We celebrate your pets this week — with these adorable shots submitted by you

2016 PET LOVERS ISSUE

SPECIAL TO FLORIDA WEEKLY

If dogs have masters, cats have servants.

True enough. But our relationships with our pets are for anything but the birds. They preen, they play and they poop where they will.

At the end of the day, they are as devoted to us as we are to them.

That is why we photograph them and we share those images around the world via Facebook and Instagram.

And that is why we share them with you, dear humans.

Enjoy!

See pages A8-11

Elena Johnson’s true treasures? Family and hope

BY SCOTT SIMMONS simmons@floridaweekly.com

Elena Johnson is beautiful. Let’s get that out of the way.

From the light-grabbing quality of her porcelain skin to her crown of platinum hair, she is regal.

That is despite having pancreatic cancer. The one-time queen of consignment is tough. Her voice is frail but her grip is firm as she takes my hand.

She is glad for the company at her Ballen-Iles home, and she’s in her glory — all five of her children have been with her as she faces this next chapter with the elegance that has defined her life.

After all, she is Elena Johnson. She is wearing makeup, her lipstick carefully applied. Her hair is immaculate, and her manicure is perfect.

I have known her for nearly 25 years, and I would expect no less.

“I always like people to look their best,” she said.
Summer is supposed to be the time you get to do things that elude you all year long because you work for a living. When June appears and summer officially begins, we try to cram into an abbreviated space all the pleasures denied because we have neither the time nor the money nor the choice to do otherwise.

I discovered early in life this is why vacations are called vacations. It is a temporary release from the imprisonment of adult circumstances. There comes a time when there is never enough time. Every vacation beckons us to cherish what we have the least of.

Meanwhile, kids wait impatiently for their parents to catch up to fill their own enforced leisure with summer adventures. They are hostages to adult commitments until a parent gets a green light from an employer to take official begins, we try to cram into an abbreviated space all the pleasures available as an alternative to the real thing. The technology allows kids to simulate some of the exotic experiences that a real vacation supplies, not all of it desirable. This includes first-person shooter games and violent fantasies for the young at heart who like the idea of feeling free days when their time was their own. When we embarked in our bondage to home was left behind. They knew their return to home was inevitable. But when the door shut behind us, the finality of leaving assured, we sighed deeply, grateful for the transfusion in spirit we received. The rut we occupied in our lives was left behind.

I imagine my parents longing for a vacation in remembrance of the care-free days when their time was their own. When we embarked, the furrows in their brows would soften and disappear as the distance increased between them and our home. They knew their release from captivity was only temporary. They raised no expectations this grand life on the road would somehow extend beyond its planned horizon. It was a short sprint in a long race, competing with commitments that could not be outrun. As soon as we left, we knew the return to home was inevitable.

Though our summer adventures were neither exotic nor far-flung, we made the most of them. We loaded up and took to the road to see places and people with whom we had long-standing relationships and a home away from home. Though in familiar circumstances, strange and different was always on the menu.

It was on vacation that I first sampled pizza, saw a grown woman fully naked, milked a Guernsey cow, rode in a convertible, hiked in the Smokies, watched my auntie wring a chicken's neck, toured an aircraft carrier and reveled in a Van Gogh hanging in the National Gallery. Such journeys were transformative, a window into a world I'd only begun to experience.

The summer of 2016 is at the halfway mark, but it is already a bleak and disheartening departure from a summer spent replenishing one's cup of joy far from the chaos of the madding crowd. The weight of terror is heavy in the air. It bodes a long, hot summer ahead with no vacation for anyone in sight.

— 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, earning national recognition for her leadership in the charitable sector. She resides with her family and pugs in Jupiter. Email her at llilly@floridaweekly.com and read past blog posts on Tumblr at LillyStTumble.com.
Diabetic Friendly Cooking Demonstration
Thursday, August 4 @ 6:00pm
Palm Beach Gardens Medical Center
Classroom 4

Approximately 22 million people suffer from diabetes. For diabetics, the ingredients you use and the way you cook may make a difference. Join our Director of Food & Nutritional Services and a registered dietician at Palm Beach Gardens Medical Center, for an informative, diabetic-friendly cooking demonstration. Afterwards, you’ll even get to sample the food!

Reservations are required.

Hands-Only Adult CPR Class
Tuesday, August 16 @ 6:30-7pm
Palm Beach Gardens Fire Rescue // Station 1
4425 Burns Road, Palm Beach Gardens

Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim’s chance of survival. Palm Beach Gardens Medical Center sponsors a monthly CPR class for the community, held at the Palm Beach Gardens Fire Rescue. Local EMS will give a hands-only, adult CPR demonstration and go over Automated External Defibrillator (AED) use. Participants will have the opportunity to practice their new skills using CPR manikins.

Reservations are required.

Artificial Sweeteners & Weight Gain
Lucero Chueca Villa, MD
Thursday, August 18 @ 6-7pm
Palm Beach Gardens Medical Center
Classroom 4

Join Dr. Lucero Chueca Villa, an internal medicine physician on the medical staff at Palm Beach Gardens Medical Center, for an educational lecture on artificial sweeteners. Board certified in obesity medicine, Dr. Chueca Villa will give an interesting perspective on how artificial sweeteners could have a potential impact on weight gain.

Light dinner and refreshments will be served.

FOR RESERVATIONS, PLEASE CALL
855.387.5864

Heart Attack Risk Assessment (blood pressure, BMI, glucose and cholesterol)
Wednesday, August 10 @ 8-11am

Osteoporosis Screenings
Thursday, August 18 @ 9am-1pm

Take steps toward being heart healthy! Visit PBGMC.com/pledge to Receive a FREE Cookbook!
President Barack Obama is a lawyer, not a statistician, and it shows.

After the controversial officer-involved shooting in Ferguson, Mo., the word "bias" in the headlines Heights, Minn., Obama unboxed a series of statistics in his remarks in Warsaw, Poland, to show “racial disparities that exist in our criminal justice system” — in other words, racial bias by police, prosecutors and judges.

Obama related numbers about disproportionate rates of police shootings, arrests and searches, among other things, without mentioning the single most important factor to put such figures in context, which is that blacks commit criminal offenses at rates far higher than those of whites.

No one likes to point this out, even though it is highly relevant information. It opens up whoever says it to charges of racism, or at least callousness in the aftermath of questionable police shootings.

If anyone should be free to speak the truth, though, it should be President Obama, who imagines himself a coolly analytical figure on a historic mission to bind the nation’s racial wounds. Instead, he routinely gives a fundamentally distorted picture of the American criminal justice system — and police shootings — by eluding truths apparently too uncomfortable for him to say and his supporters to hear.

"African-Americans," Obama said in Warsaw, “are arrested at twice the rate of whites." But African-Americans commit about 24 percent of violent crimes, even though they are 13 percent of the population. Of course they are going to be arrested at disproportionate rates. About half of all murderers are black, and over 40 percent of killings of police officers are committed by blacks.

Obama doesn’t mean that there aren’t bad cops or that there isn’t bias in policing, but the picture painted by Black Lives Matter of pervasive police predation, and an open season on blacks, is a politicized lie.

A new study published by the National Bureau of Economic Research found racial disparities in lower-level use of police force — e.g., police placing hands on civilians or pushing them into walls. But it concluded that “on the most extreme use of force — officer-involved shootings — we are unable to detect any racial difference.”

If President Obama really wanted to try to cool passions on this issue, he would go even further in saying common-sensical things unwelcome to an inflamed Left.

He might mention that the best way to try to confront a problem that might go tragically wrong is to comply with police orders and pursue a compliant demeanor, at least for the heat of the moment. He might note that just because an incident looks bad on an initial video, it doesn’t mean the police did anything wrong, and no one should assume as much. He might remind Black Lives Matter of the understanding of what happened in the shooting of Michael Brown in Ferguson, Missouri, was completely different.

He could do all of this and still speak to his belief, and that of so many other blacks, that they have been targeted and treated unfairly. That he won’t is an indictment of his political courage and intellectual honesty on an issue where he should be uniquely suited to lead.

— Rich Lowry is editor of the National Review.
Author to sign turtle-themed book

SPECIAL TO FLORIDA WEEKLY

The author of a turtle tale will be signing copies of her book at Loggerhead Marinelife Center. Stacy Erin Myers will appear 11 a.m.-2 p.m. July 27 to sign copies of “Jairo, The Leatherback Hero,” her new conservation-themed children’s book.

The story was inspired by the uncertain future of endangered wildlife and their habitats, putting a bright spotlight on sea turtles that swim the world’s threatened oceans. Ms. Myers wanted an environmental expert as the story’s narrator, and she chose “Traveler,” a wise old leatherback — the largest among the world’s most endangered sea turtle species.

This is the first book in a series by Ms. Myers to educate young readers on issues facing the natural world. Ms. Myers supports Sea Turtle Conservancy through the sales of “Jairo, The Leatherback Hero,” which was printed in the United States on certified eco-friendly paper.

For more information, visit marinelife.org or call 627-8280.

Correction

In the A1 story “EC Primer,” which appeared in the July 14 edition, observations regarding the establishment of the Electoral College were incorrectly attributed to Richard Hasen of the University of California, Irvine School of Law. They should have been credited instead to a blog post by FairVote, a nonprofit group that seeks to reform the electoral process in the United States.
Housetraining habits

BY DR. MARTY BECKER, KIM CAMPBELL
Universal Uclick

Are you a new or potential puppy owner? If so, housetraining is probably on your mind. We’ve gathered some of our favorite tips for ensuring a rewarding experience — for you and your pup.

1. Learn “canineese.” Body language is the first clue that your puppy needs to go out. He might not be crossing his legs, but pawing at you, standing at the top of the stairs or in front of the door and barking are all signs that he needs your attention — fast! Some dogs go with the classic sniffing and circling behavior. The instant you see this, scoop him up and take him out.

2. Use a crate. It’s not punishment, and it’s not cruel unless you leave him in it all the time. A crate is your puppy’s safe spot and sleeping area, so he’ll instinctively want to keep it clean. And when he’s safely confined in it, you don’t have to worry that he’ll have an accident in the house. Staying in a crate helps a puppy learn to control his bladder and bowels. Without it, he may get into the habit of relieving himself whenever and wherever he likes.

3. Choose the right crate. It should be large enough for your pup to stand up and turn around inside it but not so large that he can potty at one end and sleep at the other. Purchase a puppy-size crate and graduate to a larger one later, or buy a crate with a divider. A removable panel allows you to section off the crate as needed and adjust the amount of space the pup has as he grows. You can also block off the back of the crate with a box or some other item that the puppy can’t get over or around. Just be sure it’s safe and not edible. Bricks or cement blocks get over or around. Just be sure it’s safe and not edible. Bricks or cement blocks will help prevent a puppy from<br>

4. Stick to a schedule. Puppies need to potty frequently. Set a timer to take your pup out to potty every two to four hours. If you’re not with him, you can’t reward him with praise and a treat so he knows that you want him to potty outdoors. Play is another good reward when your pup potties outdoors. Let him play for a few minutes after he performs. If you take him back inside immediately, he’ll be reluctant to relieve himself right away.

5. Certain events trigger a pup’s need to urinate or defecate. Take him out as soon as he wakes up in the morning or after a nap and immediately after eating or drinking. Excitement and stress can lead to potty accidents. Prevent them by taking your pup out to potty every few minutes if he is playing vigorously indoors. Finally, take him out just before bedtime. By 3 to 4 months of age, most pups can sleep through the night, but younger puppies may need to go out once or twice during the night.

6. Two’s company. Go out with your puppy to make sure he potties. If you’re not with him, you can’t reward him with praise and a treat so he knows that you want him to potty outdoors. Play is another good reward when your pup potties outdoors. Let him play for a few minutes after he performs. If you take him back inside immediately, he’ll be reluctant to relieve himself right away.

7. Feed regular meals. Free-feeding (leaving food out all the time) makes it more difficult to know when your puppy needs to pee or poop.

8. Limit freedom. Letting a puppy have free run of the home is a recipe for potty accidents. Instead, keep him attached to you with a leash unless he’s in a puppy-proofed bathroom, kitchen or laundry room. You should always know where he is and what he’s doing.

Stay in a crate for short periods when you can’t supervise him helps prevent a puppy from having housetraining accidents.
The 500-mile, one-tank road trip
The new Prius is fuel efficient, even when driven for fun

Day 1
11:50 a.m. (0 miles driven/1,049 miles range): One-tank trips don’t start with much fanfare — just start the car and go. With an 11-gallon tank and a 54/50 mpg city/highway rating, I should have a 50-mile buffer. But when was the last time anyone got the mileage the car claimed it would? Victory is far from certain.

12:26 p.m. (33 miles driven/533 miles range): Achieving the EPA’s mileage often requires some extreme driving like drafting behind tractor trailers or ride the white line for less rolling resistance. This trip won’t be that extreme, just minimal use of the air conditioner and driving downhills to help the hybrid Prius regenerate power to its battery pack.

Driving extra slow greatly helps mileage, but to keep it honest, I’ve made a dinner appointment in Chicago that requires I maintain the speed limit.

4:55 p.m. (103 miles driven/457 miles range): Good driving habits means total range is extended. Optional cell phone use is to add one more factor — the real world.

6:35 p.m. (288 miles driven/227 miles range): Got an hour back for crossing Ohio, but squandered it and more over a ham sandwich. Range starting to regenerate power to its battery pack.

8:26 p.m. (396 miles driven/88 miles range): Averaging around 49 mpg. My calculations say I have 160 miles to empty, the car says I’ve got 88, and the GPS says 90 miles to go. Going to find out if man or machine is right.

8:57 p.m. (449 miles driven/26 miles range): Mild relief knowing that the Prius can run on pure battery power if it runs out of gas. But its 25 mph max speed might not be good for I-48.

9:22 p.m. (467 miles driven/0 miles range): The car’s range meter hit zero over seven miles ago. The interstate lists Green Bay among the towns on the next exit. Good enough for me. Fuel stop. The car needed two gallons less than the tank holds. The lesson is Toyota’s fuel range might be conservative, but the car’s actual mpg calculations are accurate.

Day 2
Averaging 49 mpg yesterday was as good, but there’s room for improvement. The gas/electric Prius actually likes more stop-and-go traffic to regenerate battery power. So after the car shows on day two, I topped off the tank in Green Bay and planned the return using the scenic route over the top of the lake. It’s a 550-plus mile trip and should really stretch the car’s range.

6:48 p.m. (0 miles driven/550 miles range): With the tighter mileage and less time constraints, I’ll maximize economy. No A/C, driving below speed limits, and even using the engine braking feature to generate maximum battery power.

6:57 p.m. (97 miles driven/493 miles range): The Prius was made for back-road driving. It handles no better than the average sedan, but because the mileage does so much better in stop-and-go situations, it encourages taking the road less traveled. There’s a brief well of pride from the feeling that this fuel-efficient hybrid is keeping the nature-filled scenery looking beautiful.

8:38 p.m. (98 miles driven/492 miles range): Ran out of Circus Peanuts again. Car says it’s averaging 57 mpg, which is more than planned.

9:46 p.m. (212 miles driven/358 miles range): Overnight stop just before Mackinac Bridge with much more fuel than expected.

Day 3
Yesterday proved that optimal conditions deliver exceptional fuel economy. In fact, there’s more than enough to complete this journey. A challenge is no fun if it’s over before the trip is, so there’s time to add one more factor — the real world.

This Prius has yet to be driven like a Floridian who owns it. So the final leg will have the A/C blowing hard, the cruise control set over the speed limit, and plenty of accelerator-punching passing.

8:45 a.m. (230 miles driven/346 miles range): The ultra aerodynamic Prius traverses the Mackinac Bridge — well known for its crooked wind velocity. Didn’t get blown off the road — it must be a real car.

Noon (441 miles driven/83 miles range): No great updates because driving it like a real owner doesn’t change much. In fact, the car seems to be doing better than the first leg of the trip by averaging 51 mpg over the day.

12:45 p.m. (498 miles driven/43 miles range): Trip completed with as much fanfare as the start 1,020 miles ago. Plenty left in the tank to find a gas station, which means time to find lunch first.

So what’s the verdict? For those who love to keep track of fuel economy or just enjoy math, this Toyota hybrid is going to be a heck of a lot of fun. But for the rest of us, the Prius won’t penalize the fuel economy for driving it like a normal appliance. It’s a road-trip ready car that’ll conserve enough to buy its own Circus Peanuts.

Behind the Wheel
Advertorial

Why 3/4 of home sellers don’t get the price they want for their home

A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market.

The fact of the matter is that nearly three quarters of homeowners don’t get what they want for their homes and become disillusioned and - worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar!”

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-866-274-7449 and enter 2000. You can call any time, 24 hours a day, 7 days a week.

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PET LOVERS

Chloe / Judith LaFeir

Karen / Stephanie Luera

Harry / Teresa J. Campani

Riley Bear / James McHale

Hope and Chip / Katherine Heuring

Kirk Miller

Rumple / Kirk Miller

Link and Gatsby / Lauren Escalada

Karmin / Danielle Jaie Dumas

Chawines / Karen Schmidt

Ricky Bear / Jimin Molyneux

Chloe / Judith LaFeir
PET LOVERS

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Penne and Luigi / Jennifer Sardone-Shiner

Bandit and Foxy / Duane & Sharon Rapini

Tiki / Mindy Seelig

Peanut / Owner Debbie Frechette

Jagger / Rebecca Seelig

Tobias / Jose Salleras

Tobias / Jane Salerno

Peacock / Mariann House

Jagger / Rebecca Seelig

Baja / Katherine Heuring
Sophie / Lori Kardashian
Riley Bear / Jerrod Arnold
Roxy / Kathleen Edenzon
James Bond and Juniper / William Marudas
Big Bunny and Little Bunny / C Bell
Zeuse and manatee / Jennifer Wisher
Harley, Mack, Maya and Bo / Cathy DeMello
Sadie / Maria Carvalho
Truffles / Jacqueline Coury
Winston & Dracarys / Grace Givertz
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Alfie
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Dion
Mark Zisk

Contessa
Max Krupo

Cooper
Rose Ungvari

Penny Lane
Anna Ramar

Bubbles
Scarlett Martin / Carole Martin

Dante
Sylvia Wright

Frankie
Annie Santulli

Chloe / Max Kropp

Bubba / Lucie Lehmkuhl

Cooper / Rose Ungvari

Dante / Sylvia Wright

Frankie / Annie Santulli
Palm Beach County Human Rights Council

1. Nancy Graham, Lois Frankel and Jeri Musio
2. Kim Tenderich and Gregory Tenderich
3. Mauricio Buza and Barry Hayes
5. Matt Pietrini and Rob Glass
6. Bryan Welsh, Julia Murphy, Tony Ruakos and Shelley Vana
7. Jamie Foreman,
8. Joseph Pulikone, Rand Hoch and Dan Hall
9. Jeff Garek and Jeri Musio
10. Joseph Pulikone, Debra Lehman and Gregg Lehman
11. Donald Warden and Anthony Jaggi
12. Gregg Weiss and Rebecca Weiss
13. Don Todorich and Joseph Pulikone
14. David Sikors and David Richardson

*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, please let us know.

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St. Mary’s honors doctor who operated on gunshot victim

SPECIAL TO FLORIDA WEEKLY

St. Mary’s Medical Center’s chief of surgery and oral maxillofacial surgery, Dr. Richard Kaplan, is being honored with the St. Mary’s Medical Center Chief of Staff Award for excellence, outstanding leadership and dedication to St. Mary’s Medical Center and its trauma center. The award is handed out once a year to a single doctor.

Dr. Kaplan made headlines by performing an innovative surgery on a person shot in the face during a robbery attempt. He also recently treated an Army veteran for a similar type of injury; both patients have made full recoveries.

“It’s an honor to receive this award from one of South Florida’s top hospitals,” Dr. Kaplan said. “It’s rewarding to work in a field that allows me to help people and give back to the community at the same time.”

Dr. Kaplan’s work involves restoring facial features of trauma victims. He has been chief of surgery at St. Mary’s Medical Center for five years. Dr. Kaplan also is board certified by the American Board of Maxillofacial Surgery and has degrees from University of Witwatersrand in Johannesburg, South Africa, and from the University of Miami.

Back-to-school screenings, activities planned

SPECIAL TO FLORIDA WEEKLY

Palm Beach Gardens Medical Center, Palm Beach Children’s Hospital, Downtown at the Gardens and other community partners have announced plans for a Healthy Kids Back to School Screening Event.

The event will be from 11 a.m. to 2 p.m. Wednesday, July 27, at Downtown at the Gardens, 11701 Lake Victoria Gardens, Palm Beach Gardens.

Families will have access to vision screenings, nutrition education and additional health information. In addition, there will be interactive sports activities, a free carousel, train rides and balloon art courtesy of Downtown at the Gardens.

Other partners are Palm Beach Gardens Fire Rescue, 19 Sports, Macaroni Kid, Roger Dean Stadium, Safe Kids Worldwide and the Junior League of the Palm Beaches.

Registration is required. To sign up for this free event, call 629-5070 or go to pbgmc.com/events.

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SAVE UP TO 70% on the HOTTEST summer fashions at over 100 outlets!
Riviera Beach Marina Village signs restaurant as first tenant

SPECIAL TO FLORIDA WEEKLY

Riviera Beach Marina Village has signed its first tenant. The Marina Event Center at Riviera Beach Marina Village has approved a lease for Rafiki Tiki to open in the Marina Event Center at Riviera Beach Marina Village. The restaurant, to be owned and operated by Demetri Solloum, is expected to open in the fall. The operation will include 1,047 square feet of interior space and 1,591 square feet of patio space, allowing outdoor dining near the Intracoastal Waterway. The café will be open morning through evening seven days a week, and will offer live music. The menu will be inspired by Mediterranean and South Florida influences with international and vegetarian options.

“It has been our goal from the beginning of this project to provide opportunities for Riviera Beach residents and business owners, and we welcome Mr. Solloum to Marina Village with great enthusiasm,” Tony Brown, executive director of the Riviera Beach CRA, said in a statement. “We have created a spectacular waterfront destination, and this new establishment will give visitors one more reason to come by and see what we’ve accomplished.”

“I’ve been in business in Riviera Beach for more than 25 years, and I can clearly see what this new vision for the Riviera Beach Marina Village will do for this city,” Mr. Solloum said in the statement.

The first phase of Riviera Beach Marina Village recently was completed with a public investment of $75 million. Highlights include the two-story Marina Event Center and a re-imagined Bicentennial Park. Plans include a waterfront restaurant row, shops and a year-round public market. Riviera Beach Marina Village is at 190 E. 13th St. Information at rbcra.com or 844-3408.
Life is too important to skip a beat.

Heart Health Screenings are only $69.

Heart disease is the leading cause of death in the United States. An essential key to preventing heart disease is knowing and managing personal risk factors. Jupiter Medical Center is offering heart health screenings to promote heart health.

Heart Health Screenings include:
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Learn more at jupitermed.com/heart
“Watch sales really haven’t slowed down for us ... Our customers purchase a watch for special events, engagements, wedding anniversaries and birthdays. Some want an heirloom they can hand down.”

— Eric Schilling, a master jeweler, master gemologist, third-generation watchmaker and sales associate at Provident Jewellers in Fort Myers

Sales of traditional watches on an uptick

BY NANCI THEORET
Florida Weekly Correspondent

It would seem the classic wristwatch is running out of, well, time. Today, millions of Americans sport smartwatches that cover more real estate on the wrist and deliver a wealth of information — from resting heart rate and activity or laziness (daily steps and miles walked) — to sleep quality and who’s recently called or texted. They can also lock a car and pinpoint a wearer’s exact place in the world. Oh yeah, they also tell time.
The smartwatch is to the classic timepiece what the smartphone is to the rotary. Almost a thing of the past, or so you’d think.

SEE WATCH, A19
WATCH

From page 18

think.

However, after taking an international licking in 2015, traditional watches are still ticking, according to industry experts and local retailers.

In fact, there’s an uptick in sales this year even as the smartwatch market is predicted to sell 20 million more units over last year (50.4 million vs. 30.32 million).

“Watch sales really haven’t slowed down for us,” says Eric Schilling, a master jeweler, master gemologist, third-generation watchmaker and sales associate at Provident Jewelers in Fort Myers. “Our customers are buying for wants, not needs. They purchase a watch for special events, engagements, wedding anniversaries and birthdays. Some want an heirloom they can hand down.”

Jason Lee, a watch specialist at Yamron Jewelers in Naples, believes the advent of the smartwatch has helped stir sales of traditional timepieces.

“I’m a big fan of friendly competition and to be honest, the Apple watch has boosted ours. It gets people to look at watches,” he says. “I have customers who own an Apple Watch, buy a $3,000 watch and trade it in for a $10,000 watch.”

At Provident, which also has locations on the east coast including its flagship West Palm Beach store, watches are driving the market, Mr. Schilling says.

Men typically don’t have a lot of jewelry except for a wedding ring, a chain and a bracelet,” he says. “They really express themselves in their watches. There’s nothing particularly watch on your wrist.”

True aficionados appreciate the artistry and intricacy of the mechanical watch, introduced in 1490 and perfected by the Swiss.

Mechanical movements are derived by winding a mainspring to power gears, a balance wheel and some 250 other parts. Swiss-made watches include some of the most expensive brands and accounted for more than half of the worldwide watch market share value of the $1 billion watches sold in 2014, according to the WorldWatchReport.

While the Swiss watch has long been heralded as the gold standard for all luxury watches since the 1970s and newly rebranded companies are reinventing the classic timepiece market, according to Richard Lange Söhne, a German pocket watchmaker, was reborn with its first wristwatches in the 1990s after nearly 50-year absence from the industry.

During the last decade, top watchmakers have returned to traditional craftsmanship, no longer outsourcing some components.

“Hand-making and hand-finishingscrape the top luxury watch brands,” says Mr. Lee. “The craftsmanship has returned and it’s been phenomenal.”

“Once people know about the mechanics and intricacies of a watch, they become fascinated,” says Mr. Schilling. “There is a new technology helping old-school watchmaking. Some gears are made which improves time and accuracy. We now have a watch scheduled to go into space; it can handle the G-force of 20 times the earth’s gravity; it can handle the G-force of 20 times the earth’s gravity.”

“Mechanical watches, on the other hand, have regular maintenance can last indefinitely. The oldest working pendulum clock is reportedly the Melanchthon clock, made in 1520.”

“Buying an old pocket watch, a customer can pay a little more money to recycle their watch all the time,” Mr. Schilling says. “During service the exterior is completely refinished and the watch is brand-spanking new again.”

Although the family-owned Charlotte Jewellery & Watch Repair sells new watchcs, its repair service is always in demand, says manager Nancy Suarez.

“We get high-end Rolexes for repairs and other high-end watches for batteries,” she says. “We take in older watches all the time. Today someone came in with a 14-karat gold watch that was 30 years old.”

One of the biggest issues facing the watch industry is the declining number of watchmakers.

Shanna Miller, who opened the Downtown Jewelry & Watch Co. in Fort Myers in 2014, says she works with one of only four in the city who recently restored a rusted out 1930s bubble-back Rolex.

“I started the store because I was dating a watchmaker and got interested in the mechanics,” she says. “I was fascinated by the power in the little compartment and during the restoration process, seeing over 250 pieces of all sizes spread out on the table. I tell people nothing is sent out except our dry cleaning.”

Ms. Miller prefers to sell preowned high-end watches like the sale of a new Rolex, Omega or Cartier to a new car’s quick depreciation once it’s driven off the lot.

“Preowned has a better profit margin,” she says. “People can always upgrade and trade up through the store.”

In the luxury realm, retailers have to earn the right to sell — and service — the most coveted brands of all.

As a result, Provident’s Worth Avenue location carries lines not available in Fort Myers. The company recently offered MB&F’s limited-edition HM6 with futuristic three-dimensional horological engine for $280,000.

“It’s actually very difficult for any jew- elry store to become a watch brand. It requires minimum buys and the first is a cash sale,” says Mr. Schilling. “Represen- tatives look at a store, the way it’s set up, fits their standards and meets their demographics.”

“They wouldn’t want us out on the street with sandwich boards,” he jokes.

It can also get political if Brand A doesn’t like Brand B.

Interestingly, Rolex and Breitling, though pricey, are not among the upper echelon in the industry. Mr. Lee likens them to Mercedes while Patek Philippe, which Yamron represents, Piaget and A. Lange & Söhne are the Rolls-Royce, known for the best of the best.

“The younger generation looks at a car’s quick depreciation once it’s driven off the lot,” he says. “They wouldn’t want us out on the street with sandwich boards.”

While the store’s watch division sells antique, preowned and new timepieces, its bread and butter are repairs, account- ing for 80 percent of business.

“We work on a lot of Rolexes and high- end watches,” says Ms. Miller who often sees the sentimental side of watch own- ership. “Customers come in with older watches that were their dad’s graduation present or grandpa’s pocket watch. There have been a lot of tears in the store. People have an emotional connection to timepieces.”

If it’s a family heirloom, there’s not much we can do,” she adds. “Most are salvageable but the customer has to decide if it’s worth repair. I’m honest about the bottom line.”

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MOVING ON UP

“At the end of the day, it’s all about relationships and how you treat people.”
— Connie Thomas, Senior director at Tower Commercial Real Estate

Name: Constance (Connie) Thomas
Title: Senior director at Tower Commercial Real Estate
City of business: West Palm Beach

BY MARY THURWACHER
mthurwacher@floridaweekly.com

When Connie Thomas negotiates a lease agreement for a commercial property, she said, it has a positive impact on the economy.

“I feel like I create a bouquet of jobs,” said Mrs. Thomas, who recently joined Tower Commercial Real Estate (towercre.com) as senior director, overseeing the firm’s high-profile leasing portfolio in Palm Beach County.

“When I lease office space, it has a snowball effect on the community, creating jobs for lawyers, architects, sometimes engineers, electricians, painters and others,” she said. The jobs come with adding value to a property, which may mean anything from painting and landscaping and repairs to tearing an existing structure down and starting anew.

Creating jobs, she said, is one of the things she enjoys most about her work.

“I also like meeting new people and finding out about their businesses, the different types of commerce,” Mrs. Thomas said. “It’s stimulating.”

Mrs. Thomas joined Tower Commercial Real Estate just as the company announced its latest leasing assignment — the 425,992-square-foot Northbridge Centre in downtown West Palm Beach, owned by Crocker Partners.

On the eastern Northbridge Centre on the Intracoastal Waterway, Mrs. Thomas will team with Jon Blunk, Tower’s executive vice president and director of office leasing, on other Tower Commercial Real Estate exclusive leasing assignments, in downtown West Palm Beach, and 400 Royal Palm Way and 125 Worth Avenue in Palm Beach.

Mrs. Thomas, 53, has more than 20 years of full service commercial real estate experience.

Before joining Tower Commercial Real Estate, she was a senior associate with Touchstone Webb Realty Company, responsible for leasing, marketing, brokerage, tenant and capital improvement budgeting for a portfolio of office, medical office, industrial and retail properties throughout the county.

Previously, she was a broker/associate with WG Compass Realty partners, and with the Trammell Crow Company’s South Florida leasing team, providing leasing and management services for institutional owners of industrial and office properties throughout the region.

“The internet has become a huge tool in our business,” Mrs. Thomas said. “A lot of people don’t want to talk, but look on the internet for postings on commercial property,” she said. “Your presence on the internet is very important.”

Less and less interface is required.

“But you still need some face-to-face contact,” Mrs. Thomas said. “At the end of the day, it’s all about relationships and how you treat people.”

Mrs. Thomas is a founding member of Commercial Real Estate Women of the Treasure Coast, has served on the YWCA of the Palm Beaches and the Early Learning Coalition of Palm Beach County.

Where I grew up: Miami Shores
Where I live now: Palm Beach Gardens

Education: Miami Country Day School. Graduated from Converse College in Spartanburg, S.C., with a B.A. in Business Administration. In 1985 and 1986, I attended Real Estate school and received a salesman license; in 1990 attended real estate school for broker’s license; in 1997, I completed CCIM education, which took three years. The program involves classroom work as well as practical transaction experience to complete and receive the designation.

What brought me to Florida: I was born and raised in South Florida. I was not planning on working in South Florida after college. Due to family and job opportunities I returned to South Florida and started working for an advertising agency. After a year and half in the ad business, I decided I wanted to try commercial real estate.

My job today: I am a commercial real estate broker. Part of my work is to create value for institutional and individual owners. Other aspects of my work involve finding value added commercial real estate assets and negotiating leasing terms for both tenants and landlords.

My first job and what it taught me: At age 15, I bused tables at a family-owned restaurant in Miami. After a year of working in the restaurant, I decided I needed to work harder in school and attend college then find a challenging career.

A career highlight: A career break or turning point happened in 1993 when I was hired by Rubloff Real Estate (last became Koll) to lease four institutional-owned commercial real estate assets. The properties were owned by Aetna Life & Casualty.

What I do when I’m not working: I enjoy walking on the beach, tennis, snowboarding and kayaking.

Best advice for someone looking to make it in my field: If you like working with people, numbers and problem solving, commercial real estate is an exciting and challenging career. Try not to get discouraged when do not work out; you need to be flexible and open-minded. Patience benefits everyone every day. Your reputation is most important; therefore, always be honest with yourself and with others and in turn you will receive respect and loyal clients.

About mentors: I have been fortunate to have loyal clients. I have worked with at Rubloff, Trammel Crow, Walters/Gottlieb and Touchstone Webb.

The properties were owned by Aetna Life & Casualty.

Why is democracy a better form of government than any benevolent dictatorship? It is because the collective population usually makes wiser decisions than a single individual has the unlimited power.

That is also why capitalism is superior to communism. Market forces have been proven to be much better than central planning coming from a singular governmental entity in allocating capital as well as goods. In truth, it is safe to say that any time the world has relied upon an “all knowing” government, it has ended in failure.

I make this point to explain why I am so nervous about the current stock market.

As I am writing this article, the S&P 500 has once again set a record. This should mean that the economy is growing, gangbusters, employment is at record highs, corporate revenue and earnings are skyrocketing and there is some peace and stability around the world. But in most cases, the opposite is true. The U.S. economy is growing at an anemic 2.2 percent. The workforce participation rate is at only 62.4 percent. Corporate revenues have stagnated. And I am seeing a new flash come across my screen that a truck just plowed into a crowd in France, killing dozens of people.

So why is the stock market recording all-time highs?

In two words — Central Banks.

First Central Banks propped up the economy when the financial crisis almost brought us to the brink of financial disaster. Then the Fed and its peers across the globe flooded the world with currency in an effort to halt the financial disaster.

And then Central Banks cut interest rates, sometimes to negative numbers, to depreciate currencies and give incentives for individuals and corporations to borrow money.

The final effect of Central Bank intervention has been record U.S. financial markets. Low rates have enabled corporate and institutional investors to leverage their balance sheets in order to return money to shareholders in the form of dividends and stock buybacks. Low rates in Japan and Europe also pushed bond prices to all-time highs. And low rates have pushed housing prices to levels many believe are not sustainable.

All of this is wonderful for everyone until Central Banks do the unexpected. This happened last Thursday when the Bank of England unexpectedly maintained its key interest rate instead of cutting it, as was universally expected.

Clearly this was not an earth-shattering event as markets were positive for the day and the only real mover was the British pound showing strength. And that BOE decision is probably the reason the BOE did indicate that it would probably cut rates at its next meeting due to concerns regarding Brexit.

However, this action does highlight the extreme dangers of a market almost completely supported by a completely nonmarket force.

For example, the U.S., most analysts believe that the Fed will continue with its current policy of keeping rates low. But what if the analysts are incorrect? Investors won’t be able to sell their stock or bond portfolios or real estate investments.

Does this mean that I am selling right now? Absolutely not. I am going to ride this train as far as it will take me.

I know some advisors are telling their clients to sell into this strength but they have been saying the same thing for years and anyone who has not been 100 percent invested clearly has left money on the table.

But my strong advice is to keep a very close eye on the Central Banks. Because without these “all knowing” bankers, I don’t think this is a market worth owning.

— Eric Bretan, the co-owner of Rick’s Estate & Jewelry Buyers in Punta Gorda.
SPECIAL TO FLORIDA WEEKLY

Nestled in the award-winning Ibis Country Club is this magnificent estate home, with six bedrooms, five full and two half-baths with more than 6,400 square feet of luxury living space.

Majestic and lush plantings line the circular driveway with a 3.5-car garage. The gracious front entry has Palladian windows and leads inside to a striking foyer. Step down to a bright and spacious living room with wood floors and extensive crown moldings. French doors and Palladian windows showcase the outdoor living areas and spectacular views.

There is a beautiful formal dining room with custom built-ins and Waterford fixtures. The spacious and inviting family room features a fireplace with marble surround and a wet bar — perfect for entertaining.

The gourmet kitchen offers stainless steel appliances, a center island, counter seating and plenty of beautiful, functional storage and prep space. The adjacent breakfast area overlooks the pool and offers water and golf course views.

There is a first-level guest bedroom with private bath and walk-in closet. A dedicated and well-appointed office has access to the master bedroom. Double doors lead to the large master bedroom and sitting area with patio access. The master also has spacious his and hers walk-in closets as well as his and hers master baths. Atrio of the curved stairway is a large game room with pool table, entertainment center and private balcony. Additional bedroom suites are all oversized and offer plenty of versatile accommodations for family and guests. Outside is a screened patio with summer kitchen, which leads to the free-form pool and spa areas providing endless fun for the whole family.

Great water and golf views make this one-of-a-kind home a must-see.

Lang Realty has this Ibis Country Club home offered at $1,229,000. The agent is Irene Eisen, (561) 632-7497, ieisen@aol.com. ■

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Sauce is boss at Roger Dean’s Swings & Wings

BY AMY WOODS
awoods@floridaweekly.com

Swings & Wings, a popular all-you-can-eat night at Roger Dean Stadium, returns July 23 with competitions on and off the field.

On the field, the Dunedin Blue Jays will take on the Jupiter Hammerheads in a matchup between the Class A Advanced Florida State League. Off the field, vendors will vie for first, second and third place — plus a People’s Choice Award — in the Wing Cook-Off.

This is one of our bigger events,” said Marissa Korth, the stadium’s community-relations and promotions manager. “It’s just fun for families to come and enjoy some good food and baseball and kind of hang out.”

Look-Alike Contest is Hemingway Days’ most novel idea

Florida Weekly Correspondent

FOR STOCKY OLD WHITE GUYS WITH BEARDS

Celebirty chef Paula Deen cheers her husband on in last year’s competition.

Previous Ernest Hemingway look-alike winners including Chris Storm, left, and John Stubbings, right, judge last year’s competition.

Matt Collins takes a selfie last year while competing in the semi-final round of the “Papa” Hemingway Look-Alike Contest at Sloppy Joe’s Bar.

By Maxine Lopez-Kedough

For the third year in a row, Swings & Wings visitors can eat at least 1,500 pounds of chicken wings bathed in four categories of sauces: traditional hot, traditional medium, creative specialty and Budweiser-infused.

“You can eat however many wings you can possibly muster,” Ms. Korth said. “We go through quite a few.”

The $20 admission (at the gate) also includes a complimentary draft beer, house wine or a flight of micro-brews and a front seat to the wing-eating contest, in which participants gobble a plate of 10 as fast as they can.

“People chow down,” Ms. Korth said. “It goes pretty quickly.”

The stadium is partnering with the American Cancer Society this year and donating proceeds from a Chinese raffle and silent auction to the nonprofit.

“We figured it would be a good way to cross-promote each other and really support a good cause,” Ms. Korth said.

Up to 1,500 people will feast on 800 pounds of wings at Swings & Wings.

Sauce is boss at Roger Dean’s Swings & Wings

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Northwood Art Night Out

A few miles north in Northwood Village they’re celebrating summer with an expanded Art Night Out Summer Festival on July 29 and 30.

From 6 to 10 p.m. both nights along Northwood Road, the city’s “art-centric neighborhood” will host more arts and crafts vendors, more entertainment by local bands, and more food vendors.

Visit the galleries, shop at the unique boutiques, meander past the live street-side artists and musicians, and help Craig McInnis finish a giant paint-by-number mural at the corner of Northwood Road and Broadway.

Live music by Mikaela DanChenko and OldSkool Band on July 29 and After Midnight and Sound Sensation on July 30.

Admission is free and there’s free street parking throughout Northwood Village. For more info, call 822-1550 or visit norton.org.

Norton Museum welcomes a bit of the theatrical

By Janis Fontaine
jfontaine@floridaweekly.com

The Norton Museum of Art does so much for our community. In addition to being among the best local sources for art and culture, the museum’s free admission policy and low-cost educational programs have made fine art accessible to everyone, and Art After Dark has turned the Norton into the go-to destination on Thursday.

Now the Norton is spreading its wings with another pilot program featuring play readings of two musicals and a dramatic one-act play performed by members of Lou Tyrell’s Theatre Lab. Each performance will be followed by an audience discussion with the cast.

The first performance is at 7:30 p.m. today July 21 and features “15 Things About Ed Carpolotti” featuring Laura Turnbull and Caryl Fantel. With music and lyrics by Barry Kleinbort, the story is based on a monolog from the Jeffrey Hatchet play “Three Viewings.” A devoted widow’s world crumbles as her husband’s bad business deals come to light.

On Aug. 11, the evening features “By and By” written by Lauren Gunderson, winner of the Lanford Wilson Award and the Steinberg/ATCA New Play Award. It’s about how to navigate life in a cloning lab.

On Sept. 15, “Love Is” is a musical journey conceived by Angie Radosh and Caryl Fantel. The title gives the story away.

The Norton is at 1451 S. Olive Ave., West Palm Beach. Admission is free. Info: 832-5090; norton.org.
COLLECTOR’S CORNER

All it takes is one object and one buyer to make a sale

I love when I can prove myself wrong. It doesn’t happen all the time, but it happened recently with a collection of ruby-flashed glassware I saw at a Goodwill store. At one time, the glassware, essentially clear glass that was coated with a ruby stain that could be scratched away to leave a message or design, was popular with collectors. Lately, that has not been the case. And that’s too bad.

During the heyday of antiques collecting, roughly from the 1960s through the ’80s, even a simple ruby-flashed goblet might have fetched $25 — more if it was from a rarely seen town or commemorated an important event. The pieces I saw at Goodwill were priced at under $10. I took a picture and sent it to Jim Antone, who has sold antiques in Jacksonville for more than 40 years.

“Remember when there was a market for these, back in 1973?” I wrote. “Yes, you can’t give them away today,” he replied. But when I returned to Goodwill, all had been sold, save one goblet, in the King’s Crown pattern. Granted, they sold for much less than they would have years ago, but at least they sold. Much of this glassware, made around the turn of the last century, was intended for sale as souvenirs.

Folks attending fairs and such could have them engraved to commemorate the event, much as people visit that national retailer, Things Remembered, to have cups and other items engraved with names or dates of significance. They were keepsakes that recorded the special moments of a century ago and more.

Most of these pieces were American made and probably wholesaled for a few cents at most. And though the market for this glassware has been decidedly off for the better part of a decade, it proved a point that’s good to remember: Sometimes, all it takes is one buyer and one object (or, in this case, many objects) to make something valuable.

Nobody at Goodwill knew for sure, but I’m willing to bet one or two buyers bought the bulk of that collection, bucking a trend and surprising me. That’s one souvenir I’m only too happy to take away.

— Scott Simmons

LOOK WHAT I FOUND

THE FIND:
Roseville Thornapple vase

Bought: The Sugar Chest Antique Mall, 960 N Federal Highway, Pompano Beach; (954) 942-8601 or thesugarchestantiquemall.com.

Cost: $17.95.

The Skinny: If at first something seems to be too good to be true, that’s because it is. That’s what I thought when I saw the price tag on this 10½-inch Roseville Thornapple vase. Then I realized it had a repair to its base and bought it anyway because it was so attractive.

Roseville Pottery, made in Zanesville, Ohio, was one of America’s most iconic potteries. Most of what collectors recognize as Roseville dates from the company’s middle period, roughly the 1930s and ’40s, which is when this Thornapple piece was made.

There’s something beautiful about the luster of Roseville’s matte glaze that just sends me. The colors are delicate and the glaze has a wonderful feel. At one time, pieces such as this would have fetched more than $100, even with a repair. The fix on this is well done — it doesn’t show up unless you scan the piece with a black light.

I think I did all right with this piece — it’s pretty and it’s usable, and I know I can get my $17.95 back out of it if I need to sell it.

— Scott Simmons

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4763 PGA Boulevard, Palm Beach Gardens

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2863 State Rd 7, Suite 400, Wellington

From the Publisher of PALM BEACH ILLUSTRATED

palmbeachmedia.com
**THURSDAY 7/21**

The Boca Black Film Festival — July 21-23, at the Boca Raton Marriott, 3200 Town Center Circle, Boca Raton. The BBF is dedicated to promoting authenticity and originality in the film arts and education by black filmmakers. Screenings of 18-20 films, networking, and mentorships. Tickets: $200 for the three-day festival; $100 for students w/ ID. Info: blackboca.org or 252-3022.

**Fit for Hope — Through Aug. 31.** Place of Hope’s summer campaign to raise awareness about foster care needs people who can be there, on demand, for the weight, runs, spin, dance, golf, play sports or strike a yoga pose to post their routines on Place of Hope’s social media feeds, and make a $10 donation for the privilege. Challenge 10 friends to do the same. The goal is to raise $10,000 to underwrite the cost of care of one foster care child for one year. End date is Aug. 31. Get details at placeofhope.com/fit-for-hope.

**Clematis By Night, Supersized — July 22.** Clematis By Night is back! Super-sized with more music, ways, and tastings. West Palm Beach, Palm Beach. Info: online at pbcmf.org.

**LOOKING AHEAD**

Multiple Author Book Signing — **June 25—July 7.** 505 Worth Ave., Palm Beach. Meet one or more of the area’s most popular authors at this special happy hour hosted by the Palm Beach Writers Group. The restaurant will have Happy Hour specials along with its prix-fixe dinner specials for $35. The signing is free. Email Palmbeachwritersgroup@gmail.com.

**Clematis by Night — 6-10 p.m.** Thursdays. Free. Info: clematisbynight.com.

**July 28:** The Helmsmen (Island). The Holidazed (reggae/rock) opens.

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**AT THE COLONY**

The Colony Hotel, 155 Hammon Ave., Palm Beach. Info: 659-8000 or 650-5430; thecolonypalmbeach.com.

**Motown Fridays — With Memory Lane performing everyone’s favorite hits from the 60’s, 70’s, 80’s and 90’s. Join them from 8 p.m. through today; 9:30 p.m. to 12:30 a.m.**

**July 22:** A film screening of the special guest film. Tickets vary by sunset. $15 members, $20 non-members.

**Lighthouse Sunset Tour — Time varies by sunset. $15 members, $20 non-members.**

**Lighthouse Story Time & Crafts for Kids — 10:30-11:30 a.m. monthly in the Seminole chickpe but for story time and a craft activity. Ideal for kids ages 8 and younger. Bring a small beach/picnic mat, Free.**

**AT MOUNTS**

**July 26:** Tour for ages 10-15 are invited to take a chocolate handwriting workshop and receive a certificate of completion. Materials provided. Info: email info@maltzjupitertheatre.org or call 657-2665.

**AT THE IMPROV**

**July 23.** Prevention & Diagnosis of Orchard Pest and Disease (July 23), 10 a.m.-1 p.m. Speaker: Sandi Jones, Broward Orchard Supply and Non- house Museum & Gardens. Three classes: $75 members; $85 nonmembers, single classes $30 members; $40 nonmembers. Call 233-273-757; monts.fx.org.

**AT THE PLAYHOUSE**

Lake Worth Playhouse 713 Lake Ave, Lake Worth. Info: 586-6410 or lake—worthplayhouse.org.

**“Rock of Ages” — Through July 24.**

**“Peter Pan Jr.” — July 26-30.** Lake Worth Playhouse Summer Camp production.

**AT THE MALTZ**


**“View from a Blue Moon: Surf Night, With The Bryle Allyn Band — 8 p.m. July 23. Screening of renowned surf documentary "View from a Blue Moon" followed by live music from The Bryle Allyn Band. A portion of proceeds will benefit The Palm Beach County chapter of the Surfrider Foundation. $5 presale; $10 day of event.**

**“I Am Sus Episode 2” — Movie premiere, 7 p.m. July 26.**

**Hunny and The Frights with Special Guest Gusmehorts — 6 p.m. July 29, $22 presale; $34 at the door.**

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AT THE FAIRGROUNDS
South Florida Fairgrounds, 9067 South- ern Blvd., West Palm Beach. Info: 793- 0333; southfloridafair.com.
Yesteryear Village — Open 10 a.m.- 4 p.m. Thursday-Saturday. $10 adults, $7 seniors 60+, $8 age 5-11 and free for age 5 and younger. Info: 795-3110 or 793-0333.

Garden Brothers Circus — July 22-23. $8 adults. Find out how to get free tickets online at southfloridafair.com.

AT THE SCIENCE MUSEUM
The South Florida Science Museum, 4801 Dreher Park Road, West Palm Beach. Admission: $15 adults, $11 ages 3 to 12, $13 for age 60 and older. Free for members and children younger than 3. Info: 832-9988; sfsciencecenter.com.

GEMS Club — 5-7 p.m. July 26. For girls in grades 3-8; $5 registration fee.

Nights at the Museum — 6-9 p.m. July 29. The theme is Superheroes. $12 for members; $15 for age 60 and older. Free for age 3-12, $5 for ages 5-11 and free for younger than 3.

LIVE MUSIC
2016 Rock ‘N’ Roll Summer concert series. Friday nights from 7-40 p.m. in Center Court.

PETTY HEARTS AND THE STONE TEMPLE PLUSH — July 22


July 23: The Spam Allstars.

ONGOING
The Armory Art Center — 1700 Parker Ave., West Palm Beach. Info: 832-1776; armoryart.org.

3D Student Summer Show — Through Aug. 6.


The Cultural Council of Palm Beach County — 601 Lake Ave., Lake Worth. Hours: 10 a.m.-5 p.m. Tues- day-Saturday. Info: 471-2901; palmbeach- culture.com.

Exhibition: Palm Beach County: Artists — Through July 30.
The Flagler Museum — One Whitehall Way, Palm Beach. Hours: 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Sunday. Tickets: free for members; $18 adults, $10 age 13-17 with adult; $3 age 6-12 with adult; free for younger than 6. 655-2833; flaglermuseum.us.

The Florida Trail Association Loxahatchee Chapter — Leads nature walks. New adventurers are wel- comed. Get info and register at loxf-trail.org.

Hike On The Apexoe Wilderness Trail — 8 a.m. July 23, 3125 N. Jog Road, West Palm Beach. Joe Rosenbery leads a 9-mi hike. Call 839-9594.


Sunshine in the Summer-Time — 9 a.m.-noon Monday-Saturday, through Aug. 13.

“ArtCalusa” — Through Aug. 27, in the third floor courtroom gallery.
The Lighthouse ArtCenter — Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Monday-Friday and 10 a.m.-2 p.m. Sat- urday. Admission is $5 Monday-Friday, free on Saturday and for members and exhibiting artists. Info: 746-3101; Light- houseArts.org.

The Armory Art Center — 1700 Parker Ave., West Palm Beach. Info: 832-1776; armoryart.org.

Third Thursday — 5:30-7:30 p.m. the third Thursday of the month.
The Mandel Public Library of West Palm Beach — 411 Clematis St., West Palm Beach. Info: 808-7704; mycitylibrary.com.

Summer Dog Tales — 11 a.m. Mon- days, Thursdays, Saturdays. Meet the library’s specially trained therapy dogs that will listen to your child read. Call KidSpace at 867-7703.

Learn Traditional Japanese Karate: 7:30-8:45 p.m. Mondays.

News of the Week with Frank Cerabino: 6:30-7:45 p.m. Mondays until July 25.

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


Counting Crows & Rob Thom- son — July 22

Gwen Stefani — This is What the Truth Feels Like Tour — July 27

Perfect Vodka Amphitheatre. Tickets: 800-345-7000 or ticketmaster.com

The Palm Beach Chamber Music Festival Concert Series — Continues July 22-24 at various venues; 547-1070 or pbcmf.org

“View from a Blue Moon” Surf Night —
With The Bryce Allyn Band, 8 p.m. July 23, The Kelsey Theater; 328-7481 or thekelseytheater.com

THE PALT BEACH GARDENS GREEN MARKET — Through July 30.
The Green Market at Palm Beach Outlets — 11 a.m.-4 p.m. Sun- days, 1751 Palm Beach Lakes Blvd., West Palm Beach. Arts and crafts, fresh flow- ers, homemade foods, organic produce. Info: 630-1100, or email recinfo@pbfltl.com.

THE PALM BEACH OUTLETS — 11 a.m.-4 p.m. Sundays, 150 S. U.S. 1, along the Intracoastal Waterway under the Indiantown Bridge, adjacent to Har- bourside Place. New vendors should call 623-5600 or visit harrysmarket.com. For information about the market, visit jiupergreenmarket.com.

#HEARIT

#DON'TMISSIT

#SFLPICKS

#MYCITYLIBRARY


PARTRISH DRAMA WORKS — 5140-4024, Ext. 2, or palmbeachdramaworks.com


The Palm Beach Gardens Green Market — At STORE Self Storage and Wine Storage, 1030 N. Military Trail, Palm Beach Gardens. The market will be open from 9 a.m. to 1 p.m. Sundays through Sept. 25. Rain or shine. Info: 630-1100, or email recinfo@pbfltl.com.

Jupiter Green & Artisan Market at Riverwalk Event Plaza — 10 a.m.-2 p.m. Saturdays, 190 E. 13th St., Riv- iera Beach. Interested vendors should call 623-5600; or visit harrysmarket.com.


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For years, Charlie Boice was mistaken for Kenny Rogers. Then he moved to Florida and the retired air traffic controller took up a new impersonation in earnest. Last year, Mr. Boice won the “Papa” Hemingway Look-Alike Contest in Key West.

He returns this year as a judge of the contest, in which bearded men gather to see who most resembles writer Ernest Hemingway.

“It’s not easy. Mr. Boice, who lives in Palm Beach Gardens, had competed for three years before he won the friendly contest,” said Ms. Sindelar who recounts the love of a young American ambulance driver for an English nurse on the Italian front during World War I.

“People really want to be Hemingway’s clones, all jostling for the contest,” she said.

Mr. Boice, a boat captain, likes Hemingway’s passion for fishing. “I’ve actually met people who intro-duced me to a guy who used to pal around on the docks in Cuba where he used to be. I love to fish. This year, I caught a 400-pound marlin,” he said.

And he loves to get together with his pose of potential Papas. “The whole thing is a fraternity. There’s a bunch of guys who get together. We all know each other, and we’re the only ones each other, we give the scholarships.”

That uncanny resemblance to Hemingway has wings. Mr. Boice has been to Pamplona for the Spanish town’s Fiesta de San Fermin. “I’ve done the running of the bulls — me, another of the Papas, Tom Griz-zard, and Brian Sinclair,” he said. Mr. Sinclair is a playwright and the author of “Hemingway On Stage.”

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“Y ou can’t be a flash in the pan.”

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Heck, “A Farewell to Arms” and they’re already yielding dividends.

Mr. Boice said. So far, the group has given $30,000 in scholarships, and they’re already yielding dividends.

The competition is fierce; there’s even a scholarship portion, in which the Papas celebrate their nameake’s July 21 birthday by announcing the recipients of the Hemingway Look-Alike Society’s scholarships given to local students. It’s a fun, famously packed event, but it’s just one of many do-no-miss events scheduled for this year’s Hemingway Days lineup.

First off, attendees may want to refresh their memories of Hemingway’s oeuvre by visiting his old Key West digs, now called the Hemingway Home & Museum. Located at 907 Whitehead St., the museum — and its famously lush, six-toed cat-covered grounds — is perfect for a lazy afternoon spent meandering through rooms filled with antiques, memorabilia and knowledgeable docents leading tours throughout. Keep an eye out for the recluse and even a fishing off the street think they’d suffered a con- tinue to help raise money for the scholar- ships the contest supports. Each year, the annual weeklong Hemingway Days festi- val, which began July 19, 1954, and celebrated the re-igniting of Hemingway’s literary legacy, Ernest Hemingway. Events include lectures, cocktail parties, tours of the house, including “For Whom the Bell Tolls” and “The Snows of Kiliman- jaro,” and Brian Sinclair,” he said. Mr. Sinclair is a playwright and the author of “Hemingway On Stage.”

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"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.

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

SOCIETY

Tu Tu Two Mile Run at Downtown At The Gardens

1. Jenny Bartlett, Jacki Houston and Darlene Defusco
2. Kimme Messner, Dave Masterson and Fallon Spotten
3. Linda Rabb and George Knotts
4. Christina Ashton, Scott Messner, Emily Ashton, Jake and Roxy
5. Steve Hoher, Rose Hawley, Anita Daniels and Crystal Lewis
6. Elizabeth Smith, Kimmie Messner and Karen Parlon
7. Laura Rhodes, Nikki Pessagano and Heather Hankins
8. Lori Kimmel, Gloria Castro and Tryonna Fusssentholer
9. Scott Hicks, Erica Lazareus and Peggy Smith
10. Vikki Bonick, Balee Bonick, Michael Bonick and Cole Bonick
Juno Beach Civic Association

"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 our Facebook page and see more photos from the events.

2016 ROCK 'N' ROLL SUMMER at Downtown

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THIS WEEK!

JULY 22ND PETTY HEARTS & STONE TEMPLE PLUSH
ULTIMATE TOM PETTY AND STONE TEMPLE PILOTS TRIBUTE

JULY 29TH
BRITISH ROCK INVASION
BAD COMPANY AND FOREIGNER TRIBUTE

FRIDAY NIGHTS
THIS SUMMER
7-10PM,
DOWNTOWN PARK

AUGUST 5TH
1984 VAN HALEN TRIBUTE

AUGUST 12TH
LED- HED

AUGUST 19TH
ALTER EAGLES
A NIGHT WITH THE EAGLES TRIBUTE

DOWNTOWN at the gardens
DowntownAtTheGardens.com

Free Carousel and Train Rides Every Saturday, 11am-1pm

FREE Carousel and Train Rides Every Saturday this Summer, 11am-1pm
FAMILIES WILL HAVE ACCESS TO:

1. Vision screenings and nutrition education.
2. Penalty kick shoot out and sports activities.
3. FREE carousel, train rides and balloon art.
4. CPR Education, Helmet safety check.
5. And more!

HEALTHY KIDS BACK TO SCHOOL SCREENING EVENT

WHEN:
Wednesday, July 27th
11am-2pm
Centre Court

To register for this FREE EVENT, call 561-841-KIDS
or visit PalmBeachChildrensHospital.com/events

SPECIAL THANKS TO: IP Sports • Macaroni Kid
Palm Beach Gardens Fire Rescue • Roger Dean Stadium
Safe Kids Worldwide • The Junior League of the Palm Beaches

To visit www.floridaweekly.com and view the photo albums from the many events we cover. Send us your society and networking photos. Include the names of everyone in the picture. Email them to society@floridaweekly.com.
Raffle items include gift cards to local restaurants, and auction items include signed memorabilia from the Miami Marlins and St. Louis Cardinals. In addition, attendees can make a $2 donation at the American Cancer Society table and receive a side dish of carrots and celery with blue cheese and ranch dressings.

Chris Snyder, the Florida Division’s senior marketing and community-engagement manager, said representatives will be on hand to answer questions, offer information and provide literature about the disease.

“It’s an effort to bring a little bit more awareness of cancer in our community and, obviously, the resources that we offer and a greater understanding of services that we have for those with cancer and their caregivers, families and friends,” Mr. Snyder said.

He said the national organization is working with minor-league baseball teams across the country to promote its mission.

“Many of these games are well-attended and give us the opportunity to make an impact on a grassroots level,” Mr. Snyder said. “Roger Dean Stadium is a great platform for us. It works hand-in-hand with what we’re trying to convey. There’s so much more to us than our research.”

A cancer survivor will throw out the first pitch, and public-service announcements about cancer prevention will broadcast throughout the game. Board members, donors, sponsors and volunteers from the West Palm Beach-based office will be in attendance.

“All these community events really add up to significant support and significant dollars,” Mr. Snyder said. “The highlight of the night will be the crowning of the chicken-wing winners. Judges will determine the best-tasting bar-fare favorite while ticketholders will select the overall crowd-pleaser. Prizes include a framed Hammerheads jersey with a plaque, which Sean Kirby, owner of Kirby’s Sports Grille, has hanging on the wall of the Juno Beach establishment.

“I plan on winning again, but if we don’t win, the worst that happens is we have a fun day and donate some money to the American Cancer Society,” Mr. Kirby said.

The sauces the Baltimore-themed eatery will concoct for the event are medium garlic and teriyaki.

“We try to come up with different flavors and really get into it and make a day out of it,” Mr. Kirby said. “The fans seem to really love it. I think it’s a good deal. You can get there early and eat wings and drink beer and watch baseball. It doesn’t get much better than that.”

Jon Allen, director of operations at Sal’s Italian Ristorante, earned a Swings & Wings award for a Bud Light Lime-A-Rita sauce. This year, hot, mild and honey-chipotle versions will be served.

“It’s more for fun, just to get our name out there for exposure,” Mr. Allen said. “We are a pizzeria, but we also sell a lot of chicken wings.”

Swings & Wings offers all-you-can-eat wings July 23 at Roger Dean Stadium.
Four Arts announces speakers for Esther B. O’Keeffe lecture series

SPECIAL TO FLORIDA WEEKLY

Notable names such as New York Times columnist Frank Bruni, “Downton Abbey” actor Jim Carter and CNN correspondent Clarissa Ward will appear in the lineup for the 2017 Esther B. O’Keeffe speaker series at The Society of the Four Arts.

The series explores politics, media and culture. Tickets are sold at the door one hour before the event begins for $35; Four Arts members are admitted at no charge by showing their membership card. Book signings, when offered, are held in the Four Arts King Library following the lecture and are open to the public at no charge. For additional information visit www.fourarts.org.

The 2017 O’Keeffe lecture series will include the following:

■ Tuesday, Jan. 10, at 3 p.m. — Victor Davis Hanson, Hoover Institution, Stanford University and National Humanities Medal recipient. “What the President Needs to Know to Combat Terrorism,” The John R. Donnell Memorial Lecture.

■ Tuesday, Jan. 17, at 3 p.m. — Adam Gopnik, writer for The New Yorker, “A Retrospective Look at America in the 1980s.”

■ Tuesday, Jan. 24, at 3 p.m. — Rebecca Goldstein, philosopher, author, MacArthur Fellow, “In Defense of the Humanities.”


■ Tuesday, Feb. 7, at 3 p.m. — Kate Anderson Brower, author of “The Residence: Inside the Private World of the White House,” “First Ladies, from Jackie Kennedy to Michelle Obama.”


■ Tuesday, Feb. 21, at 3 p.m. — Jim Carter, actor who portrayed Carson the butler on “Downton Abbey,” “Tales From Downton Abbey,” The Esther Elson Memorial Lecture.

■ Tuesday, Feb. 28, at 3 p.m. — Marlene Strauss, resident art historian, “Isabella Stewart Gardner: Her Collection and Museum.”


■ Tuesday, March 14, at 3 p.m. — George Packer, writer for The New Yorker and National Book Award recipient, “The American Unwinding and the New Administration.” The Helen and Harold Bernsen Memorial Lecture.

■ Tuesday, March 21, at 3 p.m. — Mary Kiesel, journalist and member of The Wall Street Journal editorial board. “Is Asia Lost to China?”

■ Tuesday, March 28, at 3 p.m. — Clarissa Ward, foreign correspondent for CNN. “Syria and the Western Jihad: Tales From the Front,” The Walter S. Gubelmann Memorial Lecture.

HAPPENINGS

From page 1

northwoodvillage.com.

Beer connoisseurs needed

The Palm Beach Summer Beer Fest was so popular last year organizers added a second shift. From noon to 4 p.m. or 5 to 9 p.m. July 23, organizers will offer 1,500 tickets for each session. This means lines will be shorter and the crowds will be smaller.

Savor the flavors of more than 150 craft beers, some by local brewers, listen to live music and grab a snack at the food trucks to enjoy in the air-conditioned comfort of the Expo Center at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. There also will be a cash bar with spirits and wine.

The Food Truck Invasion boasts it has many of your favorites on board: A Taste of Philly, Dough Doughnuts, Cheesezilla, Chowder Truck, Curbside Gourmet, Parabas Grill, Poutine Dog Café, Sweet Daddys BBQ and Woody’s Burgers.

Live music is by Chemradery in the grounds, 9067 Southern Blvd., West Palm Beach. There also will be a cash bar with spirits and wine.

The Food Truck Invasion boasts it has many of your favorites on board: A Taste of Philly, Dough Doughnuts, Cheesezilla, Chowder Truck, Curbside Gourmet, Parabas Grill, Poutine Dog Café, Sweet Daddys BBQ and Woody’s Burgers.

Live music is by Chemradery in the afternoon session, The People Upstairs play the evening session.

An after-party takes place from 5 p.m. to midnight at the Burger & Beer Joint at CityPlace, 550 S. Rosemary Ave., #458, West Palm Beach.

Tickets are $40 in advance, $55 at the door, $100 for VIP (big food buffet, no lines, special tastings, a T-shirt and mug) and $10 for designation drivers. For info: palmbeachsummerbeerfest.com.

PUZZLE ANSWERS

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COME SEE OUR JULY STOREWIDE SALE

7100 Fairway Drive, Suite 42, Palm Beach Gardens (La Fitness Plaza)
561.355.8111 or Call our Wellington Location at 561.965.3113
Fresh off an Oscar nomination for “Trumbo” and a great turn as President Lyndon Johnson on HBO’s “All The Way,” not to mention his four Emmy awards for playing Walter White on AMC’s “Breaking Bad,” Bryan Cranston is among the most respected and sought after actors working today. But there’s a downside to this: It puts him in a highly perilous position to choose the right roles to keep his stardom soaring. Turns out “The Infiltrator” was a darn good choice.

It’s 1985, and the Medellin drug cartel is smuggling 5 tons of cocaine worth $400 million into the United States every week. Enter U.S. Customs Agent Bob Mazur (Cranston), a purdy’s pro whose new partner Emir Abreu (John Leguizamo) has an “in” with a drug dealer linked to Colombian kingpin Pablo Escobar. Working undercover in Tampa, Mazur, using the pseudonym Bob Musella, presents himself as a businessman who can launder drug money back to Colombia through his legitimate companies. Bob earns the trust of drug dealers Gonzalo Mora (Simon Andreu), his son (Ruben Ochandiano), and Javier Ospina (Yul Vazquez), and later Roberto Alcaino (Benjamin Bratt).

“The Infiltrator” is based on a book with the same name by the real Bob Mazur, so surely we’re getting the hero’s version of the story. That’s fine because it feels honest. The difficulty Bob and his fake fiancé, fellow undercover officer Kathy Ertz (Diane Kruger), have in arresting people with whom they’ve grown close feels palpably real, and you can see the heartache it causes on Cranston and Kruger’s faces.

Also, the effect of Bob’s work on his family is present but never overwrought. Juliet Aubrey gives a fine performance as Bob’s wife, Evelyn, who’s never hysteria but is understandably concerned about her husband’s safety and fidelity. Leguizamo, Kruger and the rest of the cast are solid, with Cranston leading the cast as Bob, and surely we’re getting the hero’s version of the story. That’s fine because it feels honest. The difficulty Bob and his fake fiancé, fellow undercover officer Kathy Ertz (Diane Kruger), have in arresting people with whom they’ve grown close feels palpably real, and you can see the heartache it causes on Cranston and Kruger’s faces.

Also, the effect of Bob’s work on his family is present but never overwrought. Juliet Aubrey gives a fine performance as Bob’s wife, Evelyn, who’s never his- trionic but is understandably concerned about her husband’s safety and fidelity. Leguizamo, Kruger and the rest of the cast are solid, with Cranston leading the way as a man in constant danger who understands the stakes and believes in his work and method enough to pull it off.

At 127 minutes the plot moves at a brisk pace as it covers the two years Mazur, Abreu and Ertz were undercover in this operation, and the tension remains high throughout. Director Brad Furman (“The Lincoln Lawyer”) infuses the proceedings with a poppy ’80s soundtrack, appropriately using Rush’s “Tom Sawyer” over the opening tracking shot of Mazur entering a bowling alley, which establishes the film’s mood and tone. To top himself, Furman then executes an even more impressive tracking shot that winds through hotel stairs, down to the lobby and outside to the carport on the day of Bob and Kathy’s fake wedding. It’s masterful camerawork that requires expert timing from the cast and nary a misstep from the cameraman.

So there you have it: “The Infiltrator” isn’t just a good story, it’s also well made. There is violence but it’s never excessive, so the squeamish have nothing to fear. If you hate all the sequels and original ideas Hollywood keeps throwing up on multiplex screens, this is the kind of movie you’ve been asking for.

If you don’t see it, studio execs who judge everything with dollar signs will think you didn’t care and we’ll get more “Transformers” movies. Don’t be the reason we keep getting “Transformers” movies.

**FILM CAPSULES**

**The Infiltrator**

(Bryan Cranston, Diane Kruger, Benjamin Bratt) In the 1980s, U.S. Customs Agent Bob Mazur (Mr. Cranston) goes undercover as a money launderer for the Medellin drug cartel,Nicely direct- ed by Brad Furman (“The Lincoln Law- yer”) and solid performances all around, particularly from Cranston. Rated R.

**Hunt For The Wilderpeople**

(Sam Neill, Julian Dennison, Rachel House) After his foster mother dies, an orphaned Nat. Dennison goes on the lam with his “uncle” (Mr. Neill) in the New Zealand woods. It’s beautifully shot, and subtly hilarious from start to finish. Rated PG-13.

**Mike and Dave Need Wedding Dates**

(Zac Efron, Adam Devine, Anna Kendrick) Irresponsible idshes Mike (Mr. Devine) and Dave (Mr. Efron) ruin all their family’s functions, so for their sis- ter’s wedding they’re forced to bring nice, respectable dates. Enter Tatiana (Audrey Plaza) and Alice (Ms. Kendrick), who are amusing but. It’s every bit as crass, fun and hilarious and you expect. Rated R.

**The BFG**

(Mark Rylance, Ruby Barnhill, Bill Hader) A London orphan (Ms. Barnhill) is taken to giant country, where she helps a Big Friendly Giant (Mr. Rylance) take down the bullies who pick on him. It lacks narrative thrust and the characters are underdeveloped, but visually the film is stellar. Rated PG.
PUZZLES

‘WHERE DID IT GO’

ACROSS
1. Cover again, as a gift
2. The ‘E’ of NFA, Atco
3. ‘Vulcan’ director — Lee
4. Fluky singer — Kels
5. Chicago
6. Bite-size habitat hard
7. Actress
8. Ancient crossword
9. ‘This is not canceled’
9. Large truck
9. Singer — James
11. Glowsticks established rules on how to make it and serve it
11. ‘What — ’ (How dull)
12. Bingo locale
13. Canoeing
16. Morning means
19. Hobby
24. Laughing
25. ‘Like’ — ‘I’m fine’ (2, 2)
26. Being that makes flag holders
27. Join together, ‘I’ll do my best’
28. ‘Look’ — ‘Your turn’
29. ‘You and I’
30. Acre
31. Area
32. ‘It’s not a game’
33. ‘This is for Skivvy’
34. Liverpool
35. ‘This is not what it looks like’
36. ‘If it’s not one thing, it’s another’
37. ‘New’
38. ‘I could think of a few’
39. ‘If that’s what it takes’
40. ‘If you have a story’
41. ‘I won’t argue with you’
42. ‘I’ll think about it’
43. ‘It’s not true’
44. ‘It’s up to you’
45. ‘It’s my turn’
46. ‘It’s the same’
47. ‘It’s the time to settle your score’
48. ‘It’s the time to move in’
49. ‘It’s the time to stand up’
50. ‘It’s the time to write’
51. ‘It’s the time to speak’
52. ‘It’s the time to fall asleep’
53. ‘It’s the time to go to sleep’
54. ‘It’s the time to get up’
55. ‘It’s the time to wake up’
56. ‘It’s the time to eat breakfast’
57. ‘It’s the time to eat lunch’
58. ‘It’s the time to eat dinner’
59. ‘It’s the time to go to bed’
60. ‘It’s the time to get up’
61. ‘It’s the time to go to bed’

DOWN
1. ‘I’m in a race’
1. Why choice
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HOROSCOPES

CANCER (June 21 to July 22) A change you’ve been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

Leo (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

Virgo (August 23 to September 22) Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.

LIBRA (September 23 to October 22) Most of the time you are the most unfailingly person around. But be ready to be thrown off balance in the nicest way when Cupid takes aim in your direction.

SCORPIO (October 23 to November 21) It’s not often when someone tries to “sing” the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.

SAGITTARIUS (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurance. Your efforts pay off in an unexpected way.

CAPRICORN (December 22 to January 19) Someone close considers revealing a painful secret. Withhold judgment.

GEMINI (May 21 to June 20) You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.

BORN THIS WEEK: May 21 to June 20 You have a natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

PUZZLES

Puzzle Difficulty this week: Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

By Linda Thistle

WE ARE THE PLANTATION SHUTTER EXPERTS.
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BEAT THE HEAT SPECIAL! SAVE up to 20% DURABILITY JUST GOT BETTER LOOKING.

The stories and songs of acclaimed singer-songwriters return to our islands Sept. 23 - Oct. 2. Dozens of free shows feature artists at this third annual music festival that spans intimate venues on Captiva Island, Fort Myers Beach, and in Downtown Fort Myers. Get to the heart of the music you love and find out more at IslandHopperFest.com.

#ISLANDHOPPERFEST
Chef du Cuisine Sebastiano Setticasi didn’t go to a fancy culinary school to learn how to cook or run a restaurant. Experience was his teacher. He honed his skills working with his dad (Steve), mom (Stephanie) and grandfather (also Sebastiano) in the restaurant business. And he has learned — and continues to learn — under the tutelage of James Beard Award-winning chef Mark Militello at Josie's Ristorante, an Italian eatery that has been owned by the Setticasi family for more than two decades. Chef Militello, once hailed as the best chef in the Southeastern United States, works as a consultant at Josie’s at Woolbright Road and Federal Highway (next to the bridge) in Boynton Beach.

“I am learning an insane amount from him (Chef Militello),” Chef Setticasi, 24, said. “He has a style of his own. He knows every cuisine. I’m learning from his 40 years of experience. It’s an honor to have him to work with me.”

Born in Pompano, Chef Setticasi, 24, started making pizzas in his father’s restaurant when he was 12. By the time he was 18, he was already running the show. He feeds on praise from diners. “I enjoy giving people one of the best food they have ever had, as they tell me so often,” he said. He doesn’t have a favorite dish. “I should probably get one because people keep asking me that,” Chef Setticasi said. He spends so much time at work that he doesn’t cook at home.

“I moved to my new home (in Boynton Beach) in January and haven’t used the kitchen yet,” he said. “I enjoy going out to other restaurants when I can and scoping out new things.”

Among the popular dishes at Josie’s are spaghetti pomodoro ($15), baked scope out new things.”

“I don’t have one but my roommate does.”

Chef Setticasi’s grandfather, with whom he shares the same name, speaks mostly Italian and gives his grandson plenty of advice about running the restaurant. “He’s very old school,” Chef Setticasi said. “He tells me to ‘work, work, work and to make sure that everything is perfect.’”

During the summer, Josie's Ristorante offers a 25 percent discount on the entire menu. “It keeps the food moving and who doesn’t like a good hefty discount?” he said.

Sebastiano Setticasi
Age: 24
Original Hometown: Pompano Beach
Restaurant: Josie’s Ristorante, 1602 S. Federal Highway, Boynton Beach; 364-9601 or JosiesRistorante.com.
Mission: My mission is to bring classic Italian cuisine to our customers, along with introducing some new dishes that might be considered “outside the box.”
Cuisine: Italian
Training: I began working in my family’s restaurant, making pizza, when I was about 12 years old. After that, I worked in the kitchen and, by age 18, I was overseeing almost everything at the restaurant.
What’s your footprint of choice in the kitchen? Slip-on Messo brand chef shoes.
What advice would you give someone who wants to be a restaurateur or chef? Hire the best people.

The Dish: Chicken & Waffles
The Place: Grato, 1901 S. Dixie Highway, West Palm Beach; 404-1334 or gratowph.com.
The Price: $14
The Details: This is one trend that has been done to death. I have my favorites — Bay Bay’s, for that right blend of sweet and savory, and Cilantro Café, for having the churpah to put jalepenos in its waffles — but chef Clay Conley & Co. do right by this dish at Grato.

Crisp, fluffy waffles are layered with tender fried chicken that’s drizzled with a Calabrese syrup of pureed red peppers, hot sauce, apple cider vinegar and maple syrup, among other things. It’s all topped with Mr. Conley’s singular Brussel sprouts slaw.

That worked well. What didn’t work so well the Sunday we visited was the service. Our server, though friendly, seemed distracted throughout the meal. Hopefully, that was an anomaly. I’d hate for Grato to waffle on service.

— Scott Simmons

**THE DISH: Highlights from local menus**

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**2** SCOTT’S FOR 3 Places for brunch
A trio worth noting

**1** CITY CELLAR
Cityplace, 700 S. Rosemary Ave., West Palm Beach; 366-0071 or citycellarwpb.com.
City Cellar gets kudos from me for its dinner menu, and I’ve heard nothing but praise for its characterise. The brunch menu also is worthy of mention — cheddar biscuits with sausage gravy, Belgian waffles, and maybe one of the Salicce pizzas — that’s Italian for sausage, of course, topped with a house-made fennel sausage, mozzarella and pepperonata, or pepper sauce.

**2** SURFSIDE DINER
314 S. County Road, Palm Beach; 659-7495.
You can expect a little more panache than your average diner fare just because owner Dan Ponton has a legacy of finer dining around the corner at Club Colette. The Malibu Benedict, with avocado and turkey breast suits me fine just about any Sunday morning. Also hearty: The Chicken Burrito Wrap, with scrambled eggs, black beans, Mexican cheese and salsa.

**3** CITY DINER
3400 S. Dixie Highway, West Palm Beach; 659-6776 or mycitydiner.com.
I generally opt for an omelet at this ’50s-themed diner, but the lobster hash chef/owner Rick Eline makes on Sundays can be one of life’s great pleasures. Also tasty: the corned beef hash, made in-house, and the grits are the creamiest you’ll find anywhere. Small wonder the memorabilia-packed place almost always has a waiting list at breakfast, brunch and lunch.

— Scott Simmons

*SCOTT’S THREE FOR 3 Places for brunch*
GOLF, WATERFRONT & OTHER LUXURY PROPERTIES

**THE BEAR’S CLUB, JUPITER**
Largest Estate Lot on the Championship Golf Course | 1.47 Acres | $6.95M
3 Contiguous 1 Acre Lots on the Golf Course | From $2.9M

**TRUMP NATIONAL, JUPITER**
Views of 8th Hole | East Exposure | 5BR/5.2BA | 5,479 SF | $3.149M

**OCEANFRONT, JUNO BEACH**
Direct Oceanfront | Largest Condo available in Juno Beach | 3,995 SF | $1.955M

**SAN MICHELE, PBG**
Gated Community | Many Upgrades | 6BR/6.1BA | 4,826 SF | $1.249M

**BAY HILL ESTATES, WPB**
Golf Course & Water Views | 4BR/4BA | 4,501 SF | $949,000

**STEERPLECHASE, PBG**
Luxury Lakefront Home | 1+Acre | 5BR/4.2BA | 5,361 SF | $1.249M

**DUNES TOWERS, SINGER ISLAND**
Ocean & Intracoastal Views | 2BR/2BA | 1,330 SF | From $298,000

**SAN MICHELE, PBG**
Gated Community | Many Upgrades | 6BR/6.1BA | 4,826 SF | $1.249M

**VERSAILLES, WELLINGTON**
Estate Home, Lake Views | 6BR/5.1BA | 4,079 SF | $659,000

**FLAGLER POINTE, WPB**
Unit w/Views of Intracoastal & Pool | 2BR/2BA | 1,071 SF | $293,000

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**LUXURY PORTFOLIO INTERNATIONAL**
Summer heat may bring health problems

Sometimes too much of a good thing can be a bad thing, such as too much sun. Exposure to the sun helps plants grow, supplies energy and helps the body produce vitamin D for strong bones. But too much sun can lead to a number of heat-related illnesses, some of which can be potentially life-threatening.

The combination of heat and humidity in Florida’s tropical climate makes it harder for your body to cool itself by giving off heat. As a result, your body’s internal temperature will rise, and heat-related illnesses could result. Older adults, young children, and those who are sick or overweight are most likely to develop problems due to heat, but anyone can have a heat-related illness. Before you set out for a day full of fun in the sun, remember these guidelines from Palm Beach Gardens Medical Center on preventing heat illness and recognizing the early

SEE HEAT HEALTH, II ▶
Dental implants simplified with state-of-the-art surgery

Dental implant restorations are replacement teeth comprised of several components: an implant post made of biocompatible titanium that is anchored to the jawbone, an implant abutment that attaches to the implant and protrudes from the gum line, and a custom-made restoration (often a crown or bridge) that is fitted onto the abutment for a natural appearance.

Dental implants can be used to replace a single failing or missing tooth as well as multiple failing or missing teeth. In many cases, Dr. Jay Ajmo can replace all of a patient’s teeth with dental implants.

Who is a candidate for dental implants?

Most adults at any age who want to replace missing teeth are candidates. They are used to permanently replace a single missing tooth or multiple missing teeth and have become the optimum choice for many patients requiring tooth replacement and dental restoration. Implants also serve as secure attachments for removable dental prostheses such as full dentures or partial plates.

What does a complete dental implant procedure involve?

The process in our office has become simplified because we use state-of-the-art techniques to surgically place and completely restore your implants, all in our specially designed cosmetic and implant facility in Palm Beach Gardens.

We’ll schedule your implant surgery in our on-site surgical suite, where you’ll be kept comfortable and relaxed with a sedative, if necessary. Dr. Ajmo will place small, biocompatible implant posts precisely where your teeth are missing in your jaw. The same day, in many cases, he will attach abutments and temporary crowns to the implants. Your mouth will heal over the next few weeks and the implants will fuse to your jawbone over several months (a process called osseointegration). After the implants are securely fused to your jawbone, Dr. Ajmo will custom design permanent restorations that will look, feel and function like your real teeth.

Your personal treatment plan might include a single tooth replacement with a cosmetic porcelain crown, the replacement of multiple teeth with permanent bridge work or a full set of replacement teeth. Dr. Ajmo also offers a variety of implant-retained denture options that firmly and securely support removable appliances without the use of messy glues or denture adhesives.

To ensure your comfort during implant procedures, we offer a variety of relaxing sedation techniques, including mild oral and IV sedation. Since Dr. Ajmo is board certified in IV sedation and is highly skilled in all of these comprehensive implant services, you can be certain you’re getting the most comfortable care possible while feeling confident that you’re receiving the absolute best in modern dentistry.

Before After

Dental implants simplified with state-of-the-art surgery

Restore Intimacy

For women who can’t or won’t use estrogen and have symptoms of vaginal atrophy, there’s a new alternative to medication that is quick and painless...

Introducing the MonaLisa Touch, a revolutionary new laser treatment for vaginal revitalization.

LINDA KILEY, MD, FACOG, FPMRS
Board Certified, Female Pelvic Medicine & Reconstructive Surgery

Urogynecology and Advanced Pelvic Surgery
3375 Burns Rd Suite 204, Palm Beach Gardens 33410 | 561-701-2841 | www.DrLindaKiley.com
Bio-identical hormone replacement for women:
Achieving the highest quality of health

Women’s hormone levels gradually begin to decline between the ages of 30 to 35. The most common hormones to decline are estrogen, progesterone, thyroid hormone, testosterone and human growth hormone. This hormonal imbalance can lead to a variety of symptoms such as weight gain, hot flashes, night sweats, mood swings, increased fat deposits, vaginal dryness and loss of sex drive. Other very common symptoms include anxiety and/or depression, fatigue and weakness, insomnia, loss of lean muscle mass, decreased bone strength, hair loss, dry or thinning hair, changes in skin appearance and memory loss... just to name a few!

Hormonal correction will improve and/or resolve these symptoms as well as support bone formation, decrease the risk for heart disease, improve cholesterol and heart health, improve liver function, promote disease prevention and an overall improved quality of life.

More importantly, hormonal imbalance or deficiency has been linked to medical conditions that are preventable when proper diet, exercise and hormone optimization are in place. Cardiovascular disease is the largest cause of death for women in the United States. Over the past 50 years, several studies have shown that hormone replacement therapy is associated with a 30-50% reduction in coronary heart disease in post-menopausal women. Among its many health benefits, hormone therapy is used to increase blood flow to the coronary arteries, reduce plaque formation and reduce inflammation in the coronary arteries. The key to preventing coronary heart disease appears to be starting hormone replacement therapy at an early stage in the process of plaque progression relative to the start of menopause. Bio-identical hormone replacement has been found to reduce overall mortality by 30% when started in younger peri and post-menopausal women and continued long term. It is both safe and effective if individualized and optimized.

Both estrogen and testosterone have a neuroprotective role. By the age of 85, 50% of Americans will have dementia, and many of those will go on to develop Alzheimer’s disease. What’s most important to realize is that hormone optimization should be a first-line therapy for the prevention of dementia and Alzheimer’s disease. There is overwhelming evidence that estrogen and testosterone help decrease cell death. Furthermore, these hormones increase blood flow to the brain and decrease inflammation at the level of the nerves. Starting early with hormone optimization allows one to decrease early damage to the nerve cells predisposing to dementia and later, Alzheimer’s disease.

Our goal at Youthful Balance Medical Center is to restore your body’s hormones to their optimum levels by creating a customized plan just for you using bio-identical hormones. We offer personalized, individual therapies that are based upon each patient’s unique hormonal make up and their individualized symptoms and concerns to transform your body into a Youthful Balance!

So why just live longer when you can live better? ■

Jennifer Nicholson
NURSE PRACTITIONER
YOUTHFUL BALANCE
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PALM BEACH GARDENS
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Palm Beach Gardens Medical Center
ORTHOPEDIC CARE

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Call 561-625-5070 to register to attend one of our FREE Bone Density Screenings or for a complimentary physician referral.
The field of orthopedic surgery is changing rapidly. Advances in minimally invasive techniques are enabling surgeons to offer patients procedures with faster recovery times and shorter hospital stays.

If you are one of the millions of Americans living with knee or hip pain, we can help you return to an active lifestyle and improve your quality of life.

The Anderson Family Orthopedic & Spine Center of Excellence at Jupiter Medical Center has long been at the forefront of joint replacement and spine care, providing innovative and high-quality diagnosis and treatment delivered with the expertise and commitment you expect.

Certified by the Joint Commission for Total Joint Replacement for Hips, Knees and Shoulders, the center features private patient rooms, a dedicated orthopedic navigator, family-centered patient education, rehabilitation specialists and the latest advances in joint replacement surgery.

The center also provides a revolution in orthopedic care with its seamless continuity of care. Patients transition from surgery to recovery and rehabilitation all in one integrated unit that enables greater collaboration among all specialties. Orthopedic and neurological surgeons, physical therapists, rehabilitation specialists, pain management staff and specially trained and experienced registered nurses all work side-by-side to get patients back on their feet again.

Our team of board-certified orthopedic surgeons brings their expertise combined with innovative techniques to offer you the best in minimally invasive procedures that could allow for more rapid recovery.

**MAKOplasty partial knee resurfacing and total hip replacement**

MAKOplasty procedures are robot-assisted treatment options designed to relieve the pain caused by joint degeneration due to osteoarthritis (OA). By selectively targeting the part of your knee or hip damaged by OA, our orthopedic surgeons can spare healthy tissue and bone and decrease your hospital length of stay.

Potential benefits of MAKOplasty partial knee resurfacing:
- Enables surgeons to precisely resurface only the arthritic portion of the knee
- Preserves healthy tissue and bone
- Facilitates optimal implant positioning to result in a more natural feeling knee following surgery

Potential benefits of MAKOplasty total hip replacement may include:
- Accurate placement of your hip implant using the surgeon controlled robotic arm system, which can reduce the likelihood of hip dislocation
- More consistency in leg length, potentially decreasing the need for a shoe lift
- Decreased risk of the implant and bone abnormally rubbing together — this may improve the lifetime of the implant

**Anterior hip replacement**

With use of the HANA table designed exclusively for hip arthroplasty, surgery can be performed using an anterior approach with a single incision, without detaching the muscle from the pelvis. One of the least invasive surgical options, this technique minimizes pain and the time from surgery to recovery for patients suffering with arthritis and hip pain and stiffness.

Patients benefit from the anterior approach with potential advantages including:
- Smaller incision
- Reduced pain
- Less muscle trauma
- Reduced blood loss

Improve your quality of life and get back to enjoying everyday activities.

To see if you are a good candidate for any of these three procedures, call Jupiter Medical Center Orthopedic Navigator Judy Dellosa, RN, BSN, ONC, at 263-3633.

For more information about The Anderson Family Orthopedic & Spine Center of Excellence, visit jupitermedicalorthospine.com.
Background screening to protect your loved one

Older adults, especially those with dementia, are vulnerable to exploitation, abuse and neglect. They are less likely to notice and less able to report misconduct. If you leave your loved one alone with a caregiver, you want to make sure that the person does not have a criminal history.

Nearly 5,000 older adults were victims of crime in Palm Beach County alone last year. Florida’s Adult Protective Services receives 220-plus calls per month for elder abuse and exploitation for Palm Beach County. Whether you employ a private caregiver directly or use a home care company, it is critical that the caregiver is screened through a comprehensive criminal background check. Too often, this is either not done at all or the screening procedure used is inadequate.

Florida requires all caregivers working through an agency or a registry to complete a Level 2 background screening. There is no difference whatsoever between an agency and a registry when it comes to state screening requirements.

Until very recently, background screening requirements did not apply to private caregivers not working through an agency or registry.

Palm Beach County recently adopted an ordinance that requires all caregivers to be licensed and to complete a criminal background check similar to the state requirement. However, the deadline for caregivers to be licensed has been delayed until Dec. 31 because of administrative backlog.

Many home care companies rely exclusively on the Florida Level 2 screening process to screen caregivers. The state’s system provides some measure of protection. Unfortunately, the system is far from perfect and misses important databases that may reveal past criminal behavior.

Florida’s screening process relies on the FBI fingerprint database. The FBI database was intended to store investigative leads for law enforcement — not to be used as a background screening tool. It is plagued by inconsistencies and gaps. According to the Department of Justice, the FBI database is missing important information for approximately 50 percent of its records.

Here are a few shortcomings of the FBI/state fingerprint database:

■ Some misdemeanor convictions (such as theft and financial exploitation crimes under a certain dollar threshold) may not be included.

■ Relatively recent criminal misconduct may not show up in the state screening system.

■ The state screening process is not designed to pick up criminal conduct recorded at the county level or in the Federal District Court databases.

The more reliable screening process is a nationwide search that cross checks verified Social Security numbers with names, and determines each county in which the applicant lived in the past seven years. Criminal records are then checked in each relevant county and Federal District Court database. In addition, it is prudent to screen caregivers through the Department of Motor Vehicles databases, which may reveal DUI convictions and other reckless or negligent behavior. All Visiting Angels offices are required to use these more rigorous procedures, and are audited on a regular basis for compliance.

Entrusting the welfare of your loved one to a caregiver is serious business. If you are considering using a home care company for your loved one, ask if they perform a criminal background check beyond the standard state/FBI screening and ask them to explain exactly what they do. If you directly employ a private caregiver, order a comprehensive background check yourself.

There are several companies that perform these more comprehensive screenings. I recommend checking with the Association of Professional Background Screeners at napbs.com for a list of companies that meet their accreditation standards. If you have any questions, please feel free to call me at (561) 328-7611.

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I see many women with newly discovered vaginal prolapse who report they are afraid to have sex because they fear it will cause damage or worsen their prolapse. Alternatively, they may feel that the bulge makes them unattractive and for that reason become reluctant to have sex. Certainly a vaginal bulge may be an unpleasant surprise, however, it is not typically an indication of danger. An evaluation is appropriate, but unless accompanied by a worrisome sign like bleeding or pain, it is not a medical emergency.

Because prolapse is a result of the loss of support of the pelvic organs through any of a number of means (childbirth, menopause, inherited tendency/family history, prolonged cortisone use, smoking, chronic constipation, prolonged/frequent straining) it is often gradual at first, followed by a relative “sudden” increase in the severity of the prolapse. Many women are completely unaware of it as it is not a painful condition, and typically symptoms only really begin when the ability to empty the bladder or bowel is affected or the tissue is hanging out far enough to become irritated. Sometimes, pain can accompany prolapse due to urinary tract infections or a sensation of pressure, but the prolapse itself is only one component of that problem.

Sexuality is normal and healthy. Although many medical conditions may make it more challenging to have sex, there are often workarounds that can help individuals and couples successfully enjoy sexuality. I will post another blog later regarding sexuality and disability. There are many misconceptions about prolapse and sexuality; this article is designed to help clear some of them up and perhaps get a dialogue started on the subject.

First, intercourse does not cause prolapse, nor will it damage anything to have intercourse when uterine or vaginal wall prolapse is present. As orgasm brings more blood flow to the area, it may help strengthen the tissues and encourage better and stronger collagen growth around the vagina. That doesn’t mean it will cure prolapse, but it certainly won’t hurt! Second, prolapse does not always worsen. While progression of prolapse is common, it is also quite common to have it remain relatively unchanged for many years.

Third, having a pessary placed to treat prolapse does not automatically end the ability to have intercourse. While some pessaries may make intercourse difficult or impossible, there are several that are quite compatible with penetrative sex, notably the ring or dish types. Since these are the most common pessaries used and are very similar to the diaphragm used for contraception, it is often possible to be able to continue to enjoy intercourse while the pessary remains in place.

Finally, as long as sex is not painful, it is mutually enjoyable and comfortable, it can be enjoyed despite the presence of prolapse. When there is a lack of desire, it should be addressed appropriately regardless of other medical conditions. Furthermore, all medical conditions should be taken into account when reviewing both treatment of prolapse and issues with sexuality. Please feel free to discuss this with your doctor. If you are uncomfortable, please find a doctor with whom you feel comfortable discussing your concerns. There definitely is help available!
Jupiter Medical Center marks $1 million gift from Honda

Jupiter Medical Center recently celebrated the $1 million donation that the Nicklaus Children’s Health Care Foundation received from Honda Classic Cares that will serve as the lead gift in development of a dedicated pediatric wing in the center’s emergency room.

PICTURED: Kenneth Kennerly, executive director, The Honda Classic; Patty McDonald, president and CEO, Nicklaus Children’s Health Care Foundation; Jack and Barbara Nicklaus; Liv Vesely, president, Jupiter Medical Center Foundation; John Couris, president and CEO, Jupiter Medical Center; Lucy Morillo, president and CEO, Miami Children’s Health Foundation; Nancy Hum- bert, executive vice president of Ambulatory Services & External Affiliations, Miami Children’s Health System.

Think all hospitals are the same?

When it comes to protecting patients from errors, infections and worse, Jupiter Medical Center stands out.

Jupiter Medical Center is the only hospital in Central Palm Beach, Northern Palm Beach, and Martin County to receive an “A” for patient safety from The Leapfrog Group.

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1210 S. Old Dixie Hwy., Jupiter, FL 33458
HEAT HEALTH
From page 1

stages before it escalates into a serious heat illness.

Prevention Is Best
If you haven’t done so, be sure to read the label before you venture indoors and limit your exposure to the sun. Avoid strenuous activities such as exercise and working in the yard during the middle of the day, and wear loose-fitting, lightweight clothing. Lighter colors will help reflect heat and keep you cooler,

Stage before it escalates into a serious heat illness.

NATIONAL INSTITUTES OF HEALTH

With assistance from a high tech robot, National Institutes of Health researchers have identified and tested a molecule that shows promise as a possible treatment for the rare Gaucher disease and the more common Parkinson’s disease.

Dr. Ellen Sidransky, a senior investigator with NIH’s National Human Genome Research Institute, and her collaborators at the National Institute of Neurological Disorders and Stroke and the National Center for Advancing Translational Science published their findings in a recent issue of the Journal of Neurosciences.

“Until now, drugs used to treat Gaucher disease have not been able to enter the brain and reach those neurons that are affected in the most severe forms of Gaucher disease or in Parkinson’s disease,” Dr. Sidransky says. “It’s really exciting to have the potential for a molecule that theoretically could be widely available to treat people with these diseases.”

However, she adds, “There is a long distance between identifying this molecule and having an approved drug.” Dr. Sidransky conducted research on Gaucher disease for the last 28 years and made the connection between Gaucher disease and Parkinson’s disease in 2001.

Gaucher disease occurs when GBA1, the gene that codes for the protein glucocerebrosidase, is mutated. This protein normally helps cells dispose of certain fats (lipids), a type of waste produced by all cells. When a person inher-

May include thirst, dizziness, weakness, lack of coordination, nausea and profuse sweating. Your body temperature will be normal, but your skin will feel cold and clammy. If you start feeling the signs of heat exhaustion, follow the steps listed above. If you don’t start feeling better soon, you should seek emergency medical care.

The final stage is heat stroke, which requires immediate emergency care. This is a life-threatening illness where your body can’t regulate its temperature by sweating. If this occurs, your temperature rises so high that brain damage or death may occur. During heat stroke, your internal temperature may reach 106 degrees Fahrenheit within 10 to 15 minutes. The warning signs of heat stroke include:

• Body temperature of 103 degrees Fahrenheit or more
• Skin that is red, hot and dry
• Lack of sweating
• Throbbing headache
• Dizziness
• Nausea
• Mental confusion
• Unconsciousness

Remember, if you see signs of heat stroke, this is a life-threatening emergency. Anyone with these symptoms should be taken immediately to the closest emergency facility. Palm Beach Gardens Medical Center’s Emergency Department offers all private rooms and is equipped with technology designed to help increase patient comfort, reduce wait times and provide up-to-the-min-
ute patient status, as well as immediate access to film-based radiological images for quick interpretation and related data.

The hospital also is recognized by the Joint Commission as a Certified Primary Stroke Center, and has earned Chest Pain Center Accreditation from the Society of Cardiovascular Patient Care.

To read stories of the many lives saved thanks to the speed and quality of care provided by Palm Beach Gardens Medi-
cal Center, please visit pbgmc.com/life-stories/. For a free first aid kit, call (561) 625-5070.

Advances made in possible treatments for Gaucher, Parkinson’s disease

Drug screening, researchers at the NCATS Chemical Genomics Center evaluated hundreds of thousands of different molecules. In conjunction with researchers at the University of Kansas, Troy identified a promising molecule, NCCG607, that helps to “chaperone” the mutated protein so that it can still function. In the patients’ stem cell-derived neurons, NCCG607 reversed the lipid accumulation and lowered the amount of alpha-synuclein, suggesting a possible treatment strategy for Parkinson’s disease.

“This research constitutes a major advance,” says Dr. Daniel Kastner, NHGRI scientific director and director of the institute’s Division of Intramural Research. “It demonstrates how insights from a rare disorder such as Gaucher disease can have direct relevance to the treatment of common disorders like Parkinson’s disease.”

Researchers will next test the new molecule to see if it might be developed into an appropriate prototype drug for patients with Gaucher disease and Parkinson’s disease.

Gaucher disease affects an estimated 1 in 50,000 to 1 in 100,000 people in the general population. People of Eastern and Central European Jewish heritage are more likely to get Gaucher disease. Parkinson’s disease affects 1.5 percent to 2 percent of people over age 60, and the incidence increases with age. In the United States, about 60,000 new cases are identified each year. Parkinson’s disease affects more than 1 million people in North America and 7.1 million people worldwide.

For more information, visit nh.gov.
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SPINAL STENOSIS

Spinal Stenosis is both a radiographic and a clinical diagnosis. Imaging studies show narrowing of the spine due to bone and ligament degenerative changes. Clinically, the patient exhibits the inability to stand or walk for periods of time and/or distance (neurogenic claudication).

HOW IS IT TREATED?
Traditionally, it is treated with epidural steroid injections and spinal surgery. ESI usually produces very temporary results.
The surgery for Spinal Stenosis has an extremely high failure rate which includes excessive scar tissue formation with no clinical improvement regarding walking distance and standing for long periods of time.

WHAT CAN SUPER PULSED LASER TREATMENTS DO FOR SPINAL STENOSIS?
High power Super Pulsed Laser treatments can effectively remove leg and nerve pain increasing the patients ability to stand and walk. The laser treatments also aid in decreasing inflamed and enlarged soft tissues, ligaments, and discs.
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The Super Pulsed Laser treatments are free of side effects. There is no heat or discomfort whatsoever in receiving the treatments.

Are you in Pain? You have 4 options:
1) Robotic Super Pulsed Laser Therapy
   Call Rena at 561.329.5597 for a Complimentary Consultation and Exam with Dr. Costello
2) Join Dr. Costello for a presentation on Laser Medicine (read below)
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Gardens Medical names emergency director

SPECIAL TO FLORIDA WEEKLY

Palm Beach Gardens Medical Center has named Christy Wise its new emergency department director. In her new role, Ms. Wise will be responsible for managing clinical nursing staff and administrative planning for emergency services.

Ms. Wise most recently served as the clinical manager of the emergency department at another Tenet hospital, West Boca Medical Center, where she was responsible for managing clinical staff and assisted in developing hospital-wide disaster policies and procedures.

She earned her Bachelor of Science in Nursing from Grand Canyon University in Phoenix. She also is a member of the Emergency Nurses Association.

Good Samaritan Medical Center recently held a cereal drive that yielded 305 boxes, which were donated to Feeding South Florida for distribution to families within Palm Beach County. The annual Healthy Over Hungry Cereal Drive was held in partnership with Good Samaritan Medical Center’s parent company, Tenet Healthcare.

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Schedule a potentially life-saving Stroke Screening by calling 561-882-9100 or visit StMarysMC.com