Indiantown Road are open Monday-Saturday from 8 a.m.-8 p.m. and Sunday from 9 a.m.-5 p.m. For more information, call 263-7000 or visit jupitermedurgentcare.com.

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Researchers studying the human-braineating tribe of the New Guinea Fore, reported in a June journal article that they have identified the specific "prion" resistance gene that appears to offer complete protection against mad cow disease and perhaps other neurodegenerative conditions such as dementia and Parkinson's. The tribe customarily dined on relatives' brains at funerals (although has abandoned the practice) and consequently suffered a major 1950s epidemic that wiped out 2 percent of the tribe annually. According to the researchers, survivors, with the specific resistance gene, demonstrated "a striking example of Darwinian evolution in humans.'

Recurring themes

- Spouses often disagree politically and vote accordingly, but occasionally one runs for office against the other — as is the case in Bremerton, Wash., where incumbent Congressman's-seeker Roy Runyon is being challenged by his wife, Kim Faulkner. Both were mum as to reasons and in fact filled their registration papers together at the same time in May. Said Runyon: "We're different people. She might have a different approach."

- India's media reported in April yet another birth defect in which the surviving baby is treated as a representation of Hindu holiness. A four-armed, four-legged child (medical explanation: remains of an underdeveloped conjoined twin) is worshipped as the reincarnation of the multi- lamented Lord Ganesha, and pilgrims journey from all over India to the birthplace, Dumri-Iseri in Jharkhand state. (In a nod to modernity, one witness told a reporter that initially he had thought a photograph of the child was "Photoshopped," but now has seen the baby with his own eyes.)

- The law of turkey-hunter insensitivity took a turn in Virginia in April when mother Joyce Bruce was unable to keep sperm-provider Robert Boardwine out of her son's life. Bruce relied on a state statute that seemed to allow her sole parenthood if the pregnancy was based on assumed reproduction and that they resist raw food when they are able to place it into a device that thereby signify that the deceased did not die "faceless." In the recent past, festeering, to attract mourners and thereby signify that the deceased did not die "faceless." In the recent past, festivities were once again asking for a writ of habeas corpus (now available only to humans) to take Hercules and Leo out of a lab and into a sanctuary. (Adding to the discussion, in the week after the court hearing, a Harvard professor and colleagues, writing in the journal Current Anthropology, hypothesized that chimps could cook foods if given the chance. Tests revealed that they resist raw food when they are able to place it into a device that made it taste better — which in theory makes them more intelligent than children who eat cookie dough.)

- Baffling Perversion: Some men are compelled to express unrequited love for women by ejaculating onto them or into their beverages. The Minnesota legislature is working to upgrade its law (since a recent defendant, John Runyon, who was acquitted of adulterating his co-worker's coffee on the ground that current law requires actually touching the food). However, Runyon (who admitted a total of six climaxes against the co-worker) is an amanuensis compared to Tetsuya Fukuura, 40, who was finally apprehended in April, at which time he admitted “more than 800” semen attacks on women on trains near Kunitshio, Japan, dating back to 2011. He told police, “I get excited when in close contact with a woman on a crowded train.”

Updates on previous News of the Weird

- News of the Weird has remarked on the latest, over-the-top, versions of the centuries-old tradition in China of making funerals entertaining, to attract mourners and thereby signify that they do not die but faceless. In the recent past, festive song-and-dance acts were hired, and some families took to hiring strippers to entertain, to attract mourners and thereby signify that they do not die but faceless. In the recent past, festive song-and-dance acts were hired, and some families took to hiring strippers to perform — even "obscene" acts, "severely polluting" the culture, according to a critic. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers. In April, the Ministry of Culture, previously somewhat tolerant because of sensitivity for the families, formally denounced the practice and began treating the traveling performers.
Good Samaritan offers breakthrough treatment of uterine fibroid tumors

Good Samaritan Medical Center is the first hospital in Florida to offer Halt Medical’s Acessa procedure as a minimally invasive treatment option for women suffering from symptomatic uterine fibroids, according to a statement from the hospital. Fibroids are benign, noncancerous tumors in a woman’s uterus that often appear during childbearing years. While some fibroids are asymptomatic, others can be very painful and cause heavy bleeding, pressure on the bladder or rectum, a distended abdomen, and a lack of energy stemming from anemia.

“The Acessa procedure, like a hysterectomy, is a treatment that addresses all fibroids,” said Dr. Howard Goodman, a gynecologic oncologist on the medical staff at Good Samaritan Medical Center, in the statement. “However, with Acessa, the goal is to do so without damaging or having to remove the uterus.”

The Acessa procedure utilizes a technology called radiofrequency ablation and treats each fibroid by applying energy through a small needle array. It is designed so that the surrounding normal uterine tissue should not be damaged or otherwise affected. Over time, the treated fibroid tissue shrinks and may become completely reabsorbed by the body. Acessa is performed under general anesthesia, and only two small (approximately ¼”) abdominal incisions are needed during the procedure. There is no cutting, suturing or removal of the uterus itself.

“Women are looking for less invasive alternative treatment options, and we are excited to be among the first major health systems to bring this leading edge technology to our patients,” said CEO Mark Nosacka, in the statement.

According to the National Institutes of Health (NIH), at least 70 percent of women in the U.S. develop fibroids by age 50, and the prevalence is even higher among African-American women. Fibroids may range in size from as small as a grapefruit, and the rate at which they grow is unpredictable. A woman may have more than one fibroid at a time.

Good Samaritan Medical Center offers comprehensive services designed to care for women throughout every stage in life. For more information about the hospital’s gynecological services, see goodsamaritanmc.com. For a free referral to an obstetrician/gynecologist near you, call 650-6023.

Hospital offers new treatment for lung cancer... Good Samaritan Medical Center’s Comprehensive Lung Health Program now offers minimally invasive procedures using Covidien’s superDimension System. With the assistance of the navigation system, LungGPS, the technology enables physicians to perform Electromagnetic Navigation Bronchoscopy procedures to obtain lung tissue biopsies from the peripheral regions, the hospital said in a statement.

“Lung cancer is the leading cause of cancer-related deaths in the United States, and the challenge of early diagnosis and treatment is more critical than ever,” said CEO Mark Nosacka, in the statement. “This technology may allow for less invasive treatment options for patients suffering from the deadly disease.”

The superDimension is designed so that physicians can navigate and access the lungs’ peripheral regions. The system is designed to guide surgeons through the complicated medical web of pathways inside the lungs, so that we’re able to access and sample target tissue throughout the entire lung without surgery or a needle biopsy.

Many physicians still rely on traditional methods that can be limiting or assume greater risk to the patient, according to the statement. Needle biopsies may cause a collapsed lung and traditional bronchoscopy may cause bleeding, infection, trouble breathing or a low blood oxygen level. Some patients have to undergo an open lung biopsy under general anesthesia – which may result in an infection or an air leak into the chest – just to find out if their lesion is cancerous or not.

The superDimension System planning software uses CT scan images to create a 3D bronchial tree of the thousands of tiny pathways to pulmonary targets inside the lungs. The LungGPS technology then provides a roadmap that is designed to allow physicians to guide tiny tools through the lung pathways so they can take tissue samples of the lesion and place markers for future treatment.
Palm Beach Gardens Police Foundation announces scholarship recipients

“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.
The sun beats down, an undeniable combination causing that in the afternoon gives way to mighty electrical storms. In response, nature works full-throttle, foliage replicating and growing exponentially. It's an irony of Florida living, then, that as the world around us goes into summer overdrive, we are inclined toward inactivity and leisure. With summer at your and children out of school, our workloads have lessened, and that sun and those streets all seem to magnetize inertia.

And so here, we present to you a guide for getting nothing done this summer. Shirk work and responsibility and instead invite your best friends over and chill by the pool with the best summer tunes ever amassed, or maybe fire up the grill and chow some meat and veggies. Or, if you prefer, load up the car or boat and take a short trip for a staycation getaway, or discover one of our area's secluded islands. Don't want to wander too far from the a/c? How about a stage or screen show, or maybe an art exhibit? This Ultimate Summer Guide should make it easy for you to do all these things. After all, we don't want you to have to work too hard. We'll leave that to Mother Nature.
Music, art and theater continue through summer

BY SCOTT SIMMONS
Simmons@FloridaWeekly.com

Season’s over, but that doesn’t mean the cultural offerings have ended in the Palm Beaches. It’s more relaxed now — no jacket, and in some cases, no shoes, required. But the quality of the work remains endlessly fascinating. Read on.

Coral Sky Amphitheatre’s Country Megaticket — This is just the thing for fans of country music. Coral Sky’s Country Megatickets kick off July 3 with Dierks Bentley and wraps Oct. 24 with Jason Aldean.

When your series begins and ends with those two and offers music in between by the likes of Rascal Flatts (July 11), Toby Keith (Aug. 17), Tim McGraw (Aug. 21), Lady Antebellum (Sept. 6), Luke Bryan (Sept. 19) and Brad Paisley (Oct. 3), you know something special is going on.

Coral Sky, formerly Crazu Amphitheatre, is at 6062 Sanbornton’s Way, West Palm Beach. Info: 795-8883; 800-746-3000; ticketmaster.com

“Side By Side By Sondheim” — This production of the revue of songs by Stephen Sondheim stars Shelly Keeler, Wayne Legette, Alix Paige and Leah Edidi. It runs July 2-Aug. 9 at the Delray Beach Center for the Arts, 51 N. Swinton Ave., Delray Beach. Tickets: $40 at the Crest Theatre box office, delraycenterforthearts.org; 242-2933. A second performance takes place Aug. 13-16 at the Kravis Center, West Palm Beach. Info: 832-7460; kravis.org

“Tommy” — One of the best community theater companies anywhere, the Lake Worth Playhouse presents this musical with book by Pete Townshend and Des McAnuff, music and lyrics by Pete Townshend with additional music and lyrics by Jonathan Howard, with lyrics by Des McAnuff and Keith Moon in a three-week run July 9-26. The Lake Worth Playhouse is at 713 Lake Ave., Lake Worth. Info: 868-6480; lakeworthplayhouse.org

“Going Places: Transportation Designs from the Jean S. and Fredric A. Sharf Collection” — This exhibition, which focuses on the art of transportation design during the mid-20th century, is on view June 25-Jan. 10 at the Norton Museum of Art, 650 S. Olive Ave. in West Palm Beach; 832-5964 or Norton.org

“The Maltz Jupiter Theatre — The theater offers programs for families throughout the summer. The Maltz is at 1001 E. Indiantown Road, Jupiter; 595-2232 or jupitertheatre.org.

“Hairspray” — The John Waters musical, presented by the students of the Maltz Jupiter Theatre’s Conservatory of Performing Arts, 7:30 p.m. June 26-27. Tickets: $25 for adults; $30 for children.

Opera Dycon: Concert for Kids — Palm Beach Opera artists Amanda Crid- er, Tara Sperry, and Ardean Landhuis take to the Maltz Jupiter Theatre stage to present an array of celebrated arias, duets, and ensemble numbers at 10:30 a.m. July 13. Performances followed by a Q&A. Tickets: $5.

“There’s a Long Hallway” — Directed by Ken Oliver, Maltz Jupiter Theatre’s Conservatory of Performing Arts, 7:30 p.m. July 24-25. Tickets: $25 for adults; $20 for students.

Youth Artists’ Chair presents “The Glass Menagerie” — Tennessee Wil- liams’ play about matriarch Amanda Wingfield and her two children. 7:30 p.m. Aug. 15. Tickets: $25 for adults, $20 for students.

“Palm Beach Chamber Music Fes- tival” — The 2015 summer season of the chamber music festival runs July 2-26 at three venues. This year’s festival will include work by Beethoven, Brahms, Telemann, Haydn, Coleridge-Taylor, Debussy and Piazzolla, among others. This year also marks the festi- val’s debut at a new venue, Lighthouse ArtCenter in Tequesta. Other venues, to which it returns, are Palm Beach Atlantic University’s Helen K. Pers- son Recital Hall (Fridays), Palm Beach State College’s Eissey Campus Theatre (Saturdays), Delray Beach Center for the Arts’ Crest Theatre (Sundays). To purchase tickets, call 547-1070 or visit pbchamber.org

“Palm Beach Shakespeare Festi- val” — This year, the company marks its 25th season with “Hamlet.” To be traditional, or not to be? That is the question. The festival’s advertising fea- tures a heavily tatted, bare-chested man holding a skull, alas, poor Yorick. It’s July 9-12 and July 16-19 at Carlin Park’s Seabreeze Amphitheatre in Jupiter. The show is free; pbshakespeare.org.

Jam out with this ultimate summer pool party playlist

BY ALAN SCULLEY
Special to Florida Weekly

With summer and its warm sunny days with us once again, it’s prime time for pool and beach parties. And any self-respecting event such as this needs a soundtrack. Fortunately, sum- mer fun has long been a favorite topic for songwriters. So in that spirit, here is a playlist that has some all-time great summer hits, mixed in with a few newer tracks and a few older, musical-flow, not as a ranking. So grab your iPod (or whatever device) and download away.

>> “Wipe Out” — The Safaris
It’s time to pick up the tempo here, and sorry, Beach Boys, but no song says surf and summer better than this ‘60s classic.

>> “Rock Lobster” — The B-52s
One of the breezier gems from this underappreciated band puts some great riffy guitar rock into any pool party.

>> “Hot Fun in the Summertime” — Sly & the Family Stone
This great, grooving track remains one of best soundtracks for a warm sunny day.

>> “California Girls” — The Beach Boys
Big, bouncy and as euphoric as a pop song can get, it was a smash hit for a band that had many more winning tunes where this one came from.

>> “Summer In The City” — The Lovin’ Spoon- ful
John Sebastian and company nailed the feeling of heat, blacktop and concrete here, and it sound like there was no better place to be.

>> “California Gurls” — Katy Perry featuring Snoop Dogg
Big, bouncy and as euphoric as a pop song can get, it was a smash hit for a band that had many more winning tunes where this one came from.

>> “California Girls” — The Beach Boys
Time to ease things up a bit with one of the best summer songs from a group whose catalog is packed with summer sweetness.

>> “Volcano” — The Go-Go’s
More laid back than much of the trailblazing group’s catalog, “Hot Fun” is a definitive chilled-out soundtrack for a warm sunny day.

>> “Walking On Sunshine” — Katrina and the Waves
Big, bouncy and as euphoric as a pop song can get, and that was a hit for a band that had many more winning tunes where this one came from.

>> “Send in the Clowns” — Barbra Streisand
This production of the revue of songs by Stephen Sondheim stars Shelly Keeler, Wayne Legette, Alix Paige and Leah Edidi.

>> “Dancing in the Street” — Martha and the Vandellas
One of the best com- munity theater companies anywhere, the Lake Worth Playhouse presents this musical with book by Pete Townshend and Des McAnuff, music and lyrics by Pete Townshend with additional music and lyrics by Jonathan Howard, with lyrics by Des McAnuff and Keith Moon in a three-week run July 9-26. The Lake Worth Playhouse is at 713 Lake Ave., Lake Worth. Info: 868-6480; lakeworthplayhouse.org

>> “This Summer” — Superchunk
One of the classic gems from this underground rock band can give some great fun to any pool party.

>> “King of the Beach” — Warwes
Time for a little downtime, with a song with some cool cool blasts of guitar, a rolling tide of a beat and a title that serves as a fun, shout-along chorus.

>> “California Girls” — Katy Perry featuring Snoop Dogg
Time for a left turn, and this buoyancy track from the queen of sugary pop does the job here.


Palm Beach Dramaworks at The Don & Ann Brown Theatre, 201 N. Clematis St., downtown West Palm Beach. Info: 544-4042, Ext. 2; palmbeachdramaworks. org

“Palm Beach Shakespeare Festi- val” — This year, the company marks its 25th season with “Hamlet.” To be traditional, or not to be? That is the question. The festival’s advertising fea- tures a heavily tatted, bare-chested man holding a skull, alas, poor Yorick. It’s July 9-12 and July 16-19 at Carlin Park’s Seabreeze Amphitheatre in Jupiter. The show is free; pbshakespeare.org.

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>> “Boys Of Summer” — Don Henley
This special hit song by the Eagles is a great way to ease into this summer mix tape. Even if the production now sounds dated, this was a great song.

>> “The Weather Is Here, Wish You Were Beautiful” — Jimmy Buffett
Sum ‘Margaritaville’ or ‘Margarita in Paradise’ would also be good choices, but this is a timeless, time for pool and beach parties. And any self-respecting event such as this needs a soundtrack. Fortunately, sum- mer fun has long been a favorite topic for songwriters. So in that spirit, here is a playlist that has some all-time great summer hits, mixed in with a few newer favorites and a wild card or two. The 20 songs are sequenced for musical flow, not as a ranking. So grab your iPod (or whatever device) and download away.

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Sip back and relax with one of these

Summer came early to South Florida, leaving even the natives among us feeling like they’d been whipped with a wet towel. But summer doesn’t have to be that way. There’s nothing like a refreshing drink to bring temperatures down.

Why not relax with one of these?

Drops of Jupiter
The Cooper
Who can resist framboise, with its raspberry overtones? Sugar In The Raw mutes the sweetness. And the three dashes of bitters mellows the sweetness. Sounds intoxicating — literally.

- 2 oz St. Augustine Vodka
- ¾ oz Framboise Liqueur
- ¾ oz lemon juice
- 3 dashes Peychaud’s Bitters
- Sugar In The Raw

Combine St. Augustine vodka, framboise liqueur, lemon juice, and bitters in a mixing tin or glass. Fill with ice and shake vigorously for 20 to 30 seconds. Strain into a chilled martini glass that is half-rimmed with ice and shake vigorously for 20 to 30 seconds.

Kiwi Basil Mojito
Avocado Grill
Basil and lime keep the sweetness in check with this drink from Avocado Grill, and the kiwi keeps it honest.

- ½ muddled kiwi
- 3 basil leaves
- ½ oz of agave
- 2 lime wedges squeezed
- ¾ oz of Bacardi Silver

Combine, shake and serve over ice. Garnish with a kiwi slice.

Flagler Punch
HMF, The Breakers
The staff at HMF at The Breakers serves this cocktail in a small punch bowl. Everyone’s got one, right? Really, any large bowl will do, so why not expand the taste with bready like malt notes and a slight sweetness in check with this drink from Avocado Grill, and the kiwi keeps it honest.

- 2 oz Maker’s Mark Bourbon
- 1 sprig rosemary
- Equal parts pineapple juice and grapefruit juice
- ½ oz cranberry juice
- ¾ oz vanilla simple syrup
- 1 oz Grenadine

In a shaker, combine Maker’s Mark Bourbon, rosemary, honey and vanilla simple syrup. Muddle, add ice and shake. Strain into pilsner glass over fresh ice. Add equal parts pineapple juice and grapefruit juice. Top with club soda and float with Grenadine. Garnish with orange cherry flag and serve with a smile!

Honey Vanilla Wheat Ale
Due South Brewing Co.
Due South Brewing Co. of Boynton Beach promises that its new Honey Vanilla Wheat Ale is good for what ails you during summer. Well, not quite. But the brew is designed to appeal to those who need to drink something that cuts the humidity with a knife. It’s flavored with Madagascar Vanilla beans and South Florida palmetto honey. We think Due South puts it best: “A mildly floral nose carries over into the taste with breadly like malt notes and a slight sweetness. The crisp finish quenches your thirst in a nature as satisfactory as a cannonball into the pool on a 95-degree day.”

We’ll drink to that!

— Scott Simmons

Available only on the Fourth of July, enjoy our New England Clambake and St. Louis-style Barbecue Rib specials.

The Fourth of July Never Tasted So Good

PGA Commons | 4610 PGA Boulevard | Palm Beach Gardens | 561.622.0032 | thecooperrestaurant.com
Summer’s here. Feeling that lust for vacation! Stay home and find paradise. Here are three destinations that appeal to travelers, but these deals are meant for locals. Take advantage.

The Breakers has lured travelers for generations with its idyllic charm and illustrious history. The Italian-Renaissance-inspired resort rests on 140 acres of transcendent, oceanfront Palm Beach property. Through Sept. 30, Florida residents may receive a complimentary room upgrade at time of reservation (subject to availability). Stay two nights or longer and receive a $50 nightly resort credit, which can be applied to dining, spa services or activities. Guests will have access to Ocean Fitness, a new 6,000-square-foot indoor/outdoor oceanfront facility, and unlimited access to group fitness classes, there are over 60 classes per week to choose from. Other summer promotions include an unlimited $75 golf fee per person, per day on the Ocean Course and The Breakers Rees Jones Course, including cart rental. Savings on poolside bungalow rentals are also available. For reservations or more information, visit thebreakers.com or call 1-888-BREAKERS (273-2537).

PGA National Resort & Spa, home of the “Bear Trap” and the Honda Classic, home to five championship golf courses in Palm Beach Gardens, has earned a reputation as “the place where legends and luxury meet.” Golfers may fancy the “Summer Escape and Play” package — it starts at $89.50 per night (per person, double occupancy) and runs through Sept. 30. It includes luxury accommodations with a private balcony or terrace; one round of golf per day on the Palmer, Fazio, Squire or Estates courses; complimentary daily replay round (reserved on day of play); 50 percent discount on daily golf clinic; and access to the “Waters of the World” mineral pools.

The weekend of Aug. 8, book a room for $149 and receive two tickets to the First Annual Craft Beer Bash, where you can taste more than 120 craft beer and cider brands. “Weekends at the Wave” center on family-friendly entertainment and festivals throughout the summer, kids eat for free, with room rates from $149.

For reservations or more information, visit pgaresort.com or call 1-800-863-2819. Boca Raton Resort & Club, a Waldorf Astoria resort, is luring families to book their summer getaway by offering a promotion where kids eat free breakfast, lunch and dinner at select resort restaurants through Aug. 31. Spread over five buildings, including Addison Mizner’s historic pink Closet Hotel, the seaside resort sits less than two miles from the Boca Raton Museum of Art.

Another promotion, the resort’s “Live Like a Floridian” package, includes a $25 property credit for Shaka Bar & Grill, free parking and unlimited use of the “FlowRider,” a wave machine for surfing like you see on cruise ships, with a two-night stay or longer, through Dec. 31.

For reservations or more information, visit bocaresort.com or call 1-888-543-3124.

Lovers Key Resort
The name says it all — Lovers Key Resort truly does attract lovers. Located just south of the tip of Estero Island between Estero Bay and the Gulf of Mexico, Lovers Key is a staycation that means not only escaping, but serves to remind locals why they love Southwest Florida so much in the first place.

During tourist season, the painfully slow, stop-and-go traffic to the beach is reason enough to dissuade area beach goers. So, for most mainland residents, summertime means beach time — and the perfect staycation should include plenty of it. At Lovers Key Resort, you have a choice: You can lounge at the pool on the bay, or you can amble across Estero Boulevard to Lovers Key State Park right on the gulf for sandy beaches and warm summer water. Often a choice for wedding celebrations, Lovers Key Resort has plenty of amenities that attract couples. Each room has an open-air balcony that overlooks the bay, plus a galley kitchen — or, in the suites, a full kitchen. In fact, for guests looking for more luxury, there are spacious penthouse suites with floor-to-ceiling windows that boast views of the gulf as well as the bay. And the Florida resident special, offered through the summer months, is indeed attractive, starting at just $159 per night.

And while the resort is famous for romance, families flock to Lovers Key for fun. Lovers Key State Park has a two-mile long beach where visitors can rent kayaks, canoes, bicycles and more. Among the wildlife enjoying the park’s unspoiled beauty are bald eagles, marsh rabbits and manatees. Back at the resort, from their balconies, guests can also spot bottlenose dolphins playing in Estero bay.
The resort’s waterfront restaurant, Flipper’s On The Bay, has spectacular views of the bay as well and is known for not only its culinary choices, but for specialty drinks. It’s not a staycation until you’ve had the “Original Bucket O’ Fun,” which includes four different kinds of rums and a rum floater thrown in for good measure.

Just a short drive over the bridge takes guests to Fort Myers Beach, where they can enjoy the Key West-style sunset celebration near the public pier complete with musicians, mimes and performance artists. Or they can hop aboard a 65-foot replica Spanish galleon for Salty Sam’s Pirate Cruise featuring games, mutiny and even live cannon rounds. On the south end of Fort Myers Beach, catch a movie at the Beach Theatre or check out the boutiques at Villa Santini Plaza.

Lovers Key Resort is an excellent way to recapture the romance — and rediscover the beach.

Loverskey.com
239-765-1040
8771 Estero Blvd., Fort Myers Beach
— Stephanie Davis

Naples Grande Beach Resort

The grandeur starts with the lobby. The second you step inside the Naples Grande Beach Resort, your staycation takes on a European feel. Colorfully decorated with modern, yet comfy furniture — plus a sleek, mirrored escalator set off by a one-story ring fountain water feature — you’ll find your welcome is both warm and luxurious.

A staycation at The Naples Grande is a summer getaway for the discerning Southwest Floridian looking for some high-end pampering and resort amenities such as a full-service spa, a par 72 golf course, 15 tennis courts, three swimming pools and more than five different dining spots. But with the 20 percent off special rate for Florida residents, it won’t break the bank. For a minimum two-night stay (Friday through Sunday; rates subject to availability), you could find yourself with a gulf-view room for around $230.

In fact, one of the features that makes The Naples Grande so popular for both families with young kids, or couples seeking a romantic escape, is the beach at the resort — and half the fun is getting there. You can stroll down a boardwalk surrounded by a forest of mangroves and native wildlife, or if you’re not in the mood for a walk, you can always take a short ride to the seashore on the free tram.

Less crowded and quieter in the summer time, Naples Beach is known for its long stretches of white, sandy beaches and vivid sunsets. Guests can also rent paddleboards, kayaks and other water-sport toys. Also on the beach, there’s the latest addition for the Naples Grande — Rhode’s End Beach Bar — a casual, Mediterranean-style bistro with outdoor dining where guests can order anything from a burger to fried squid, plus tropical cocktails.

Back at the pool area, while the adults sip on daiquiris, the kids stay busy in the family pool boasting a 100-foot twisting water slide. Around the corner is the Palm Terrace Pool, exclusively for adults, with private cabanas and even butler service.

Nearby, staycationers can check out the goods at Waterside Shops or see a show at Artis—Naples. But, with as much as there is to do at the resort — whether it’s happy hour in the Lobby Lounge or taking a water aerobics class at the Hibiscus Hideaway (the third pool) — you’ll likely find your staycation jam-packed at The Naples Grande.

naplesgrande.com
844-322-3321
475 Seagate Drive, Naples
— Stephanie Davis

COURTESY PHOTO

PGA Commons

SUMMER HAPPY HOURS

INDULGE IN SPECIAL PRICING ON SIGNATURE DRINKS, BEER, WINE, AND APPETIZERS!

Kabuki Sushi Thai Tapas
561.776.8778 • kabukisbpb.com
Every day from 3 p.m.-6:30 p.m.
1/2 off select cocktails, $2.50 Chang Beer
$4, $5, and $6 Appetizers and Sushi

Prosecco Café
561.622.3222 • proseccocafe.com
Every day from 4 p.m.-6 p.m.
$3-$5 Happy Hour Menu
Drinks and Appetizers
Every day from 4 p.m. to close
Summer Madness Special Menu
Includes: $5 Burger Night, Mussels Night, and More!

Rocco’s Tacos & Tequila Bar
561.623.0127 • roccostacos.com
Every day from 4 p.m.-7 p.m.
$1 off drinks
At the bar only

Spoto’s Oyster Bar & Blueprint Lounge
561.622.0032 • thecooperrestaurant.com
Every day from 4 p.m.-6:30 p.m.
1/2 price wells, $3.50 and $5 wine selection
Select appetizer menu – $4.75-$5.75
Bluepoint Oysters – $1.75 each (when available)
Cherrystone Clams – $1 each
The Cooper, Craft Kitchen & Bar
561.622.0032 • thecooperrestaurant.com
Every day from 3 p.m.-6:30 p.m.
$4 craft draft beers and $5 select wines and wells
Special Happy Hour Menu

Vic & Angelo’s
561.630.9999 • vicandangelos.com
Every day from 3 p.m.-7 p.m.
1/2 price wells, $5 house wines, $3.50 draft beers
Special Happy Hour Menu
At the bars and lounge areas only

PGA Commons is conveniently located along the south side of PGA Boulevard between I-95 and Florida’s Turnpike.

PGACOMMONS.COM
Specials subject to change without notice.

COURTESY PHOTO

Naples Grande is a modern staycation destination with everything you can think of.
Five tips from a master for beautiful barbecue

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

There are three things that reign supreme in summer, aside from sunshine and rain: Fire, smoke and meat.

After all, they are the main components of any great cookout.

Floridians don’t stand on ceremony. Now that summer has arrived, we just want to relax.

With that in mind, we asked Dean Lavallee, Southeast Florida’s guru of barbeque, for a few tips before we invite the guests or lighted the grill.

“We do it buffet-style, rather than plated,” Mr. Lavallee said of the cookouts he hosts. “I think that makes it visually better. You can really dress it up.”

While you’re at it, stick to what you know.

Mr. Lavallee, owner of the eight-restaurant chain, BBQ & Grille chain, cautioned backyard chefs to avoid experimenting on guests.

“Don’t test recipes on a day when people are coming over. It’s like, ‘I’ll have my grill turned on and I’d put some wood of my choice in the grill, even if it’s a gas grill, until it’s nearly burned away.’ You’ll get a nice smokey taste in your barbecue without it tasting like you’re eating a pine tree. Use citrus or cherry or oak. We have oak flooring in our house and we had all this extra floor sitting around. I’d use a little of that flooring — a 1-foot piece — and wait until it almost burned away, then put the meat on the grill.

4. Do all the heavy lifting the day before. Make your bean salads and your potato salads the day before. It makes for an easier day, I think the more salads the better. I think people really like variety at a good backyard barbecue. There’s an infinite variety of bean salads and macaroni salads, and people really enjoy them.

5. A few seafood and vegetarian items will be well appreciated by the non-meat eaters. We’ll do a crab cake and shrimp. Or vegetable kebobs, topped with a good cheese. I’d get it all done the day before, so I’m not trying to skewer shrimp kebobs and do kielbasa early in the morning. And trust me: Everyone, including the meat eaters, will enjoy those items.

BY DAIN HUDD
Special to Florida Weekly

Thus far, the 2015 summer movie season has seen two of the highest-grossing domestic opening weekends of all time, with $208 million going to “Jurassic World” and a not-too-shabby $99 million to “Avengers: Age of Ultron” (only “The Avengers” stands between them at $207 million).

What do these big box office grosses mean? Not necessarily that more people are going to the movies than ever before, with what in inflation, 3-D, large-screen format upcharges and variable pricing playing a role in the high numbers. Rather, the large grosses this year — including a 1984 original and changes the story. You know, like a reboot should. The film directly, this franchise reboot takes the Avengers” stands between them at $207 million. You’ll get a nice smoky taste in your barbecue without it tasting like you’re eating a pine tree. Use citrus or cherry or oak. We have oak flooring in our house and we had all this extra floor sitting around. I’d use a little of that flooring — a 1-foot piece — and wait until it almost burned away, then put the meat on the grill.

4. Do all the heavy lifting the day before. Make your bean salads and your potato salads the day before. It makes for an easier day, I think the more salads the better. I think people really like variety at a good backyard barbecue. There’s an infinite variety of bean salads and macaroni salads, and people really enjoy them.

5. A few seafood and vegetarian items will be well appreciated by the non-meat eaters. We’ll do a crab cake and shrimp. Or vegetable kebobs, topped with a good cheese. I’d get it all done the day before, so I’m not trying to skewer shrimp kebobs and do kielbasa early in the morning. And trust me: Everyone, including the meat eaters, will enjoy those items.
South Florida Summer Concerts

**Special to the Florida Weekly**

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**NEWS**

A NOTE FROM DEAN:

The only way I can ensure the quality of the product I serve at Park Avenue BBQ is to visit the people that we get our products from. There is no vendor more important to the success of my company than the one I buy my Pork from. This year was more important than ever because for the first time in a long time I was going to buy from someone new and a company that I had never bought from before. My previous pork supplier had been sold to a foreign company and I reached out to another American company for help. This Thursday, I visited the Hormel plant in Austin, Minnesota to see firsthand how they do business. Here is what I found:

Austin is a beautiful, clean, di- verse town full of happy, hard-working, and extremely hospita-

ble residents.

The Hormel employees, facilities and respect for the wellbeing of the animals was the best I have ever seen. Thank You Austin and Thank You Hormel for exceeding my expectations.

The best part of the trip was a boos- ing and heartwarming surprise. One of the Hormel employees had the misfortune of task that proved that Hormel deserved our business is also a farmer. On the way to see the first of many of the Hormel facilities he pointed out with a concerned tone that the farms we were passing had not gotten their seed in the ground yet and it was getting late for that. It was about 6am and every few miles we would point out a tractor in the distance where one farmer was getting his seed sown. About 45 minutes back on that same highway and much to his delight were a few tractors on almost every farm squeezing every drop of daylight out of this day. He screamed for us to look to our right, where a farmer driv- ing a dusty green John Deere trac- tor was flying the American flag with the sunset in the background. Maybe the most patriotic thing I had ever seen, until I saw that my guide was crying with joy at the sight of an Unknown American farmer getting his job done.

GOD BLESS AMERICA!
Baseball and summer go together like hot dogs and mustard. End your hot day with a cold beer or a firework-lit family night. Go catch a game.

**Miami Marlins:**
The Marlins stocked up on arms, picking up 21 pitchers, in the draft. Go see the Fish play some ball and check out their weekly specials, like kids eat free Wednesdays, senior free ticket Thursdays or “selfie” Sundays, where you can have your photograph taken with a player pregame.

For tickets, schedule and more promotions, visit miami.marlins.mlb.com.

**Minor leagues:**
Go see the pros of tomorrow play today, like finding a band before it goes mainstream, you get to say you saw them when …

• With the Palm Beach Cardinals and Jupiter Hammerheads, the High-A advanced affiliate in the Marlins pipeline, playing at Roger Dean Stadium, there’s a game every night.

Ballpark specials include “Dog Days of Summer,” where you can buy a $5 Pooch Pass the last Saturday of the month, treating your best pal to a game and a “Frosty Paws” frozen dog treat. Dollar nights are back on select Thursdays, where fans can purchase tickets, hot dogs, Pepsi sodas, nachos, popcorn and domestic beers for a buck.

For tickets, schedule and more promotions, visit palmbeachcardinals.com and jupiterhammerheads.com.

• Or head north and catch the St. Lucie Mets at Tradition Field. Weekly specials include “all you can eat and a seat” Wednesdays, where $15 gets you a ticket and all-you-can-eat hamburgers, hot dogs, BBQ pulled pork sandwiches, macaroni salad, chips and $2 sodas and $2 beers.

For tickets, schedule and more promotions, visit stluciemets.com.

• Need water? Head to Okeeheelee Park in West Palm Beach to see some water ski wizardry play out in the 73rd annual GOODE Water Ski National Championships, Aug. 11-15.

More than 600 of the nation’s top water ski athletes are expected to compete for national titles. Athletes advance to the water ski national championship — the world’s largest three-event water ski tournament — through national rankings, placing in the Top 5 at regionals or in the Top 5 at the previous year’s national competition.

The first national competition was held in 1939 at Jones Beach in Long Island, NY. Except for three years during World War II (1942-1944), the national championship has been held every year since. For more information on the 2015 GOODE nationals, hosted by the Ski Club of the Palm Beaches, visit waterskinationals.com.
St. Mary’s Medical Center names chair, new board member

Palm Beach Gardens Medical Center MRI machine helps anxious patients
Changing the image of bone marrow transplants

Dad, who hopes to save daughter’s life, says the lingo may discourage potential donors

BY ATHENA PONUSHIS
aponushis@floridaweekly.com

Amanda Paffe, a 39-year-old registered nurse, single mother of four, was diagnosed with myelofibrosis, a rare form of bone marrow cancer, in November. She needs a transplant. She’s on the waiting list for a donor. So far, there’s no match.

“There are 18 million people on the (marrow) registry. It’s hard to believe none match her,” says Jim Gill, Amanda’s father, who lives in Palm Beach Gardens. “Every month, they add another 15,000 to 18,000 potential donors to the list. I pray one of those hits.”

Mr. Gill also prays the perception surrounding bone marrow transplant shifts. He finds the language misleading, as "transplant" seems to scare off donors and sounds painful, making people picture the painful withdrawal of marrow from a hip bone, when really, with stem cell advancements, the marrow from a hip bone, when really, with stem cell advancements, the "transplant" may be closer to a lengthy blood donation, and "donation" may be a more appropriate word.

The majority of bone marrow donors are given medication for five days to remove blood from one arm, passed through a machine that separates out stem cells, and returned to the donor through the other arm.

Mr. Gill wants to raise public consciousness about the process, and hopefully, save his daughter.

“It got my attention, it hit home, because it’s my daughter,” he says. “But I thought, ‘My God, most people don’t realize how easy it is to be a bone marrow donor.’ It’s the easiest way I can think of to save a life. … Donating bone marrow is like giving blood. The more consciousness raised, the more people understand about it, the more people in the bank, the better.”

Amanda Paffe would like people to see how strongly her condition affects her life and see how simple it would be for them to join the registry.

“People give blood, they sign up to be organ donors at drivers’ license offices,” she says. “Bone marrow donation doesn’t have enough attention. It’s a less invasive process than the other things we’re asking people to do.”

To join the bone marrow registry, someone need only go to BeTheMatch.org, operated by the National Marrow Donor Program.

The nonprofit will mail a kit to the person’s home, the person takes a mouth swab, or a cheek swab, and mails it back in a prepaid envelope.

“You don’t have to go to a donor drive, you just have to go to BeTheMatch.org, take a swab at home, mail it back, you’re all done, it’s as easy as can be,” Mr. Gill says.

Doctors are looking for donors age 18 to 44 for younger donors lead to more successful transplants. Therefore, the marrow registry is looking to recruit donors in that age group.

Once in the registry, the member will be listed until his or her 61st birthday. Individuals between the ages of 45 to 60 may join the registry if they meet health guidelines for a $100 tax-deductible fee, as doctors select donors in the 18 to 44 age group 90 percent of the time.

In her limbo, waiting for a match, Amanda Paffe and her children posed for a photo when the registered nurse graduated from younger donors lead to more successful transplants. Therefore, the marrow registry is looking to recruit donors in that age group. In her limbo, waiting for a match, Amanda Paffe

In her limbo, waiting for a match, Amanda Paffe

Amanda Paffe receives blood transfusions every other week. She’s severely anemic, as her bone marrow doesn’t make red blood cells anymore. She’s taking chemotherapy medication and may have to have her spleen removed, as it’s enlarged trying to overcompensate for the lack of red blood cell production.

Her focus is her children, ages 10 to 18: Ethan, her oldest, an honor roll student who just graduated from high school; Kristoph, born two months early with Down syndrome, now a star swimmer in the Special Olympics; Grayson, a student at a magnet middle school for technology, who loves to read books and beat his mom at chess; and Natalie Grace, her youngest, her princess, who loves twirls and handstands and everything pink.

Amanda Paffe and her children live with her mother in Jacksonville, as she is no longer able to work as a nurse. She applied for disability through Social Security in January, but she has yet to be approved.

“One of the most difficult aspects of being seriously ill is going from being a successful working professional who was able to support her family, to being stuck at home, in pain, with no source of income,” she says in her blog.
In another entry, she shares, “With great anger I shoved my nursing scrubs into giant rubber bins, unable to see them hanging in my closet one minute longer. Instead of a symbol of my success, they felt like utter failure, as if they were mocking me and my inability to put them on and support my family.”

Mr. Gill describes not falling in the age group to donate to his daughter as the “ultimate frustration.”

Even if he were younger, Ms. Paffe says as her parent, genetically, he would only be a half match, just like her 18-year-old son. A full-blooded sibling would have a 25 percent chance of being a match, but Ms. Paffe has no full-blooded siblings. Her family unable to help her, she’s looking for a stranger, someone willing to donate their baby’s (umbilical) cord blood (doctors check cord blood registries for a match if there’s no match in the marrow registry).

Thinking of all the people out there in the world, Ms. Paffe says, “it only takes one ... There will be somebody out there. There has to be. That one person will do their swab and send it in. I have to believe that. Statistically, it has to happen.”

“There are 18 million people on the (marrow) registry. It’s hard to believe none match her ... Every month, they add another 15,000 to 18,000 potential donors to the list. I pray one of those hits.”

— Jim Gill, Amanda’s father, who lives in Palm Beach Gardens

**4 WAYS TO ENTER**

- Email your photos to pets@floridaweekly.com.
- Post them at www.facebook.com/charlestownfloridaweekly
- Post them on our Instagram page at Florida_Weekly.
- Send your photos to our office: Florida Weekly Pet Contest, 4300 Ford Street, Suite 105, Fort Myers, FL 33916

FIRST PLACE WINS $250*

2nd & 3rd PLACE WINS $100*

* The first place winner will receive a $250 gift certificate to his or her favorite pet supply store. The second and third place winners will receive $100 gift certificates. We’ll publish the best ones in an upcoming special issue. Include your first and last name, address, phone number (so that we can contact you if you win) and your pet’s name and breed.

---

“Normal healthy bone marrow depicting erythroid and myeloid cells”

**HARBOURSIDE PLACE**

**JUPITER, FLORIDA**

**Waterfront Dining, Shopping, Entertainment & More!**

**MOVIES ON THE WATERFRONT**

Saturday, June 27; Sunset

Playing HOME Enjoy a free movie underneath the stars on the waterfront amphitheater. Movie will start just after 8pm. Bring a blanket or a chair.

**YAPPY HOUR AT PUCCI & CATANA**

Thursday, July 2; 5pm – 8pm

Bring your pets to a very special night at Pucci & Catana Luxury Pet Boutique! Enjoy complimentary wine tasting, great music and lite bites. Receive 20% off your entire purchase.

**4TH OF JULY CELEBRATION**

Saturday, July 4th; 4pm – 10pm

Great music, free family entertainment and the best fireworks show in Palm Beach County. Inflatable games, carnival activities, a real-life Statue of Liberty, balloon artist and much more! Performances by The Spazmatics & The Petty Hearts.

Harboursideplace.com | 561.935.9533
someone's brother, when they learned it was someone's sister, when they learned it was someone who worked with them, they learned hospice was touching everybody."

The small group raised big bucks — $3 million — through a capital campaign called "Stairway to the Stars." The groundbreaking ceremony took place in 1986. In 1988, the two-story, 24-bed Charles W. Gerstenberg Hospice Center opened debt-free, equipment and all.

"They bought in to what my dream was and what I was doing," Ms. Ross said of her original donors, including Mary Hulitar, whose late father served as the building’s namesake.

The original structure off 45th Street in West Palm Beach has added administrative and training space, a dining area with a kitchen, a parking garage and 12 more beds, and it houses the corporate offices of Hospice of Palm Beach County.

Services range from expert medical care aimed at easing stress and relieving pain, to a music-therapy program that enhances mood and stimulates memory recall, to support for caregivers and grief counseling for adults and children.

"What I’m proud of is, regardless of what I’ve done, what they have done with it since then," Ms. Ross said. "They took it to a level I couldn’t ever dream of. It’s tremendous."

Humble beginnings

Ms. Ross’ involvement began in 1982 after she read in a church bulletin the local hospice organization — then operating out of the Noreen McKeen Residence for Geriatric Care on Flagler Drive — needed volunteers. She attended a training session and signed up. Her inspiration stemmed from the loss of her 55-year-old brother to cancer.

“I just wanted to do it in his honor," said Ms. Ross, who remembered how positive he remained during his final moments. "Hospice is not about dying. It’s about making the most of the days that remain for the patient and the family.”

Having held every position on the foundation board, the self-described “happy, retired person” received the title of honorary life chairwoman during the 2012 Hospice Evening.

"Any time you get together and accomplish as much as this organization has, you have to be excited about it," Mr. Cook said. "In these 30 wonderful years, we’ve continued to grow and build an organization that has supported this necessary service."

Making milestones

Graceful aging will continue into the foundation’s future — one filled with technology, telemedicine, tools and trends to help hospice meet the palliative care needs of more than 2,000 residents every day.

"We’re constantly trying to make certain that our hospice is the best hospice that there is," Mr. Cook said. A new logo for the foundation debuted earlier this year in honor of the 30th anniversary, and a new Web site will appear in the fall.

"It’s not just phones and postage anymore," Mr. Cook said. "We’re trying to make certain that our fundraising activities are appealing to the next generation of people who need to understand what hospice is," Mr. Cook said. "We’re trying to make certain that our message is being made available through all of the media outlets that exist. We’re trying to make certain people are aware of how valuable and accessible hospice services are in Palm Beach County.

"We actually really are lucky here," he continued. "It’s quite a gift that we have — a world-class hospice."
For most of us, high school was a brief, awkward stage of our lives highlighted by devastating cruces on the opposite sex, fits of rebellion against parents, the stress of getting into college and embarrass all acne breakouts. And those were the good times. But for a few, their teen years were the apex of their lives. Buy them a beer, and they will happily tell you how they caught their winning touchdown pass at the state championship, hooked up with the cheerleading captain or orchestrated the most legendary senior prank ever.

Unfortunately, living in the past “glory days” is not just something that affects individuals, it can affect entire countries too. Let me introduce you to Greece.

Between 1000 B.C. and the birth of Christ, Greece was the “cool kid” on the world stage. Alexander the Great obliterated every army in his path, Greek scientists dominated their respective fields, the Olympic Games were created and the first democratic form of government was put into practice in Athens. Unfortunately, living in the past “glory days” is not just something that affects individuals, it can affect entire countries too. Let me introduce you to Greece.

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Brookdale Palm Beach Gardens to open $8 million standalone memory care facility

A local senior living community plans to invest over $8 million to expand its memory care capacity and add a new program for those in the disease’s initial stages.

“With his long-standing involvement in the community, Mike will serve as an excellent addition to our hospital’s governing board for the 2015-2016 term.”

— CEO Jeffrey M. Mitrione

Palm Beach Gardens Medical Center appoints new governing board member

Welch, in a prepared statement. “His background serving in various leadership positions will aid us in our mission to continuously provide the highest quality care. Mr. Mitrione joined Gunster in 1979 and served as the chair of Gunster’s corporate and securities practice for more than 20 years. He was also a member of Gunster’s board of directors. Mr. Mitrione currently is the co-chair for Gunster’s corporate and securities practice and is part of the firm’s Banking practice. He has experience in giving counseling and advice in business, corporate, securities and banking law.

Cleveland Clinic Florida acquires Cardiology Associates of Palm Beach

Cleveland Clinic Florida has acquired Cardiology Associates of Palm Beach, a group practice with eight board-certified cardiologists. Founded in 1978, Cardiology Associates of Palm Beach has offices in Atlantis and West Palm Beach.

“The physicians of this talented and respected cardiology group align well with Cleveland Clinic’s model of medicine, which includes delivering high quality care in a value-driven approach.” Wael Barsoum, MD, president of Cleveland Clinic Florida, said in a statement. “We are proud to provide our patients expanded access to world-class care and greater convenience through multiple locations in Palm Beach County.”

Cleveland Clinic Florida’s expansion into Palm Beach County began with the opening of its first office in West Palm Beach in 2007. This practice was reactivated to CityPlace Tower in downtown West Palm Beach approximately a year later. It is now home to physicians representing 12 medical specialties and nearly a dozen other specialists who rotate in from the main campus in Weston.

More recently, Cleveland Clinic Florida opened an office in Palm Beach Gardens in the summer of 2013. This office provides full-time neurology, internal medicine and family practice services, as well as specialty services in cardiology, gynecology, neurosurgery and sports medicine. The new Cleveland Clinic Florida offices providing cardiovascular care are at 3408 Forum Way, Suite 300, in West Palm Beach, and at 5507 S. Congress Avenue, Suite 110 in Atlantis.

For more information about Cleveland Clinic Florida, visit clevelandclinicflorida.org.
A DEAL FOR THOSE WHO KNOW
YOU DON’T HAVE TO
GO AWAY TO GET AWAY

NOW THROUGH SEPTEMBER 30
ENJOY SPECIAL RESIDENT STAYCATION RATES AS LOW AS $179* INCLUDING A $50 RESORT CREDIT when you book using code “BEST”

This summer, why not discover Naples Grande Beach Resort—Naples’ newest, chic and fun destination. From its completely redesigned rooms to an array of three pools—from family-friendly to adults-only—and plenty of dining choices, you won’t find a more inviting resort anywhere. And now, with our equally-inviting summer rate, you won’t even want to look. Book your stay today.

FOR THE KIDS: Lemonade labs for kids to mix their own lemonade • Summer Reading Noon Little Chef’s Pizza class on Saturday’s
FOR THE LADIES: Special Spa offers to give you the pampering you need and deserve.
FOR THE WHOLE FAMILY: ‘Dive-in’ movies poolside (guests only) on Saturday nights Sunday Brunch • Dinner at The Catch

*Subject to availability and rates are subject to change.

Call (844) 380-1335 or visit naplesgrande.com
Gold Coast Tiger Bay Club luncheon

Bill Schwartz and Marshall Isaacson  Barry Epstein, Danielle Silverman, John Kelly and Robert Weinroth  Jay Rosenkranz and Linda Rosenkranz and John Kelly

JANIS BUCHER
PALM BEACH SOCIETY

45th annual Boca Raton Chamber Golf Classic at Royal Palm Yacht & Country Club

Bob Koepka, Jaime Hellman, Philip Poole and Joe Landolfi  David Aucamp, Bill Smith, Steve Owens and Randy Nobles  John Kennedy, Gabriela Seabolt and Dean Cameron

Steve Jara, Jim Karnegis and Jeff Silkworth  Tim Devlin and Richard Pollock


“Like” us on Facebook.com /FloridaWeeklyPalm Beach 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.
Indescribable views, impeccable Ritz Carlton service

If you are looking for an exceptionally beautiful condominium on Singer Island, look no further than Ritz Carlton Residence 2503B. Take in ocean and Intracoastal views as far as the eye can see. No expense was spared in the finishing and furnishing of this 2,335 square foot oasis. Top quality audio/visual systems throughout, designed by Criteria. The wall between the kitchen and living area was totally removed for unobstructed water views. Enjoy entertaining with a custom built wet bar, Subzero wine and beverage refrigerators or relax in the living area complete with built-in wall unit, HD television and AV equipment, including surround sound embedded in the tray ceiling. Awake in the master bedroom to views of the ocean’s tranquil blue water.

This property offers unparalleled service, attention to detail, and an amenity-rich lifestyle. Majestically situated on 8.8 acres along the crystal blue waters of the Palm Beach coastline, The Residences rise 27 stories and offer panoramic ocean views and impeccable service delivered by the Ritz Carlton.

Featured are valet services, gourmet dining and a dedicated concierge. You’ll enjoy five-star living nestled between the celebrated Worth Avenue, PGA Golf, and Wellington’s horse country. The Ritz Carlton Residences are just minutes away from Palm Beach’s finest dining, entertainment and shopping.

The Walker Real Estate Group specializes in selling and listing luxury condominiums on Singer Island.

Ritz Carlton Residence 2503B is being offered at $2,150,000. For a private showing, or further information on this property, contact Jeannie Walker at 561-889-6734 or e-mail Info@WalkerRealEstateGroup.com. www.WalkerRealEstateGroup.com.
BY TERRY AND KIM KOVEL

Faux finishes meant to fool can fetch a price in their own right

Expensive woods like teak or mahogany, marble, stone and other materials used to make expensive furniture are often imitated by a painted surface. Faux finishes have been used since the days of ancient Egypt. The Greeks and Romans admired murals that were examples trompe l’oiel (fool-the-eye) paintings. Life-size objects on tables, half-open doors, stairways and furnishings included in these paintings looked real. The tradition of faux finishes experienced a resurgence in the 19th century. A major Civil War monument with an interior of pink marble walls was restored a few years ago. It was discovered during the restoration that the monument’s walls were actually made of white marble painted with a faux finish that made the wall look like expensive pink marble. No doubt it was done to save money — and it was so well done it fooled the public. Inexpensive wood used to make furniture has been painted to resemble mahogany, bamboo, teak, birds-eye maple or just decorative graining. Tabletops were “improved” with a faux marble finish. Talented artists also painted tops with what looked like multi-colored mosaic designs.

Bamboo furniture was the latest rage a few years ago. It was discovered during the restoration that the monument’s walls were actually made of white marble painted with a faux finish that made the wall look like expensive pink marble. No doubt it was done to save money — and it was so well done it fooled the public. Inexpensive wood used to make furniture has been painted to resemble mahogany, bamboo, teak, birds-eye maple or just decorative graining. Tabletops were “improved” with a faux marble finish. Talented artists also painted tops with what looked like multi-colored mosaic designs.

Bamboo furniture was the latest rage in the early 1800s. Bamboo was hard to get in Europe and the United States, so Chinese-style furniture was made with wooden parts shaped like bamboo, then painted with trompe l’oiel graining. The wooden parts were stronger than real bamboo, so the faked parts often were an improvement. The tradition of painted furniture has continued, and collectors pay a premium for American “grained wood” country pieces made from 1850 until about 1880. But the finish must be original and in good condition.

Q: Can you tell me if the old Franciscan earthenware pattern named Sierra Sand contains lead? A: Franciscan china was fired at high temperatures and is safe, but you can buy a lead-testing kit at a hardware store or online and test it yourself to see if the glaze contains lead. Lead-free glazes have been required on dinnerware sold in the United States since the 1970s. But glazes may contain some lead and still be considered “lead free,” according to U.S. Food and Drug Administration guidelines. If the pottery was fired at the correct temperature for the right amount of time, the lead fuses to the pottery and does not leach off. While your Franciscan dishes are safe, watch out for any pottery made in Mexico or China, handcrafted pottery, pieces that are highly decorated or have decorations painted over the glaze, and pottery with orange, red or yellow glaze.

Q: An uncle in Ireland gave us an old clock. The inscription on the face of the clock is “Lepaute, Hger Du Roi.” It has Roman numerals for the hours and Arabic numerals for the minutes. Do you have any idea how old the clock is and what it might be worth?

A: The Lepautes were master clockmakers in the 18th century. Jean-Andre Lepaute (1720-1789) began making clocks in Paris in about 1740. He specialized in large clocks for public installations and invented several improvements to clocks. He was a “Horloger du Roi,” a clockmaker to the king, by 1751. His brother, Jean-Baptiste (1727-1802), joined him in business in 1759 and became head after Jean-Andre retired in 1774. After Jean-Andre died, his nephews ran the business for several years. Some clocks by Lepaute sell for several thousand dollars. Your clock would need to be seen by an expert to determine its value. A very famous 1765 mantel clock has auctioned for $81,402.

Tip: Re-glue a doll’s wig with rubber cement. It’s removable if you later want to change the wig.

— Terry Kovel and Kim Kovel

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Tip: Re-glue a doll’s wig with rubber cement. It’s removable if you later want to change the wig.

— Terry Kovel and Kim Kovel
Recently fully-remodeled condo in a well-maintained, centrally located, gated community convenient to premier shopping, beaches, restaurants and cultural activities. This spacious 2-bed, 2-bath ground floor condo with floor to ceiling windows provides beautiful Intracoastal Waterway and North Palm Beach golf course views. Watch the boats go by or read a book on your large screen-enclosed patio.

$320,000
CALL: JOHN HARRY
561-630-6863

Beautiful townhome with private pavered gated courtyard entrance, 2 car gar. 1st flr features hardwood flrs with home office/den & full bath. 2nd flr features 21'' ceramic tile flrs, crown molding, granite cts, 1/2 bath & living room, family room & kitchen. Master suite has walk in closet, full bath with sep shower & tub & covered balcony. 2nd bedr has full bath & walk in closet. All baths are upgraded.

$329,000
CALL: SCOTT & JULIE WARNER
561-385-0938

Come experience this beautiful condo overlooking the channel leading directly into the Intracoastal & then the ocean. Large bedroom with his & her closets. The building has an elevator & exterior walkway overlooking the water. Boat slips are available. Enjoy the community pool with four separate grills a short walk from the condo.

$120,000
CALL: DONALD RIEGER
561-389-0336

Wonderful unit with beautiful kitchen and many upgraded details, including crown molding. Freshly painted throughout. Upgrades include Wood Cabinets and Granite in the Kitchen. Large sized tile in Living Areas and Wood Floors in the Bedrooms. Screened in porch is tiled. Six panel interior doors. Huge Master Walk-in Closet and storage closet as well.

$139,999
CALL: NANCY WALIGORA
561-414-6381


$219,000
CALL: DEBBIE ARCARO
561-371-2968

Updated and well maintained 3 bed/2.5 bath home in gated community. 2 car garage. Move in ready. Hardwood & tile throughout - No carpet. Screened porch with views of private preserve.

$367,500
CALL: JIM HANESCHLAGER
561-246-9910

Pristine 2nd story unit in gated, PGA National. 2/2 nicely furnished, turnkey & ready for use or ready to rent to seasonal tenants! Laminate wood floors through main living areas, upgraded carpet in the bedrooms, SS appliances in open kitchen with breakfast bar, L-shaped screened-in patio. Enjoy the PGA National lifestyle & some of the area’s most beautiful beaches.

$215,000
CALL: SUSAN WINCH
561-516-1293

Pristine 2nd bedrm unit in gated, PGA National. 2/2 nicely furnished, turnkey & ready for use or ready to rent to seasonal tenants! Laminate wood floors through main living areas, upgraded carpet in the bedrooms, SS appliances in open kitchen with breakfast bar, L-shaped screened-in patio. Enjoy the PGA National lifestyle & some of the area’s most beautiful beaches.

$219,000
CALL: DEBBIE ARCARO
561-371-2968

Beautifully decorated and appointed Seville home with a beautiful water view. Features 5 spacious bedroom suites plus office. Perfect for all. Contemporary decor, Light and Bright. Volume ceilings. Upgraded kitchen cabinetry with granite and built-in bar. ONLY 5 BEDROOM WITH FULL GOLF MEMBERSHIP AVAILABLE.

$799,000
CALL: CAROL FALCIANO
561-758-5869

Recenty fully-remodeled condo in a well-maintained, centrally located, gated community convenient to premier shopping, beaches, restaurants and cultural activities. This spacious 2-bed, 2-bath ground floor condo with floor to ceiling windows provides beautiful Intracoastal Waterway and North Palm Beach golf course views. Watch the boats go by or read a book on your large screen-enclosed patio.

$320,000
CALL: JOHN HARRY
561-630-6863

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www.WalkerRealEstateGroup.com
Independence Day, South Florida-style

The Independence Day weekend offers a range of events from which to choose, including fireworks, music and more at 4th on Flagler (top left), baseball, music and fireworks at Roger Dean’s Mega Bash (top right) or bird-watching in the Everglades (bottom).

Area offers everything from baseball to fireworks (and a tune or two in between).

By Janis Fontaine

Fest celebrates all things mango in Northwood

Special to Florida Weekly

It’s a fruitful time for Northwood Village.

Restaurants are crowded, properties are being renovated and there’s a renewed sense of optimism in the West Palm Beach district, which lies about 25 blocks north of downtown West Palm Beach.

But it literally is fruitful right now, as mangoes come in to full season and the Northwood Mango & Music Fest gets underway.

The free festival, set for 6 p.m.-10 p.m. June 26 and noon-6 p.m. June 27 along Northwood Road, will celebrate all things mango — after all, the first fruit-bearing West Indian mango tree was cultivated on 29th Street, just a few blocks north of where festivities will take place.

Highlights include a mango chef showcase with chefs from O-BO, Table 427 and Bistro Bistro, a variety of mango-infused food and beverages, a community mango recipe contest and an assortment of vendors.

Musical guests include the tropically infused sounds of Mixed Culture, Moska Project and Jimmy Stowe & the Stowaways, as well as other local community entertainment. A family and kids zone will include a choo-choo train, a tropical storm water slide, bounce house, face painting and arts and crafts. Artist Daniel Pontet of Impulse Art will perform live to the rhythm of the music as he paints with his feet and hands.

The event is produced by the West Palm Beach Community Redevelopment Project and Jimmy Stowe & the Stowaways.

Pay your respects to these brave individuals at the Richard and Pat Johnson Palm Beach County History Museum, 300 N. Dixie Highway, West Palm Beach. “Courage Under Fire” is on display through June 27. Museum hours are 10 a.m. to 5 p.m. Tuesday through Saturday. Admission is free. Info: 832-4164 or hspbc.org.

Clematis by Night schedule: The 20th anniversary celebration of Clematis by Night continues June 25 with double the bands from 6 to 11 p.m. The Kinected, a four-piece hybrid rock band, headline. Their music is energetic and melodic, with solid instrumentals, techno trickery and catchy hooks. You may even hear a tender love song or two. The Goodnicks, a three-part harmony driven pop/rock band, open. You’ll hear everything from Keith Urban and Rascal Flatts mixed with the Goo Goo Dolls and Kiss.

Clematis by Night offers bargain beverages with $2 draft beer as part of the 20th anniversary deal. Mark your calendars: There is NO Clematis by Night on July 2 because of the 4th on Flagler festivities.

Need more info? Visit clematisbynight.net.

Happenings

Courage exhibition about to wrap

The Historical Society of Palm Beach County invites you, one last time, to see its special exhibition “Courage Under Fire: 120 Years of Fire Rescue” before it closes June 27.

The exhibition tells the dramatic story of the West Palm Beach Fire Department. It begins before the turn of the last century, when most of the buildings were made of wood and lanterns and candles were the primary lighting sources.

Local businessmen and city officials banded together to form a volunteer fire corps, known as the Flagler Alerts.

More than a century later, fire is still dangerous and destructive but the thoroughly trained first responders of the West Palm Beach Fire Department are ready for any emergency.

Pay your respects to these brave individuals at the Richard and Pat Johnson Palm Beach County History Museum, 300 N. Dixie Highway, West Palm Beach. “Courage Under Fire” is on display through June 27.

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SANDY DAYS, SALTY NIGHTS

Confessions of an overgiver

“The day after I flew home from my most recent stay overseas, I made a trip to the grocery store to buy brownie mix for my neighbor’s birthday. My eyes were bleary with fatigue and my muscles were still stiff from the plane ride, but I went anyway. Compulsively, you might say. When I got back to my house, jet lagged and miserable, I baked the brownies and wrapped a present when all I wanted to do was go back to bed. Then I walked next door, plate in hand, to wish my neighbor a happy birthday. I presented the brownies with a flourish and handed her the tissue-wrapped gift. She set the plate and the package on a side table with a mumbled thanks. No ceremony. No hugging. No tears of gratitude. All my effort, for what?”

“You know what your problem is?” a friend told me recently. He’s a big man, gruff, the kind who likes to set you straight. “You’re a giver.”

“I like to be generous.”

“No,” he said. “You give too much. And takers? They sniff you out.”

He’s right about the takers. They always see me coming. But an overgiver? Surely, that’s not who I am.

Yet when I think about it, a lot of people — women especially, but men too — fall into this category. We constantly give too much, past the point that makes us comfortable, moving beyond generosity and into martyrdom. Some people enjoy this feeling, the idea that we’re always giving of ourselves, like a saint. And some of us have a desperate need to be liked, but we fear people will never love us for ourselves — only for what we can do for them. How to resolve this?

“You need to stop giving,” my gruff friend told me. “These people? They’re never satisfied.”

It’s true. My neighbor told me later that the brownies were underdone and the perfume I’d given her too matronly.

“Stop trying to make everybody happy,” my friend said. I raised my hands helplessly. “But it’s my personality.”

He leaned forward. “Stop. Giving.”

And so I did. At first, just as an experiment and only in small ways. When a man at the gas pump asked if I liked my Fiat, I just smiled and said, “I sure do.” I didn’t ask him if he liked his truck, when he bought it, or what kind of milage it gets — all the inane questions I’d usually throw his way. When a friend sent a lovely and effusive message for my birthday, I accepted it with a simple thanks. I didn’t turn around and ask all about his life or tell him how important he is to me. On my birthday, I reasoned, I’m allowed to receive.

Which, in essence, is the heart of every overgiver’s problem: We don’t believe we’re entitled to be on the getting end. We think we have to make everyone around us feel good, but we’re uncomfortable when others try to please us.

So now my goal is twofold: to stop giving so much and instead simply to receive. It’s harder than it looks, especially for an overgiver like me.

— Artis Henderson is the author of “Unremarried Widow” published by Simon and Schuster.

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COLLECTOR’S CORNER

Downtown Arcadia fills with vendors each month for its antique fair.

Arcadia Antique Fair — More than 100 dealers set up along Oak Street in Arcadia starting at 8 a.m. the fourth Saturday of each month. Next fair is June 27. It’s an easy drive from just about anywhere, and Arcadia has plenty of antiques shops to visit while you’re visiting the vendors who line the streets. Shop outdoors in the morning, go to lunch, then return to shop the air-conditioned antiques stores and malls in the afternoon. Info: 863-993-5105 or arcadiaantiques.com.

Cresthaven Stamp & Postcard Show — This show is held monthly, 10 a.m.-2 p.m. June 27, at the Holiday Inn Express, 2485 Metrocentre Parkway, West Palm Beach; 472-7020 or 969-3432.

Palm Beach Coin Club Show — The show is held 9 a.m.-3 p.m. the fourth Sunday of the month at the American Polish Club, 4725 Lake Worth Road, Greenacres; 964-8810 or pbcc@comcast.net.

West Palm Beach Antiques Festival — Early buyer admission, with a three-day pass is noon-5 p.m. July 3, 9 a.m.-5 p.m. July 4 and 10 a.m-4:30 p.m. July 5 at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Tickets: $25 early buyer, $8 adults, $7 seniors, free for younger than 16. Two-day admission is $22. Info at wpbaf.com or 941-697-7475.

—Send your event information to Scott Simmons at ssimmons@floridaweekly.com.

— Mention Florida Weekly to receive 15% off your lunch Tuesday-Friday (reservations suggested).

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CALENDAR

THURSDAY 06.25
Give Back for Healthy Oceans — 6-9 p.m. June 25, Guanabanas Restaurant, 1160 N. A1A, Jupiter. Hosted by the non-profit organization Beach Guards Atlantic Coasts and local waterport, yoga and green businesses. Features Hawaiian ukulele and 12-string guitar by Charles “Uncle Charlie” Kali Hao Smith, with salsa, flamenco and art. Proceeds support BGAC with ID. Info: info@orchidcitybrass.org

THE KRAVIS CENTER — Tickets for these shows go on sale to the general public June 26. Info: 832-7469; Kravis.org

Sesame Street Live ‘Let’s Dance’ — Oct. 10-11
The Beaches — Oct. 16-17
Lost Comedic Standing Live Tour — Nov. 10
Straight No Chaser — July 25

FRIDAY 06.26
The Northwood Mango and Music Festival — 6-10 p.m. June 26 and noon-6 p.m. June 27, Northwood Village, West Palm Beach. A mango chef showcase, mango-infused food and beverages, a community mango recipe contest, vendors, local bands and a silent auction. Info: Project and Jimmy Stowe & the Stowaways will perform. A family and kids area features games, a tropical water slide, bounce house, face painting and arts and crafts. Watch artist Daniel Hurlburt create a piece to the rhythm of the music. Info: 906-2583; mangomusicfest.com

SUNDAY 06.27
Car Wash — 8 a.m.-6 p.m. June 27, at the Lake Park Public Library, 529 Park Ave., Lake Park. All proceeds by The Friends of the Lake Park Public Library. Info: 881-3337.

The Annual Stonewall Black and White Party — 9 p.m. June 27, Harriet Hackett Duncan CityPlace, 100 Northlake Blvd. and Rosemary Ave., West Palm Beach. Hundreds of dignitaries, elected officials and community members from South Florida and the Treasure Coast come together for Compass’ celebration, which honors 46 years of accomplishments of the LGBT rights movement. A VIP reception begins at 7:30 p.m. General admission at 9 p.m. The ball features a silent auction and dancing. Dressing in black and white is encouraged. Tickets: $50 in advance, $40 at the door, $75 VIP. Info: 533-9699; compassglcc.com/space.html

SUNDAY 06.28
The Orchid City Brass Band performs American Expressions — 3 p.m. June 26, First Presbyterian Church of North Palm Beach, 717 Prosperity Farms Road. orchidcitybrass.org. Info: 624-6952.

THE BEACHES — Ongoing:
Tropical Fruit Festival: Come Taste of the Tropics — 9 a.m.-3 p.m. June 27. Explore — and sample! — the tasty world of tropical fruit with the Palm Beach chapter of the Rare Fruit Council International. Festival Displays, sample tables, information, fruit and fruit trees for sale. Free for members; $10 nonmembers.

THE LIGHHOUSE
Celebrate — 11 a.m.-12 p.m. June 26. Mary Veal, Kula Yoga Shala, leads.

AT MACARTHUR
John D. MacArthur Beach State Park and the Lighthouse, 10900 Jack Nicklaus Drive, North Palm Beach. Info: 624-9592 or 776-7449; macarthurbeach.org.

AT THE PLAYHOUSE
The Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Info: 586-6440; lakeworthplayhouse.org

“Tommy” — July 9-26. Book by Pete Townshend and Des McAnuff, music and lyrics by Pete Townshend with additional music and lyrics by John Entwistle and Keith Moon. Info: 533-0887; info@palmbeachtheo.com

Food Truck Safari — 5-9 p.m. June 27. Live music, beer, wine and frozen drinks from Food Truck Safari. A fun, up-close animal encounters. Admission: Adults (age 13 and older): $9 members, $10 nonmembers. Age 3-12: $6; members, $7 nonmembers. Free for younger than 3.

AT ARTS GARAGE
The Arts Garage, 180 NE First St. in Delray Beach. Info: 450-6357; artsgarage.org.

Latino Jazz
Albace — 8 p.m. June 26. The skilled guitarist and composer blends jazz with world, Latin, funk and folk.

Flamenco/dance

AT THE COLONY
The Colony Hotel, 355 Hammon Ave., Palm Beach. Info: 659-8100 or 655-5430; thecolonypalmbeach.com

Ongoing:
Motown Friday Nights with Memory Lane — 9:30 p.m. to close Fridays in Polo.

Special engagements:
Intimate Evenings — 7-10 p.m. Sat.
Sundays at the Colony. Through July 18, for the evenings. Teams can register two days in advance for July 18.

• Straight No Chaser
• Last Comic Standing Live Tour
• Sesame Street Live ‘Let’s Dance’
• Two big band concerts
• “She Loves Me”
• Wings Over Water Bird Show

AT DRAMAWORKS
Palm Beach Dramaworks at The Don & Ann Brown Theatre, 201 N. Clematis St., downtown West Palm Beach. Info: 544-4042, Ext. 2; palmbeachdramaworks.com.


AT THE COLONY
The Colony Hotel, 355 Hammon Ave., Palm Beach. Info: 659-8100 or 655-5430; thecolonypalmbeach.com

Ongoing:
Wings Over Water Bird Show: 11 a.m. and 3 p.m. Tuesdays and Wednesdays.

THE LIGHHOUSE

Twilight Yoga at the Light — 7-8 p.m. June 26. Mary Veal, Kula Yoga Shala, leads.

AT MACARTHUR
John D. MacArthur Beach State Park and the Lighthouse, 10900 Jack Nicklaus Drive, North Palm Beach. Info: 624-9592 or 776-7449; macarthurbeach.org.

Fish Tank Interpretation — 11 a.m. Sunday. A staff naturalist leads a one-mile nature walk along the beach park admission.

Fish Tank Interpretation — 11 a.m. Sunday. A staff naturalist leads a one-mile nature walk along the beach park admission.

Snack Talk — 2 p.m. Sundays.

Guided Kayak Tours — Ongoing, daily, times vary with the tide. A ranger-led guided kayak tour on the Lagoon, and Munyon Island. Guided tours are $25; $30 for groups of 10 or more. Call 624-0950 for times.
Special events:

Summer Camp – Sign up for week long sessions through July 24. Info: macarthurbeach.org/summer-camp/.

Educational Reef Program – 10 a.m. June 27. Learn about the fish and other inhabitants of our near shore reef through a presentation and discussion. After the program is over, participants will be instructed on where to snorkel in the park. Bring your own snorkel equipment; a diver down flag is required for snorkeling activities and can be rented daily at the Beach Outfitters Gift Shop. Free with park admission, for more information and reservations call the Nature Center at 624-6952.

Butterfly Walk – 9 a.m. June 27. A walking tour through one of South Florida’s last remaining hardwood hammocks where several species of butterflies thrive. Reservations required. Info: 624-6952.

AT THE MALTZ

The Maltz Jupiter Theatre, 100 E. Indiantown Road, Jupiter. Info: 572-2223 or visit.jupitertheatre.org. Volunteers are needed for a variety of roles at the theatre. Info: 472-6086.

“Hairspray” – 7:30 p.m. June 26-27. Tracy Turnblad’s dream comes true. Presented by the students of the Maltz Jupiter Theatre’s Senior Conservatory of Performing Arts.

“Disney’s Peter Pan Jr.” – 7:30 p.m. July 24-25. When Wendy’s father announces she and her brothers must move out of the nursery, Peter Pan comes to visit and whisk them away to Never Land. Presented by the students of the Maltz Jupiter Theatre’s Junior Conservatory of Performing Arts.

The Theatre’s Conservatory Summer Dance Camps – Two and three week intensive camps for students in grades 6-12 run June 29-July 10, July 13-24 and July 27-Aug. 7.

AT THE IMPROV

Palm Beach Improv, CityPlace, 500 S. Rosemary Ave., Suite 250, West Palm Beach. Info: 833-1812; palmbeachimprov.com.


AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 4801 Dreher Trail N., West Palm Beach. Admission: During Eww! What’s Eating You? through Oct. 18, admission is $15 adults, $11 ages 3-12, and $13 seniors older than 60. Free for younger than 3 and members. Info: 832-9888; sciencecenter.org.

Eww! What’s Eating You? – Through Oct. 18. A 5,000-square-foot carnival sideshow of parasites, from bloodthirsty lice and leeches to opportunistic consumers like bookworms and tape-worms. You’ll see live and preserved specimens of human-loving organisms and learn more about their habits and life cycles, and exhibits that let you get up-close to these organisms.

Discovery Center – Specifically targeted for kids ages 5 and younger, the newly opened area features a giant 16-foot long water table, a “Lite Brite” art wall with big pegs for little hands, a lounge area, a story time area and dress-up area.

Commotion Nights at the Museum – 6-9 p.m. June 26. Ocean life activi- ties, Crab Lab, 3D oceanic printing demo, Echoiniderm lab, Lamprey dissec- tion, Touch Tank experience, plus snow cones and popcorn. Free for members, $8 adults, $7 seniors, $8 children 3-12, free for younger than 3.

GEMS Club: Genetic Journey – 5:30 p.m. June 30. Girls in grades 3-8 discover the exciting world of math, science, engineering and technology. $5 registration fee. Dinner and refreshments provided. The June meeting will feature a discussion on genetics and students will participate in a Twizzler DNA Models lab and Tape Cell Activity. Register at 832-2068 or efficienciescenter.org/gems.

LIVE MUSIC

Live Entertainment on the Plaza – 7 p.m. June 27. The Orchid City Brass Band performs American Expressions. – 3 p.m. June 28. First Presbyterian Church of North Palm Beach, 717 Prosperity Farms Road, North Palm Beach. Patriotic favorites, Sousa marches, music from film and stage and a salute to veterans. $15, free for students with ID. Info: info@orchidcitybrassband.org/Tickets: $25-$270; 795-8883; 800-745-3000; ticketmaster.com

“Hairspray” – 7:30 p.m. June 26-27. Tracy Turnblad’s dream comes true in this musical based on the John Waters film about early ’60s Baltimore during the Civil Rights Movement. Presented by the students of the Maltz Jupiter Theatre’s Senior Conservatory of Performing Arts. Tickets: $23-$25; 572-2223 or jupitertheatre.org.

6.27-28

• The Armory Art Center – 2051 S. Flagler Drive, West Palm Beach. A VIP reception begins at 7 p.m. general admission at 9 p.m. Info: 655-6060; cafeboulud.com/

#EAT IT

• Food Truck Safari – 5-9 p.m. June 27. Live music, beer, wine and frozen drinks from a Tri-Borida zoolkeeper tales, up-do’s, animal encounters, Palm Beach Zoo & Conservation Society; palmbeachzoo.org.

#BE PROUD

• The Annual Stonewall Black and White Party – 9 p.m. June 26, Harriet Himmel Theater in CityPlace, 700 S. Rosemary Ave., West Palm Beach. A VIP reception begins at 7 p.m. General admission at $10. Info: $30 in advance, $40 at the door; 756 VIP; info: 533-9699; compassglcc.com/swb.html

#GIVE BACK

• The Ann Norton Sculpture Gardens – 2035 S. Flagler Drive, West Palm Beach. Admission: $10 adults, $8 seniors and $5 for members. Info: 822-5328; ann.org

APBC Art on Park Gallery – 800 Park Ave., Lake Park. Info: 345-2842; artis-tosofpalmbeachcounty.org


The Armory Art Center – 1700 Park Ave., West Palm Beach. Hours: 9 a.m. -5 p.m. Monday-Friday and 9 a.m.-4 p.m. Saturday. Info: 832-1766; armoryart.org.

• Printmaking, Digital, and Related Arts Student Exhibition – Through July 2. This exhibition will feature work by Armory students in the printmaking, digital, and related arts departments.

• Drawing and Painting Student Exhibition – Through July 2. This exhibition will feature work by Armory students in the drawing and painting department.

• Jewelry and Glass Student Exhibition – July 11-Aug. 8. This exhibition will feature work by Armory students in the jewelry and glass departments.

• Ceramics and Sculpture Student Exhibition – July 11-Aug. 8. This exhibition will feature work by Armory students in the ceramics and sculpture departments.

#SFL
The Flagler Museum
Located in the Historic FEC Train Depot, you'll find a glassworks studio, a gallery and gift shop, and a metal works studio. To schedule a private tour, call Anita at 315-1446. Info: 508-7315; benziecenter.org.

**Summer Party** — 5:30-8:30 p.m. June 27. Cash bar, food trucks, music, games. Info: 469-8930.


Glass Clay Metal Stone Cooperative Gallery — 15 S. J. St., Lake Worth. Hours: 10 a.m.-5 p.m. Saturday-Sunday; 11 a.m.-5 p.m. Wednesday-Saturday. Gallery openings are the first and third Friday of each month from 6-9 p.m. Info: 508-7315; email: joy@flamingoglassstudio.com.


**Cultural Council Biennial 2015** — Through Aug. 29. A juried show with a broad range of artists on display. Nearly 130 artists submitted work, and 47 were chosen for the exhibit by juried by Elizabeth Sobieski, a contributing writer to The Art Economist, a screenwriter and producer of documentary arts写. Info: 471-2901; dollie@palmbeachculture.com.


The Flagler Museum — 1651 Atlantic Way, Palm Beach. Hours: 10 a.m.-5 p.m. Tuesday-Saturday; noon-5 p.m. Sunday. Tour Highlights: The Flagler Museum's main building houses a permanent exhibition of paintings, sculpture, and glass; the Kravis Wing (1991) features American and European paintings, sculpture, and glass; the Flagler Carriage House features 14 antique carriages, plus other transportation artifacts; and the Flagler’s personal bedroom was recently restored. Info: 655-7226; fourarts.org.


**Fun For Four** — 5:30-7:30 p.m. June 30. A workshop for advanced beginners and intermediate levels.

The North Palm Beach Library — 303 N. Olive Ave., North Palm Beach. Info: 841-3383; npblibrary.org. Ongoing: Knit & Crochet — 1 p.m. Mondays. The Sewing Circle — 10 a.m.-2 p.m. Fridays. Chess Club — 9 a.m.-4 p.m. the third Saturday.


**“Imaging Eden: Photographers Discover the Everglades” — Through July 32. More than 200 images, including early maps, postcards, Audubon prints, and images by noted photographers Walker Evans, Wolcott, Eliot Porter, James Balog and Clyde Butcher make up the exhibition. A private preview provides contemporary images to display alongside the historical photos of Amsterdam-based Bob Teunissen; American photographer and artist Gerald Slota; Korean-American Jungjin Lee; and Magnum photographer Jim Goldberg working in collaboration with Jordan Stein.**

**“Monet’s Nympheas” — Through July 12. This extraordinary painting is on loan from the Fondation Beyeler in Basel, Switzerland, in exchange for Gauguin’s Garden of Olives. Monet’s garden at Giverny became a focus of his paintings especially the lily pond and water lilies. **

The Palm Beach Photographic Centre — City Center, 415 Clematis St., West Palm Beach. Info: 561-841-3383; fotofusion.org.

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The Pool is evaporating! If you haven’t been down to the Great Lawn at the Waterfront to see the interactive art installation called The Pool, put it on your calendar.

On display until July 4, The Pool is artist Jen Lewin’s interactive outdoor exhibition made up 106 lighted disks about the size of manhole covers, laid out in a grid. These disks, called pucks, are computer-controlled to change color at varying speeds but they also react to your presence. When you step on a puck, it changes. Then your puck ‘speaks’ to an adjacent puck, which ‘listens’ and changes, and it fans out to all the other pucks. When your friends step on their pucks, each touch creates a brand new ever-changing piece of art.

It’s open every night from 7 to 11 p.m. until July 4. There’s also a glow-in-the-dark mini-golf course right next door which is open from 10 a.m. to 10 p.m. daily through July 5. The fee is $2.50 per person per round with a $2.50 refundable ball and club deposit.

For information, visit wpb.org.

PUZZLE ANSWERS

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

FROM BENNETT TO BUBLE

Legends 100.3 FM
Where Legendary Music Lives - WLML
Palm Beach County
legendsradio.com
A Dick Robinson Entertainment Station
**PALM BEACH**

Reception and awards presentation for CANstruction 2015, benefiting the Palm Beach County Food Bank.

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**ROCK N ROLL SUMMER**

**LIVE TRIBUTE BANDS EVERY FRIDAY NIGHT THIS SUMMER**

**7pm • Downtown Park • FREE**

**FRIDAY, JUNE 26**

**TURNSTILES**

The Incredible Tribute to Billy Joel

**FRIDAY, JULY 10**

**Pearl Jamz**

Grunge Live Again!

The Ultimate Tribute to Pearl Jam

**FRIDAY, JULY 24**

**BIG CITY NIGHTS**

The #1 U.S. Tribute to the Eagles

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*“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...*
WHEN & WHERE:
July 17th at 6pm • Downtown Park

WHY:
A FUN RUN to benefit Special Olympics of Palm Beach County

DO I REALLY HAVE TO WEAR A TUU?
They call it a TuTu Run for a reason!

OVER 2400 FREE Parking Spaces
and FREE Valet Parking

DowntownAtTheGardens.com

HOW DO YOU TUU?
Join us for a 2 mile family fun run around Downtown! $50 Gift Certificates from Downtown at the Gardens for all kinds of TuTu frenzy! Party after in Downtown Park with live entertainment, sips, bites & much more! Don’t have a TuTu? No problem! They will be available for purchase on event day with ½ the proceeds going to Special Olympics PB County.

THIS IS A DOG FRIENDLY event, well behaved dogs on leads are welcome! They can wear a TuTu too! To Register or for more information, please call TRI BIKE RUN at 561-694-8125.

SPONSORED BY:

TO BENEFIT:

EACH SOCIETY benefitting the Palm Beach County Food Bank, at The Gardens Mall

NAT VAL Vaccine and Stephanie Valnice

MARIL LAFALAR and George Devers

JAN SOPER and Robert Prowau

JULIA MANHE and Aaron Mankoff

STACY BAG and Mike Bacci

AL REEVE, Dave Doffay, Cindy Parin and Bob Carne

MIKE MACDONALD, Jim Blinsart, Cindy Parin and Dave Doffay

SHERRI MACK and Louisa Maccit

Join us for a 2 mile family fun run around Downtown!
CANCER (June 21 to July 22) Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

LEO (July 23 to August 22) While the Lion’s Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

VIRGO (August 23 to September 22) The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.

LIBRA (September 23 to October 22) Worry over a loved one’s well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.

SCORPIO (October 23 to November 21) This is a good time to consider mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.

SAGITTARIUS (November 22 to December 21) This is a good week to start researching information regarding whatever changes you’re considering, whether it involves a new home, a new location or a new job.

CAPRICORN (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it’s not for you.

AQUARIUS (January 20 to February 18) Good news. Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

PIGS (February 19 to March 20) Someone you care for might need more reassurance from the typically “unemotional” Pisces. Go ahead. Open up, and you might be surprised at what you find when you do.

ARIES (March 21 to April 20) Although you don’t like to change plans once they’re set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

TAURUS (April 21 to May 20) You continue to encourage colleagues for your proposals, including some support from unlikely sources. Use this positive flow to advance your goals. Good luck.

GEMINI (May 21 to June 20) Family matters are dominant this week. It’s a good time to get things in order at home, and you might have new ideas for your home. Try to find a balance between personal and family matters when you do.

CANCER (June 21 to July 22) This is a good week to spend time with those you love. It’s a good time to make arrangements for the Lion’s Den is the center of attention this weekend.

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There's a scene in the beginning of "Max" that's played for heartfelt sentiment, but in reality is incredibly rude and inconsiderate. In a sense it's a microcosm of the entire movie, which strives for emotional impact but overall is so dull that it's inconsiderate of the viewer's time and attention.

The scene is set inside a Texas church. It's the memorial service for Kyle Wincott (Robbie Amell), the proud son of Ray (Thomas Haden Church) and Pamela (Laurren Graham), and young Hero's (Josh Wiggins) older brother. Kyle was a Marine, and then they bring him home and want to kill Max, the dog — "Best Friend. Hero. Marine." as the tagline says — was killed in action.

His dog — "Best Friend. Hero. Marine." — was killed in action. He was a dog handler U.S. Marine who was killed in action in Afghanistan. His dog — “Best Friend. Hero. Marine.” — was killed in action. He was a dog handler U.S. Marine who was killed in action in Afghanistan.

Afterward the film wastes five minutes pretending the Wincotts aren't going to adopt Max, and then they bring him home to find he only likes Justin. Up to the adoption co-writer and director Beaz Yakin (“Remember the Titans”) film is OK. Then... nothing happens. The story stands still, seemingly refusing to move forward and be interesting. Justin doesn't want the dog, bonds with the dog, flirts with his friend Chuy's (Dejon LaQuake) cousin Carmen (Mia Xitlalí), rip/burns video games and illegally sells them for profit. He's a normal teenager, only now he has a dog. So what? Either tell an interesting story or have the good graces to end — don't waste our time with nothing.

Given that two women in front of me didn't shut up all movie, clearly they urgently needed to get to their gossip conversation in which they interrupt one another with the phrase "oh my gawd!" 600 times.

When the plot does finally swing into motion, it does so in predictable and tedious ways. Chuy's criminal cousin Emilio (Joseph Julian Soria) is working with Kyle's former best friend and fellow Marine Tyler (Lake Kleintank) to unload stolen munitions. Max's life is threatened throughout. Tyler tells Ray that Max is the reason Kyle is dead. Ray returns home and wants to kill Max, Justin stops him. “If he [Max] screws up one time — just one time — he's going to get put down,” Ray says. Yeah right.

People tend to avoid animal movies because they either don't want to see anything bad happen to animals or they're worried it's going to be too schmaltzy for its own good. To its credit, "Max" isn't either of these, as you never get emotionally invested enough to care.

Bad things only happen to animals that threaten Max. Still, this is Hallmark-movie quality that's asking for your money to see it on the big screen, and it's not worth the price of admission.
PALM BEACH SOCIETY
American Red Cross 5th annual South County event, Mizner Park, Boca Raton

“Like” us on Facebook.com /FloridaWeeklyPalm Beach 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.
FOURTH
From page 1

4. Three stages of entertainment headlined by North of Nine and the 18th Army Band, loads of kid’s activities including The Chalk Guy and a giant puppet theater, and the oh-so-exclusive VIP Club 4th. The evening culminates with what everyone wants to see: An 18-minute fireworks extravaganza over the Intracoastal Waterway. But it’s not over! There’s more!

On Sunday, July 5, from 10 a.m. to 7 p.m., Meyer Amphitheatre hosts a cross-fit-style competition that challenges the different branches of the military to prove who is the most fit. The only impetus for this rigorous fitness battle is America’s coolest.”

Andy Paradise and the Spazmatics, an '80s new wave cover band, will feature a lively lip-sync battle. Then at 9 p.m., a 20- to 25-minute fireworks show will be held beachside — these artists have the rules and disclaimer document must pre-register by printing and signing the rules and disclaimer document at auduboneverglades.org. Call Linda 742-7791 or email asetripinfo@gmail.com to register.

Also in Jupiter: Check out the new-

Jupiter’s newest venue Harbourside Place is making its first foray into Fourth of July festivities. It’s planned a day of family-friendly activities and live music from 4-10 p.m. with a fireworks show at 9 p.m. over the Intracoastal Waterway. You’ll find games for all ages, face painting and a balloon artist. Live music begins at 5 p.m. with a performance from The Petty Hearts, a Tom Petty tribute band. The Spazmatics, an 80s new wave cover band, perform at 8 p.m. Firework are at 9 p.m. Music resumes after Harbourside Place is at 200 N. U.S. 1, Jupiter. Info: harboursidplace.com.

In Delray Beach: The city calls its Fourth of July celebration “South Flori-

Maybe it is. It certainly starts off on the right note — with the 3:30 p.m. flag-raising cer-

Continued from page 1

mony at Atlantic Avenue and Venetian Drive features representatives of the U.S. military. Then it’s party time and you’ll find a definite island vibe happening with reg-

The day begins with the 2015 Great American RIF Raft Race, which has a theme of “Reading is Fun.” Presented by Lake Worth Neighbor-

hood Association Presidents Council, festivities begin at 11 a.m. with a parade and race on the Intracoastal Waterway at Bryant Park, just south of the Lake Worth Bridge. Independence Day celebrations con-

Continue throughout the rest of the day at Bryant Park.

Look for there to be live music, a water slide, an extreme water sports show, Enigma Pro Wrestling and family fun that continues from 2 p.m. to 11 p.m. For information, see lakeworth.org.

In Boynton Beach: Looking for a cooler way to celebrate?

The Schoolhouse Children’s Muse-

um & Learning Center had a great idea. Why not treat guests like VIPS for Independence Day?

Their plan for the celebration includes a barbecue dinner, live music (out-
doors), and kids’ activities. And you get front row seats for Boynton’s fireworks show in air conditioned comfort in the Intracoastal Park Clubhouse, 2240 N. Federal Highway, Boynton Beach.

Doors open at 6 p.m. and fireworks begin at 9:15 p.m. Tickets are $30 in advance, $40 at the door, and $10 for kids. Proceeds benefit the Schoolhouse Children’s Museum & Learning Center. Call 742-6780 or visit schoolhousemu-

seum.org.

In the Everglades: Think the 4th is for the birds?

So does the Audubon Society of the Everglades. They’re hosting a bird walk, really a car pool tour, around Storm Water Treatment Area managed by South Florida Water Management District. You drive around the water impound areas to view the large number of birds who call these waters home. You’ll stop and exit the cars to view some of the birds through scopes.

The trip begins at 7 a.m. July 4. Space is limited and the trips fill up fast. You must pre-register by printing and signing the rules and disclaimer document at auduboneverglades.org. Call Linda 742-7791 or email asetripinfo@gmail.com to register.

Our unique combination is scientifically proven to work!

$279
 Normally $558
 6-WEEK BODY TRANSFORMATION

MUST PRESENT COUPON AT TIME OF PURCHASE. VALID AT THIS LOCATION ONLY. EXPIRES 6/30/15

OWNED AND OPERATED BY WOMEN

CERTIFIED PERSONAL TRAINER EVERY WORKOUT!

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WEIGHT TRAINING  NUTRITION  CARDIOVASCULAR  ACCOUNTABILITY

OUR UNIQUE COMBINATION IS SCIENTIFICALLY PROVEN TO WORK!

DON’T JUST WORK OUT
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6-WEEK BODY TRANSFORMATION

(561) 799-0555 | 4755 PGA BOULEVARD, PALM BEACH GARDENS, FL 33418
MON-THURS: 6AM-8PM, FRI: 6AM-9PM, SAT: 8AM-9PM

GET IN SHAPE
**Saturdays**
- **Lake Worth High School Flea Market** — 5 a.m. to 3 p.m. Saturdays and Sundays, year-round, under the Interstate 95 overpass on Lake Worth Road. This market has been meeting in the same location for years. Info: 459-1539.
- **Fern Street Summer Green Market** — 8 a.m.-noon Saturdays through Sept. 26, 501 Fern St., West Palm Beach. Info: 386-0756.

**Sundays**
- **Lake Worth High School Flea Market** — 5 a.m. to 3 p.m. Saturdays and Sundays, year-round, under the Interstate 95 overpass on Lake Worth Road. This market has been meeting in the same location for years. Info: 459-1539.
- **Reno Street Summer Green Market** — 9 a.m. to 2 p.m. Sundays, year-round, Reno Street Community Park, 6701 140th Ave N., Loxahatchee. Produce, vendors, live entertainment. 723-3898; acreagegreenmarket.com.
- **The Palm City Green Market** — 9 a.m. to 2 p.m. Saturdays, Immanuel Lutheran Church, 2685 Immanuel Drive, Palm City. More than 50 vendors. Info: 772-345-3797; email communitygreenmarkets@gmail.com.
- **Summer Green Market** — 9 a.m. to 1 p.m. every Sunday through Sept. 27, in the shaded outdoor breezeway at STORE Self Storage & Wine Storage, 11010 N. Military Trail, just north of PGA Boulevard, in Palm Beach Gardens. Find more than 50 vendors of locally grown produce, eggs, cheese, seafood, baked goods, grass-fed beef and lamb and pasture-raised pork and chicken, and flowers and orchids. Info: 630-1100, or email recinfo@pbgfl.com.
- **Jupiter Green & Artisan Market at Riverwalk Event Plaza** — 10 a.m. to 2 p.m. Sundays, year-round, 150 S. U.S. 1, under Indiantown Bridge, Jupiter. This year-round market is set along the Intracoastal Waterway, where breezes rustle the palm fronds and vendors sell produce, specialty food products, apparel, accessories, jewelry, arts and crafts, plus entertainment and special activities. Info: 203-222-3574; harrysmarkets.com. jupitergreenmarket.com.
- **The Green Market at Palm Beach Outlets** — 11 a.m.-4 p.m. Sundays, 1751 Palm Beach Lakes Blvd., West Palm Beach. Arts and crafts, fresh flowers, homemade foods, organic produce. Info: 515-4400; palmbeachoutlets.com.

**The Fern Street Summer Green Market has started on western Fern Street, near CityPlace, and will continue Saturdays through Sept. 26.**

**Peruvian Japanese Fusion Cuisine**

Steak - Seafood - Sushi

**$8.00 Lunch Specials**

Mon-Fri 11:00am-3:00pm

Happy Hour 4pm-7pm

**$5.00 Appetizers**

(at the bar, select items excluded)

**Visit Our Newest Location!**

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Check Out Our Browsard Location

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**Norton Museum of Art**

**Going Places**

**TRANSPORTATION DESIGN FROM THE JEAN S. AND FREDERICK A. SHARF COLLECTION**

**JUNE 25, 2015 - JANUARY 10, 2016**

**Norton.org**

1451 S. Olive Avenue
West Palm Beach, FL 33401

Visit the Norton Museum of Art in West Palm Beach and see the Going Places exhibition. This exhibition features transportation designs from the Jean S. and Frederick A. Sharf Collection. The exhibition runs from June 25, 2015, to January 10, 2016.
In the kitchen with...

Chris Marshall,
Hampton Forks Kitchen & Table, Jupiter

BY STEVEN J. SMITH
Special to Florida Weekly

Chris Marshall, owner and executive chef of Hampton Forks Kitchen & Table in Jupiter, first realized his passion for cooking at age 26.

“I was broke and living in Lake Tahoe,” he said. “I would make dinner for my friends. They would buy the food and I would cook for them. They said I should do this for a living. I said there was no money in it. I wanted to be a stockbroker.

His talent for cuisine overrode his Wall Street leanings and he soon enrolled himself in the Cambridge School of Culinary Arts in Cambridge, Mass.

But it was an encounter with Jody Adams, chef at Rialto in the Charles Hotel in Cambridge who inspired him to take his abilities to the next level.

“She won the James Beard Award while I was there,” Chef Marshall said. “It was an amazing, nurturing, but super competitive environment. It was an all female kitchen. She taught me so much. Without that experience, I don’t think I would have stayed with cooking. I think I must have cut half of my classes at the culinary arts school just to watch her work.”

Another early mentor, he added, was Norman Van Aken, chef and founder of Norman’s at the Ritz-Carlton in Orlando, also known as the “founding father of New World Cuisine,” a celebration of Latin, Caribbean, Asian, African and American flavors.

Chef Marshall’s Kitchen at Hampton Forks is not a restaurant in the traditional sense. Instead, the 20-seat space is designed as a dinner club, which he operates with his wife, Renee.

“Forks is not a restaurant in the traditional sense. Instead, the 20-seat space is designed as a dinner club,” Chef Marshall said.

“The Price: 
352-767-1959 or hamptonforks.com.

Chris Marshall
Ages: 44
Original Hometown: Newburyport, Mass.


What’s your footprint of choice in the kitchen? Dr. Scholl’s work shoes.

What advice would you give someone who wants to be a restaurateur or chef? “Be passionate, be relevant and true to yourself. Strive to be the best. Don’t compromise.”

The Dish: Stir-fried chicken with basil

The Place: Sabai Thai, 1000 U.S. 1, North Palm Beach; 799-2729 or sabaithaius.com.

The Price: $17.95 (lunch)

The Details: How often is it that you can have a meal that is both good and good for you?

Not very.

That’s one of the reasons I love much of the fare from Asia, with its emphasis on fresh vegetables and rapid, stir-fry cooking techniques that allow those vegetables to maintain much of their crispness.

This stir-fry from Sabai Thai (fit has a sister restaurant in Boynton Beach), fits the bill nicely for lunch, with hits of chicken cooked with crisp-tender bell pepper and onion, and plenty of basil with a hearty dose of chili paste to give the dish a subtle fire.

Which brings me back to my original thought: It’s good, and good for you. What more can you ask for?

— Scott Simmons

THE DISH: Highlights from local menus

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Delia Ortiz: A Mended Heart

There are certain events in our lives that make us step back and appreciate the things we hold close to our hearts. For me, it’s the love and support of my family. They were there for me when I was recently diagnosed with a serious heart valve disorder called mitral regurgitation.

My journey began earlier this year. I had just finished my shift as a laundry aide when an unusual sickness came over me. I went home and felt my heart pounding hard inside my chest. I had no idea what was happening to me. Was I having a heart attack?

I was terrified and knew I had to see my doctor as soon as possible.

I scheduled an appointment with my primary care physician, and she recommended I visit Dr. Augusto Villa, an interventional cardiologist at Palm Beach Gardens Medical Center.

Dr. Villa discovered that I had a severe case of mitral regurgitation, which meant that my mitral valve was letting blood leak into my heart. He said I had several options but suggested I undergo the MinvClip procedure. Dr. Villa explained this new, non-invasive alternative to heart surgery would involve inserting a device into my heart through a vein in my leg that would help my heart pump blood more efficiently.

Thanks to my new MitraClip device, I feel stronger and more alive than ever.

— DELIA ORTIZ

Even though I felt confident in Dr. Villa and his team’s abilities, I was nervous going into the procedure. What if something happened and I never saw my family again? Fortunately, I didn’t have much time to worry. Before I knew it, a nurse wheeled me into the recovery room, where my family was waiting to greet me. I couldn’t have been happier to see them.

My two-day recovery period at the hospital was a blessing. The nursing staff was wonderful, constantly checking up on me to make sure I was comfortable.

Thanks to my new MitraClip device, I feel stronger and more alive than ever. I couldn’t be more grateful to Dr. Villa and the cardiac team at Palm Beach Gardens Medical Center for helping me overcome my condition and develop a new appreciation for life.

For anyone else who suffers from the same type of heart disorder and is thinking about having this procedure, I can only say this: Close your eyes and do it. If not for yourself, do it for your friends, your family and all the people who matter in your life.
FREE Community Lectures & Health Screenings

FREE HEART ATTACK RISK ASSESSMENT SCREENINGS

Wednesday, July 8 @ 8 - 11am
Palm Beach Gardens Medical Center
3360 Burns Road | Classroom 3
Palm Beach Gardens, Florida 33410

Our Heart Attack Risk Assessments are free and offered the second Wednesday of every month at the hospital.

Screenings include blood pressure, cholesterol (HDL, LDL & total cholesterol), BMI and glucose.

Fasting is recommended.

FREE BONE DENSITY SCREENINGS

Thursday, July 16 @ 9am - 1pm
Palm Beach Gardens Medical Center
3360 Burns Road
Palm Beach Gardens, Florida 33410

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To RSVP for any of these events, please call (855) 387.5864 or visit PBGMC.com

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