Technology for self-driving cars is exploding, but are we ready?

The road to autopilot

By Evan Williams
ewilliams@floridaweekly.com

Introduction

In a hot June morning this summer, a staff meeting of Kitson & Partners Babcock Ranch town planners crowded into the reception area of their offices east of Fort Myers and listened to a speaker, Larry Burns, explain the future of cars as he sees it.

Babcock Ranch in Charlotte and Lee counties is scheduled to open next year and eventually be home to some 50,000 people. They are also considering how to make self-driving cars a normal part of everyday life for residents and a test for how smart cars could change the way we

See cars, A13 ▶

Meals on Wheels founder Charlie Ring retiring, sort of….

By Mary Thurwächter
mthurwachter@floridaweekly.com

It's been six years since Charlie Ring founded Meals on Wheels of the Palm Beaches, an organization that delivers nutritious meals to homebound seniors. Now it's time for Mr. Ring to move on to something else.

The something else won't involve a rocking chair, but a golf course plays into his near-future agenda.

"I plan to take a few months off and play a little golf," said Mr. Ring, who was born and raised in West Palm Beach. "I used to be a pretty good golfer."

His R&R agenda also includes a trip to a national park in November. Visiting the parks has long been a passion of Mr. Ring and his wife of 44 years, Patty. "We've been to most of them. We stay in the parks when we can, we hike and we enjoy ourselves."

After the time off, Mr. Ring, who lives in Palm Beach Gardens, intends to continue his consulting work with The Quantum Foundation, a local grant-making organization that supports health projects. He can share what he has learned with other fledgling nonprofits.

Meals on Wheels has come a long way in

See Ring, A10 ▶

Download our FREE App today
Available on the iTunes and Android App Store.

Water lilies
Norton offers a different view of Monet’s iconic plants. B1 ▶

Behind the Wheel
Honda Civic gains a new attitude. A16 ▶

Society/Networking
See who was out on the town. A20, B8-10 ▶

In the Kitchen
We check in with Dustin Parfitt of Oli’s Fashion Cuisine in Wellington. B15 ▶

Technology for self-driving cars could be here in 5-10 years, one expert says. A12

Another voice: We’re a long, long way from self-driving cars. A12

Could software upgrade deter a malicious driver? A12

The road to autopilot
If the 2016 presidential election is any indication, there is no joy in Mudville; nor will there be any time soon. You remember Mudville. It is that mythical place immortalized in a famous baseball poem written in 1888. The poem remained popular all these years because its narrative is a familiar one. It goes something like this: It's the bottom of the ninth. The hometown team is up, with two outs and two men on. Mudville's last hope, the mighty Casey, is up at bat. He's two strikes down. Then comes the final pitch. Casey whiffs the ball. It's game over. The loss settles over Mudville like a funerary drape. It is a tale of a date with destiny, of a people and a place confident all would go to end well despite the precariousness of the team's situation. But, alas, it didn't.

Here's a modern but similar version: Team America is locked in a heated contest with a visiting team from a rogue league. The homeland's democratic traditions and values are at stake. It has been up to this moment, a brutal contest with a visiting team from a place confident all would go to end well despite the precariousness of the team's situation. But, alas, it didn't.

In true Trump fashion, he has established himself as the brand for the meanest brand of political behavior. The ceaseless drone about her e-mails, her nuanced replies, feigning how deep her personal and professional sacrifice. His campaign and presidency proved them right.

The Democratic nominee, Hillary Clinton, has her own troubles, what with the ceaseless drone about her e-mails, her nuanced replies, feigning how deep her personal and professional sacrifice. His campaign and presidency proved them right. Will they put party before country and support their party's nominee, even if a Trump presidency puts the nation at risk? John F. Kennedy would have described this as a “Profiles in Courage” moment, when an individual is faced with a grave moral choice to do the right thing. His book on the subject was a Pulitzer Prize winner. It tells the stories of political leaders who defied their party's and constituents' opinions and did what they believed was in the country's best interest, courageously and often at great personal and professional sacrifice. History proved them right.

The Comprehensive Stroke Center at St. Mary’s Medical Center.

Dr. Malek and our team heal for stroke patient Terry Tipple. At St. Mary's Medical Center, our Comprehensive Stroke Center employs some of the most advanced life-saving stroke technologies including vascular catheterization, so our team can heal patients like Terry without wasting precious time. To hear Terry's story visit www.stmarysmc.com/our-stories/terry's-avm-story.

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

We heal for you.
SEPTEMBER

COMMUNITY EVENTS & LECTURES

Smoking Cessation Classes
Several One-hour Sessions
Wednesday, Aug. 31, Sept. 7, 14, 21, 28
and Oct. 5 @ 5:30-6:30pm
Palm Beach Gardens Medical Center // Classroom 4
Palm Beach Gardens Medical Center is teaming up with The Area Health Education Center to provide education on the health effects related to tobacco use, the benefits of quitting and what to expect when quitting. A trained Tobacco Cessation Specialist guides participants as they identify triggers and withdrawal symptoms and brainstorms ways to cope with them.
Reservations are required.

The New Cardiovascular Stent – A Leading-Edge Option
Edward Mostel, MD
Thursday, September 15 @ 6-7pm
Palm Beach Gardens Medical Center
Classroom 4
Join Dr. Edward Mostel, interventional cardiologist on the medical staff at Palm Beach Gardens Medical Center, for an educational lecture on the revolutionary fully dissolving heart stent that disappears after the treated artery is healed. Palm Beach Gardens Medical Center is the first hospital in South Florida and the Treasure Coast to commercially utilize this innovative stent in the treatment of coronary artery disease.
Light dinner and refreshments will be served. Space is limited.

Hands-Only Adult CPR Class
Tuesday, September 20 @ 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.

Heart Attack Risk Assessment
(blood pressure, BMI, glucose and cholesterol)
Wednesday, July 13 @ 8-11am

Osteoporosis Screenings
Thursday, July 21 @ 9am-1pm

Take steps toward being heart healthy! Visit PBGMC.com/pledge to Receive a FREE Cookbook!

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**OPINION**

The differences are stark when comparing candidates

It comes down to issues and temperament. That’s how we should compare presidential candidates — and this year the differences are stark.

These criteria are interrelated. Positions on issues indicate a philosophy. Temperament, including judgment, indicates how a president might implement that philosophy.

Comparing the candidates’ positions is hard to do because Donald Trump is simplistic rather than substantive, but consider these examples.

On immigration, Mr. Trump opposes their entering the U.S. and questions the loyalty of Muslim Americans. Hillary Clinton would work with Muslims against terrorism, not stigmatize them and alienate them.

On terror, Trump favors waterboarding and “worse.” Clinton advocates legislation banning this barbarism, which violates American values.

On NATO, Trump undermines the U.S. commitment, while Clinton reiterates our long bipartisan support for that successful alliance.

On immigration, Trump would deport everyone here illegally and wall off Mexico’s border, which Mexico surely won’t finance. Clinton wants comprehensive reform and continued protection for people brought here as children.

On guns, Trump bitterly opposes purchases by those on the no-fly and terrorist lists, a stance Clinton maintains. Clinton also would work to limit assault weapons.

By contrast, Mr. Trump’s claim about a “source” for his impeachment is a lie. Clinton sides with scientists, saying it’s real and we need clean energy.

And on infrastructure, there’s a rare agreement, to upgrade roads, bridges, airports, seaports and other facilities.

Obama’s position is far more constructive and realistic.

Temperament is critical because a president represents our country; and judgment is essential because we must trust that philosophy.

The party of Abraham Lincoln — who heroically fought racism by freeing the slaves in a party of Theodore Roosevelt — who led progressiveism in the early 1900s, has nominated for president Donald Trump — who unabashedly inflates violence, and racial, religious and ethnic hate.

That presents a profound choice for Republicans, who want to win yet preserve their party’s principles. In 2016, they must not let the party of Lincoln become a bastion of bigotry.

Look at Trump’s childish name-calling — such as “Pocahontas” to insult Elizabeth Warren, “Warren’s Native American Heritage,” “Mexican” to slur a judge of Hispanic ancestry, and pathetic labels to ridicule Democrats. In trying to demean others, Trump demeans only himself. Clinton does none of this.

Look at Clinton’s assertion of toughness. In reality, bombast and bullying confess that one’s arguments are too weak to prevail with rationality. Truly strong people, who argue for no first use tend to forswear nuclear weapons, we should have.

Why would we make Putin’s calculations? Look at Trump’s assertion of toughness.

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South Florida Science Center announces new board members

SPECIAL TO FLORIDA WEEKLY

The board at the South Florida Science Center and Aquarium has grown by three.

Mary Fairbanks Freitas, Julie S. Holmes and David John Stiles Nicholson joined the nonprofit’s board of directors starting July 1. Their responsibilities include advising in their respective areas of expertise and providing ethical and financial oversight.

“We are pleased to welcome such distinguished community leaders to our board of directors,” said Matthew Lorentzen, chairman of the board. “The Science Center has experienced much growth, but there is so much more to accomplish. It is an honor to have the support of Mary, Julie and David, who bring experience and a fresh perspective to their new roles.”

Ms. Holmes is vice president of human resources for Florida Power & Light and NextEra Energy’s Nuclear Division. She plays a key role managing at NextEra Energy, primarily through talent management, leadership development and organization effectiveness.

In addition, she is accountable for corporate labor relations, corporate safety, and learning and developing through NextEra University.

Ms. Holmes has a bachelor’s degree in public affairs from Indiana University and a juris doctor degree from California Western School of Law.

Ms. Freitas holds a bachelor’s degree in media communications from Florida State University.

She worked in radio and television, including locally for WPTV NewsChannel 5 and for radio stations WQAM and WNJO, after completing her studies. Ms. Freitas, along with her husband, Mark, are well-known for their support of nonprofits locally through the Mark and Mary Freitas Foundation. Their philanthropic efforts focus heavily on children and medical research.

Ms. Freitas is a trustee of the Preservation Foundation and the town of Palm Beach United Way. In addition, she is a board member of the Historical Society of Palm Beach County, a member of the development committee for the Rosarian Academy and a founder member of the Kravis Center. She recently co-chaired the Science Center’s 2016 “Science of Happiness” benefit, and will again co-chair the 2017 fundraiser, with the help of Caroline Cummings Rafferty and Elizabeth Gordon.

Mr. Nicholson received his bachelor’s degree in electrical engineering from Queen’s University, Canada.

After several years with a variety of companies, including IBM and Mackay-Shields, Mr. Nicholson founded York Management & Research Inc.

As an entrepreneur for 40 years, he successfully launched six start-up companies in the computer software, manufacturing and investment advisory businesses and formed three of his own quantitatively driven private hedge funds.

After 20 successful years, he closed his hedge funds in May 2000 to focus on his family investments and philanthropic activities. Mr. Nicholson currently serves as the chairman and trustee of the Stiles-Nicholson Foundation; has served for more than 13 years as a volunteer and a member of the board of directors of Junior Achievement of the Palm Beaches; and was recently appointed to the advisory council of the department of astronomy at the University of Florida and to the board of directors of the Jupiter Medical Center Foundation.

“It is an exciting time to be part of our leadership team,” said Lew Crampton, Science Center CEO. “The South Florida Science Center and Aquarium has been serving locals and visitors for more than 55 years, but we are only just getting started! We have plans to continue expanding and growing, because our community deserves a quality science center, where kids can go to learn and do science. We are honored to have the assistance of Julie, Mary and David, who we know will help us to continue to live our mission to ‘open every mind and do science. We are honored to have the assistance of Julie, Mary and David, who we know will help us to continue to live our mission to ‘open every mind and do science.’”

The South Florida Science Center and Aquarium is at 4800 Dreher Trail N., West Palm Beach. For more information about the Science Center and fundraising events, email Marcy Hoffman, director of institutional advancement, at mhoffman@sfsciencecenter.org or call 370-7738.

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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PAPA CHIROPRACTIC & PHYSICAL THERAPY

Welcome Dr. Alessandra Colón

Chiropractor

to our Palm Beach Gardens Office

• Bachelor of Science The University of Arizona.
• Doctorate of Chiropractic Palmer College of Chiropractic in Daytona.

Through personal hurdles, Dr. Alessandra Colón has developed a vast compassion for those seeking health and wellness. At age 14, Dr. Colón was diagnosed with stage 4 Cancer, surviving the 25% odds to live, and entering full remission ripened her passion for healing and wellness. Dr. Colón’s arduous led her to pursue her Doctorate of Chiropractic from Palmer College.

After graduation, Dr. Colón spent time traveling America, the Grenadines, Dominican Republic, and India treating over 4000 people with free chiropractic care. Soon after, she was deemed Woman Of The Year in 2015, through her charitable campaigning. Her commitment to promoting optimal health and well-being has been integral in free people from pain and increasing her patients whole body performance. Through her experiences she developed a whole person approach using the spine to evaluate the entire body. Dr. Colón is able to help all of her patients accelerate in their journey to good health.

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Meet and greet
When it comes to pets, don’t ‘lean in.’ Tips on greeting etiquette

BY DR. MARTY BECKER

I was with friends in my hometown of Bonners Ferry, Idaho, and we were standing on the porte-cochere of a local hotel’s restaurant. Coming directly at us on a retractable leash was a cute, energetic canine with curly black hair, weighing about 12 pounds. What stood out to me was not his physical appearance, but his emotions: He was clearly anxious and fearful.

He ran around on the end of the retractable leash, rigging and zagging like a marlin hooked off the Baja Peninsula. Like a blinking neon sign, he alternated between relaxing and returning to his anxious, fearful behavior. His owner was oblivious to his fear, anxiety and stress. All he needed was the comfort of a couple of pet lovers, right?

Wrong.

Both of my female friends moved straight to the dog. Move slowly, talk slowly, extend your arm and fist, leaning over him, stretched to the comfort of a couple of pet lovers, right? They touched his side of the chest, or at the base of the tail. Lightly scratch along the side of the neck, good, either. The best way to pet a dog is to avoid getting up close and personal. When interacting with a dog you don’t know, don’t need to reach our hands into their personal space so they can smell us.”

When interacting with a dog you don’t know, avoid getting up close and personal.

1. Ask. Before you do anything, get the owner’s permission to pet the dog. Not all dogs like meeting strangers.
2. Play hard to get. Don’t rush toward the dog. Move slowly, talk slowly, extend your closed fist slowly. Let the dog choose if he or she wants to interact with you. Debbie Martin, a veterinary technician specialist in behavior and co-author of the “Puppy Start Right” book and preschool curriculum, says: “Let the dog make the first move. Dogs have an incredible sense of smell, and they can smell us from across the street. We do not need to reach our hands into their personal space so they can smell us.”
3. Small. Looming over a dog can make him feel threatened or fearful. Rather than greeting a dog full-on, as if you’re a store greeter ready to shake hands, turn your body sideways to reduce your profile, thus presenting a smaller perceived threat to the dog.
4. Extend a friendly fist. Once the dog has made the first move and is signaling interest in interacting with you, put out a closed fist down low, and let him make the approach. This is less threatening (and less annoying to the dog) than reaching out with the open palm of your hand and petting him on top of the head.
5. Eyes right. Your mom was right when she told you it was rude to stare. Dogs think it’s rude, too. Don’t make eye contact with a dog. That’s considered a threat in his world. You can glance at him, but let your peripheral vision guide you.
6. Don’t touch the head. Dogs have special places they like to be petted, but the head isn’t one of them. The top of the head is taboo. Along the top of the back isn’t so good, either. The best way to pet a dog is to lightly scratch along the side of the neck, side of the chest, or at the base of the tail.
7. What if a dog doesn’t want to approach you? That’s his business. Be content to admire him from a distance. He’ll appreciate it more than you can imagine.

To adopt or foster a pet

To adopt or foster a pet

Mount Sinai Heart New York now open in Palm Beach.

Our team of local doctors, in partnership with Jupiter Medical Center, ensure patients receive integrated, world-class cardiology care in Palm Beach County.
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*Based on Real Trends 2015
Foundation announces matching challenge to help pay for September Honor Flight

The Levitetz Family Foundation has come to the aid of Southeast Florida Honor Flight again by issuing a Matching Funds Challenge to raise money necessary to fly WWII and Korean War veterans to Washington, D.C., to see the memorials built in honor of their service.

The foundation will match the first $37,500 raised dollar for dollar so that, at a minimum, a potential $75,000 can be raised for the scheduled Sept. 10 flight. Each Honor Flight transports veterans to Washington, D.C., for the day to visit and reflect at the U.S. Marine Memorial (Iwo Jima), Arlington National Cemetery, the World War II Memorial and the Korean War Memorial.

Money raised pays for 80 to 85 veterans to fly on a chartered American Airlines A319, four motorcoaches for the day’s transport, police escort and meals, T-shirts and hats for the veterans.

Dates for the next two Southeast Florida Honor Flights in 2016 are Sept. 10 and Oct. 8.

The Levitetz Family Foundation of Boca Raton, dedicated to partnering with organizations locally and internationally, rose to the challenge last summer when Southeast Florida announced a call to action for urgent funding. At that time, the foundation donated support for the October flight that was in jeopardy of cancellation.

This year, the Levitetz board of directors has decided to make the donation a challenge to the community with the offer to match funds.

The Levitetz Family Foundation, a nonprofit 501(c)(3) organization founded in October 2010, supports an array of needs in the community, including children, seniors and animal rescue.

“Local involvement is important to us,” said foundation board member Alan Rutner. “We were looking for a veteran organization with which we could have a strong connection. The timing was right when Southeast Florida Honor Flight was brought to our attention.”

Southeast Florida Honor Flight, a 100 percent volunteer organization, schedules four trips to Washington per year for local veterans in Indian River, St. Lucie, Okeechobee, Martin and Palm Beach counties.

To help meet Honor Flight’s need for funding to pay tribute to America’s veterans and to participate in the Levitetz Matching Funds Challenge, donations can be made online at honorflightsefl.org or sent to Southeast Florida Honor Flight Inc., P.O. Box 1503, Stuart, FL 34995.
SAVING TURTLES WILL ALWAYS BE IN STYLE

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six years, expanding its geographic scope and finding financial footing. Last year, 135 volunteers delivered 35,000 meals. When the organization began in 2000, Mr. Ring and his wife and a few volunteers delivered 4,000 meals prepared in a hospital kitchen. Clients are elderly folks, most of whom are unable to prepare and get food for themselves.

Meals on Wheels was not the first nonprofit Mr. Ring established. Mr. Ring made his living in real estate and development, and he also founded Episcopal Charities of Southeast Florida. During his 10 years there, Mr. Ring helped raise millions of dollars for 84 churches in the region and created the infrastructure to support outreach ministries.

“During my time at Episcopal Charities, I did a lot of research and found the senior population was being underserved,” he said. “I read a study that said there were close to 200,000 homebound seniors in Palm Beach County. There are 19 senior service centers, where they can get a free meal, but they have to get there.”

The cost to clients is minimal. “We charge what they can afford to pay (up to $6),” he said.

Meals on Wheels is about more than taking warm, nutritious food to seniors. “It’s more than a meal, it is the engagement and interaction between the volunteer and the client,” he said. “It means so much to people. It changes lives.”

Mr. Ring, 68, said he likes being able to make a difference in people’s lives. “For me, there’s a certain amount of reward to seeing a need and creating the framework to start filling that need,” he said.

“The nonprofit work has been a great journey for me and my wife,” he said. “It’s hard to make it without a spouse that supports you.”

But it’s time to move on.

“I’ll be 69 soon,” Mr. Ring said. “I’ve always worked for myself.”

That will continue. “People who are restless like me always do something. I’m helping Pam (Calzadilla, president and CEO of Meals on Wheels) out, but it’s time to get out of her way. I’m forming an advisory committee and writing an endowment fund. We have the infrastructure to accept those.”

For more information, see mealsonwheelspalmbeaches.org.
Reality is that we’re a long, long way from self-driving cars

BY MYLES KORNBLATT
Florida Weekly Correspondent

Car companies have been trying to get rid of the driver since the tailfin was standard issue. Last month our interstate system hit a major milestone. In an effort to prevent it from happening, General Motors, Mercedes and others have envisioned and invested in trying to make self-driving cars a reality, as if a car was a private plane with an electronic pilot.

The largest roadblock for most of these projects was avoiding the technology hurdle, but instead the infrastructure it would take to get there. It is only in recent years that we have not needed to invest in smart roads, because GPS, smartphones and other communication devices have helped create a virtual electronic grid. It’s a foundation we’ve never had before, and that’s why autonomous vehicles seem to be on the fast track today.

But the reality is we still have a truckload of questions and regulations to overcome before we remove the steering wheel. After all, how does a cop write a ticket if one or more vehicles involved in an accident is autonomous? Can a mainstream provider insure the cars? Should we have autonomous cars on the same roads or can our car come and pick us up?

But even these questions skip a few stages before a self-driving car is “fully autonomous” — the top level in a six-tier industry-accepted definition. Right now we have “assistance features” and “semi-autonomous.” This is the third stage with driver aids that can help us keep lanes, fully brake to avoid an accident, and warn of potential hazards.

These automated assistance features already turn the potential for a dangerous knowledge gap with the next generation of drivers.

If new cars are smarter and communicate with each other, as well as have their own accident avoidance systems, younger drivers will likely rely on these and may never pick up all the proper safety habits. It creates a situation where the statistically least responsible drivers, i.e., teenagers, will be relying heavily on computer intervention for accident prevention. But they will be sharing the road with older and vintage vehicles that are heavier, less responsive and possibly and not communicating with the automobile grid at all.

The even scarier question is will fully autonomous vehicles need to be programmed to kill? This might seem far-fetched, but consider the following hypothetical: A self-driving car recognizes a family of three entering the driveway in front of it. The car calculates it cannot stop in time. There’s a brick wall to the left and single pedes- trian on its right. Does this car have to make a decision whom to run into? It’s a rare situation, but engineers have to go through each outlandish situation because it could happen out on the road.

But even through a myriad of pit-falls, the development of autonomous vehicles is necessary. This is an opportunity to provide unique adherence to the elderly and handi- capped. As a society that prides itself on freedom, it is our responsibility to support and promote technology that provides a huge increase in quality of life to our members. We also need to make sure it can be purchased and operated at a reasonable cost, so it is an alternative (not a replacement) for traditional driving.

If all of this seems a bit overwhel- ming, that’s OK. We don’t have to have all of the answers tomorrow. There are a lot of great minds working on this, but that doesn’t mean we are going to get there soon. if all. Those invested in the future of autonomous vehicles talk as if they are right around the corner. And that seems easy to believe, because there are already cars in our daily lives. But in this case, view the timetable more like the difference between sending a rocket to Mars and landing people there.

Creating autonomous vehicles is ambitious, ambitious and the kind of technology that allows us to push beyond our boundaries. But just like a rocket to Mars, it’s going to be while before you strap your family in and let someone else do the driving.

— Myles Kornblatt, automotive journalist, author, curator of the Miami Auto Museum and regular contributor to Florida Weekly.

Would software deter a malicious driver?

BY JANUSZ ZALEWSKI, PH.D.
Special to Florida Weekly

It is so enlightening to read an opin- ion of an insider into self-driving cars. Dr. (Larry) Burns explains in simple terms what self-driving cars are doing. What he doesn’t mention is how he recognizes it is coming to the heart of South- west Florida. While I agree with what Dr. Burns is saying, it is always offi- cial to have a second opinion of some- one who can play devil’s advocate. The numbers are compelling. With self-driving cars, we can save on energy, clean air and time, and reduce fatalities from car accidents, with all of this promising enormous cost savings for all stakeholders. Still, there are multiple unknowns. The design teams are certainly aware of it, but the public should know as well. So, let me articu- late some of these unknowns.

With cars, we have things like air bags, anti-lock brakes, and drive-by- wire systems, which operate autonomously. And we have cruise control that now expands toward adaptive cruise control where the distance to other vehicles is controlled automati- cally. But when we add fully auto- matic driving capability to a car, we are changing the game totally. It is similar to having a multidimensional cruise control, enhanced with multi- tasking. The number of dimensions increases so dramatically that it is like opening a Pandora’s box. This is the first issue — complexity — which we don’t know how to handle efficiently.

The second issue is that a self-driving car may appear to be safer, because we eliminate human error. But one has to realize that this is at the cost of giving up control totally to the machine, or strictly speaking, to software.

Most software industries are developed for “good enough quality,” for a variety of reasons, but primarily because a business has to release a new product on the market fast. In this context, can you really think about a car wreck? We are all aware that software must appropriately respond. Among those often dangerous elements one can include interacting with pedes- trians, who are unpredictable and sud- den changes in driving conditions (espe- cially weather), vehicles entering traffic unexpectedly or unexpectedly stopping in the middle of a road, drivers with malicious intentions, zombie drivers, and “hit-and-run” drivers. How can the car write software to respond to something which is so unpredictable? It’s not the usual but definitely the unusual which makes it difficult.

And it all leads to one magic phrase: safety first. Guaranteeing the safety of the vehicle and its passengers is crucial. A closely related issue is to provide security. Self-driving cars, especially software, need to be certified from both perspectives, some- thing which is rarely raised in public discussions. I definitely see signs that the industry (Society of Automotive Engineers) and the regulatory agen- cies (National Highway Traffic Safety Administration) will be able to resolve it, but it will be a long and painful process, just like it has been for certifica- tion of aircraft.

Even though Babcock Ranch sounds like an excellent, although somewhat limited, proving ground for self-driv- ing, one has to be careful. The real testing of software is done on its boundaries, to verify its behavior in unusual conditions — perhaps even not anticipated by designers. This is how we educate students in the software engineering program at FGCU.

To conclude, 130 years since Karl Benz invented a car means 130 years of continuous improvements. The path from plain mechanical device to the one stuffed with electronics took over a century. Years and decades will pass between moving from partially auto- mated to fully autonomous cars.

As a whole, it’s definitely a disrup- tive technology. There is no doubt that a digitally enabled car combined with a new business model will cause dramatic changes in the industry. However, new tech lives, opening a completely new world of possibilities. But at this stage, it is all very emphasis on “very” game which needs further studies.

— Janusz Zalewski, Ph.D., is a profes- sor in the software engineering depart- ment at Florida Gulf Coast University. His research includes safety-critical systems and security mechanisms, software engineering and computer networks.

This is as big as moving from the horse and buggy to the Model T, not only in terms of safety and mobility for individuals but frankly for how cities and businesses are going to be transformed.

“With self-driving cars, we can save on energy, clean air, time and reduce fatalities from car accidents, with all of this promising enormous cost savings for all stakeholders.”

— Florida Sen. Jeff Brandes
(R-St. Petersburg)

“The excitement of self-driving cars is overshadowing the reality. It’s going to be 15 to 20 years before those cars are really a major part of our lifestyle.”

— Lynne McChristian, Florida representative for the Insurance Information Institute

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Questions for Larry Burns

Larry Burns is helping Google develop self-driving cars. He believes they could revolutionize transportation, becoming an everyday part of life for Babcock Ranch residents in Charlotte and Lee counties and on Florida’s roads in five to 10 years.

Q. Insurance. Is that the biggest obstacle remaining to this? A. “Well, you know, some of the big players are going to self-insure with product liability and I think it’s a very important question, I’m not going to say it’s a concern. We think the government’s going to play an important role here. You know when flu vaccines were created there was a big concern about allergic reactions to the vaccine so the suppliers were very, very proactive about providing it and they were self-insuring. Liability costs were skyrocketing and people who took the vaccine were worried about hearing a reaction. The government stepped in and they created the National Vaccine Injury Compensation Program. Twenty-five cents of every flu shot goes to that fund and then the government sorts this out. So I think there’s going to be some mechanisms to take that insurance on … We’re going to eliminate 90 percent of the crashes so in theory insurance costs should drop dramatically. It’s just that position of how do you protect yourself during that process.”

Q. It seems like the technology is there. Is that what’s holding things back from moving forward? A. “Two things. I think you’re concerned about liability (by one). And then the other is the laws on where vehicles can operate. Fortunately, Florida is one of the most proactive states on this. California said, ‘We’re all in favor of it, but you have to have a licensed driver in the car and it has to have a steering wheel, a brake pedal, an accelerator pedal.’ We don’t think that’s the way to think about it. It was like when Henry Ford was populating the car company feel that’s all fine, but a horse has to be out in front of the car. Well, that wasn’t the right thing to do. Next step? I would say some very, very heavy rains in Florida’s roads in five to 10 years.”

Google is using its mapping and searching technology to develop autonomous cars.

So I think we’ll get through those things. That’s why Babcock Ranch is so special. It can be the learning laboratory. I don’t want our residents to think about themselves as test subjects, but it can be the learning laboratory for the entire state. Because our timing opens up with the timing of the technology’s maturity and the startups wanting to come in here and have a first market. So there’s a lot of positive things that play to Babcock Ranch.”

Q. Are there any issues with extreme heat or cold in terms of the technology? A. “Not heat or cold. It’s rain and snow. Snow especially is an issue. Not that we don’t think we can get past it, we just haven’t worked on it. Why try to solve that when we are still trying to get to the next step? I would say same very, very heavy rains in Florida — probably still some work that has to be done to handle that. But all of all, Florida is the perfect place. It’s flat, the streets are really in good shape compared to other states, well traffic engineered … a proactive state government … and the demographic of the population is aging.

If driverless cars could get every person in Florida who is over 70 to just go out and do something, just anything one more time a week and spend $20 engaging in the economy, the benefit to the state is enormous in terms of tax revenue.”

Q. How do you see driverless cars taking people on longer trips outside the Babcock Ranch community? A. “To be honest I think we’re within a five-year window of companies like Google and others proving that a full-speed capable, fully engineered, fully safety-certified vehicle you know it today can operate autonomously. So I don’t think there’s going to be anything constraining the autonomous driving system from going from Babcock Ranch to Naples and back. But those cars I think are going to be a little over-specified for the movements within the community. So I kind of see two markets emerging: a low-speed vehicle less than 75 mph limited for the kind of traffic within the gated communities in Florida. And then a second full-speed capable vehicle that you could also request and get rides to Publix down the road or all the easy to Naples or Fort Myers. You can have these as personal use, you don’t have to share it. You could purchase one. But I think most people really didn’t like about the car experience … it’s this hassle of parking, here in Florida. It’s a hot day like today and you go to Publix and you have to park way out in the back of the lot. That’s just something I would like people who live in Florida to think about going to go anywhere, anytime, quick access and that’s probably in a five- to 10-year window. Babcock Ranch is going to be on the cutting edge of it.”

CARS

From page 1

get around. A former General Motors executive and an adviser to the Google team that is developing self-driving cars, Mr. Burns described how this could play out.

It was in some ways an aspirational, Ted-like talk by a man with a vested interest in developing self-driving cars. It was also an insider’s perspective from a longtime car industry expert and engineer with a front-row seat to Google’s plans. He offered a detailed, big-picture view of how the technology works, larger social and economic changes, and he addressed practical matters such as insurance.

Self-driving cars at Babcock could be part of a shared community fleet, he told them, available on demand similar to other states, well traffic engineered … a proactive state government … and the demographic of the population is aging.

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Here is an edited transcript and summary of Mr. Burns’s talk to Babcock planers on Monday, June 12, and the QA that followed. It lasted a little more than 30 minutes and included slides and video. A former head of research and development for General Motors and professor of engineering practice at the University of Michigan, Mr. Burns was recruited in 2010 as an adviser to the Google team that is developing self-driving cars. He also is on the advisory board for Kibon & Partners, the Palm Beach Gardens company building Babcock Ranch.

In the three pages are others who lent their voices to the subject. Those include Florida Gulf Coast University software engineering professor Janusz Zalewski, and an automotive journalist and Florida Weekly contributor, Myles Kernblatt, who wrote editorials in response to the following transcript of Mr. Burns’s talk.

The pitch

“Do you enjoy shopping for a car? Financing a car? Insuring a car? Buying and pumping gasoline? Getting a car washed or maintaining a car? Driving a car? Parking a car? Sitting in traffic? If you answered no to either one or many of these questions, I think you’re going to be in for a very interesting future because I think we’re going to find new
It's technology and business models tailored, this is where the game really coordinated, shared, driverless and often less-efficient, too big and fast controls, that are shared, connected tri-motor and electronic and digital less cars with electric drives, electrically net-worked vehicles could operate in platoons if you wanted more than two people to travel. The cars communi-cate with each other so they can give priority to emergency vehicles on the freeway. They can really rethink the entire concept of an intersection. Do we even need traffic lights anymore? "(The cars) are designed not to run into each other, and because these vehicles weigh only about 750 pounds and are designed to be cheaper than a small house, they're capable of doing much more efficiently and for much less money.

"The point of this video is to get you thinking that the future of mobility is something you wear, not something you drive, and it's something you get back in your pocket, not in your garage." "So putting all this together promises better mobility at radically lower cost. What do I mean by better mobility? Safer. We're going to take the crash out of the system. More convenient. If you want to go somewhere the vehicle's right at your door within minutes. You get in, it takes you to your destination, you can use your time as you desire. I don't mean this flippantly, but I've concluded that for most people driving is the distraction. Why else would they send a text in a car going 70 mph unless they thought that was more important than to drive? So it gives you your time back and this is much more affordable than owning a car.

"All of this can happen together, from a societal standpoint we can have fewer fatalities and injuries and less energy use, less carbon dioxide, better land use, more equitable access to (cars). From a cost standpoint, a lot of the analytical modeling done on this subject suggests that today if you own a car, personally own it and drive it, it costs you about $6,600 per mile (including gas, finance, depre-ciation, insurance and maintenance). We think we can get that price down for $20 to $40 per mile. So then if you only drive it 15,000 miles a year, it could cost you $25,000 per year. That's why Google, Uber, Apple, Tesla and others are (entering into) the auto business. There's $2 to $4 trillion at risk of being disrupted if you actually get to this future. So this is just capitalism at its best quite honestly." "Google's on record as saying they think they'll have the technology by the end of 2018. Syncs up beautifully with Babcock Ranch's growth. Does this mean we can think of the investment, business and societal opportunities are really compelling." "We're very excited that at Bab-cock Ranch and other autonomous vehicles might be used in 2018 to as many as 200 to 400 in 2021, with more than that coming, depending on how many trips they take each day. "Essentially what we're envision-ing is that one of your residents could spontaneously request a ride. The closest available vehicle would arrive within minutes. I'm talking one or two or three minutes, not 10 or 15. The vehicle takes the resident to their destination, let's say it's to the lake house. The resident gets out of the driverless vehicle. (It) proceeds then to pick up somebody else that wanted a ride or if it's not needed it would go and sit in the garage. So we think it's going to be very fast service, the service costs appear to be about the same as owning and operating a car. There are a lot of assumptions here so these are very preliminary results. "So we need to also incorporate goods shipping into this. Because that same vehicle could be bringing you your groceries as well as picking you up on some other trip and then we'll begin to find our collaborators and see if we can get this ready to go in sync with when the homes are built."
Wit and wisdom meet in the sweet ‘hoot noir’ howl of Wylie Coyote


Wylie Coyote, the original and highly engaging character readers met in “No Regrets, Coyote” (2013, reviewed in these pages), is back. The publisher is uncertain about whether to use the phrase “A Wylie Coyote Novel” or “A Wylie ‘Coyote’ Melville Novel.” Me, I don’t care. I just want more. I like where this is going. Wonderfully wacky and yet suspiciously sane, this howl howl — a new subgenre. Plot might not be its main interest.

When author John Dufresne provides in his acknowledgments a “thanks to Jill Blahsly for finding the story in the manuscript,” one can take it as a kind of confession. There’s something jazz-like in Mr. Dufresne’s thought process and prose, an improvisational wizardry of the highest order. Pyrotechnics, puns and even a bit of prophecy. When South Florida meets Las Vegas, anything can happen. You can forget about who killed two young women and still have a wonderful — though frequently disorienting — experience.

This boyhood friend of Wylie and his good friend Bay Lettique, an illusionist (sleight of hand is his specialty) and a gambler, have left home for a living — experience. There’s something in his attention up at the apex of the crisis center.

The precipitating event happened back at the Luxor. Something caught Wylie’s attention up at the apex of the pyrotechnics when a woman fell over a balustrade and plunged to her death. The author’s description of this seminal event, which I have no space to quote, is quite marvelous and sets high expectations for the rest of his story, expectations he meets and often surpasses. The detail and the distinctive evaluative thought process are given to Wylie himself. After all, he is the sleuth narrator of these experiences.

Was it murder? Accident? Suicide? As soon as readers discover who the deceased was and why she was in Las Vegas, they are on their way in the Q&A sequences that are at the heart of detective-centered crime fiction.

What’s most curious is the reaction of the officials who visit the crime scene. Soon after, they don’t seem to have any knowledge of anything untoward happening at the Luxor. There’s no mention in the newspaper or on television. Then come only denials by the police spokesperson.

Egypt is the leitmotif here. You die at the Luxor; you must come from Memphis — as did the deceased, Layla Jean Davis, who performed proton therapy research at St. Jude’s Hospital.

At any rate, “The passing of Layla Davis played like the notes from an unclapped bell.” Like that turn of phrase? Keep reading. You’ll encounter warring Taiwanese gangs named Posse Galore and Bamboo Rats.

You’ll hear about a crisis center caller with a speech impediment known to the center staff as Elmer the Dog Lisperer.

I’m smiling all over again remembering all this golden nonsense.

More? “I pulled out what I thought was my iPhone but was, in fact, a Trader Joe’s sardine can.”

What we get in this novel is a look at the corruption of American culture as symbolically centered in Las Vegas: a culture of greed where anything can be had at the right price or the judicious use of force. This is social satire with a strong bite. Occasionally, Mr. Dufresne offers the wise, sad truism: “To be ignorant of the suffering of others is to be complicit in that suffering, isn’t it, whether the ignorance is willful and convenient or oblivious and genuine?”

He offers a dazzling cast of characters, including journalist Elwood, who helps the investigation along and explains the “anonymous monopoly” that runs the prostitution business.

This is a world where you can buy a rocket launcher from craigslist, where everyone has at least one alias, and where a pair of off-duty metro cops know as Filthy Luks and Nicky Slots moonlight at the House of Mirth, where one can buy the services of “three unblemished virgins right off the banana boat from Belize.”

You can laugh or cry, but you won’t forget the unique vision and style of this most entertaining and provocative author, who lives in Dania Beach.
Finally, the best ever Honda Civic hits the road

Stability for a design like this means making sure there’s a hint of familiarity even in the middle of a revolution. It starts up front with lines that seems borrowed from its bigger brother, the Accord. But that family face is met with a skinnier fastback profile. In the rear, the taillights are part of an integral spoiler that would be considered a risky choice if it were not so downright attractive.

Inside, the same mature sports car feeling continues. Both the sedan and the coupe have well-designed seats, and when the optional leather is selected, they look and feel like BMW made them. Rear seat space is good, and the sedan provides a few more inches of legroom over the coupe, making it entirely suitable for a family’s second car.

There’s a high center console to give the driver and passenger that cocooned feeling of being in a performance vehicle, but its true purpose is to house a multi-level versatile storage space that’s large enough to swallow even gym-sized water bottles. The touchscreen infotainment system is the true standout of the new Civic’s interior. It starts out as nothing remarkable, although the standard backup camera is always a good thing to have. But on every model but the base one, Honda adds its Lanewatch feature: A side-mounted camera helps see pedestrians at intersections. This marking, it reduces blind spots and even helps see pedestrians at intersections. This is the exact kind of technology that comes from a grown-up sports car.

In the engine bay there’s the choice of a 158-hp, 2.0-liter or a 174-hp, turbocharged 1.5-liter. This is the dividing line for the Civic. While the turbo version sounds like the performance choice, the continuously variable automatic transmission is geared for the more mature, economical crowd (rated at a combined 35 mpg). The lower-powered engine comes with VTEC and a six-speed manual transmission for all of those who want to rekindle the older boy-racer Civics.

No matter the motor, the Civic has merged its past and present into a satisfying feeling on the road. Honda’s investment in new suspension components has yielded a sharpness that makes running around in the city a breeze and adds a little fun to the commute. At the same time, there’s enough dampening that highway miles are not jarring.

Even with its new unified personality, the 2016 Honda Civic has not lost its core of providing value. A well-equipped base sedan starts at $19,500, and while there are plenty of options to add, a loaded Touring coupe will still cost far less than $30K.
HEALTHY LIVING

What the doctor ordered

Research shows detaching from work can benefit physicians—and everyone

out the day are a lot more significant than those of the average American. Therefore, these moments of recovery are that much more important.”

Ms. Cranley did the research while a doctoral candidate in UF’s department of behavioral science and community health. She is now a postdoctoral fellow at the University of North Carolina at Chapel Hill.

The study assessed the time early-career physicians spent at work versus the time they spent on sleep and leisure, their ability to detach from work during non-work hours and whether they engaged in active or passive recovery activities.

Physicians ranked activities they engaged in at home and at work for how draining they were and how much energy they required—each task they performed was rated by its energy cost and recovery value.

The results showed that the time early-career physicians spent on work exceeded the time they spent on sleep and leisure activities combined — and although eating was the most highly ranked at-work activity, even lunch breaks were consumed by work.

“They grab things and go, or they are eating while they are in conference or listening to a lecture,” Ms. Cranley says. “There really isn’t that time when they aren’t doing something related to work.”

Researchers also found that the participants had trouble psychologically detaching from work and that they engaged in more passive forms of recovery in their nonwork time. While passive recovery — watching television, for example — is not necessarily harmful, it does not help boost energy levels beyond the baseline as active recovery activities can.

These patterns of working without taking time to recover fully can lead to burnout.

“Burnout is a serious issue,” Ms. Cranley says. “It’s usually related to the fact that you’re not taking enough time for self-care or engaging in activities that you gain back some of those resources.”

For physicians, she adds, higher levels of burnout lead to higher rates of poor-quality patient care. “You can only effectively care for someone if you are in a good state of mind. You have to be in a good place to be able to give your all to someone else,” she says.

One way to replenish resources is engaging in active recovery activities outside of work, no matter how little time is available to engage in those activities.

“It doesn’t matter if you only have 45 minutes to go to the gym. Take those 45 minutes for yourself,” Ms. Cranley says.

The study’s findings provide the groundwork to improve physician self-care and medical education.

“It’s a very unique situation where residents are in because they are expected to have all of the answers, when oftentimes they don’t,” she says.

The goal of the research is to help medical schools and hospitals recognize the nature of the stressors that the early-career physician population faces and equip them with skills to deal with stress and recognize signs of burnout in themselves.

“I think where we are missing the mark is in medical education,” Ms. Cranley says. “It’s a culture issue. We need to reassure our health professionals that it’s okay to need self-care.

“Everybody’s valuable. Everybody needs to take care of themselves sometimes. We can’t all be 100 percent all the time.”

Study shines light on mutations responsible for heart conditions

The leading cause of death in the world remains cardiovascular diseases, which are responsible for more than one third of overall mortality, according to the World Health Organization. Obesity and diet are obvious culprits behind heart disease but, over the past decade, research has also pointed to genetic factors, specifically mutations in cell adhesion components — the bricks that hold cells together.

In a new study, scientists from the Florida campus of The Scripps Research Institute, in Jupiter, offer new molecular insights into how the interaction between specific genetic mutations and a cytoskeletal protein critical for the proper development and maintenance of heart tissue can lead to conditions such as dilated cardiomyopathy (DCM) and hypertrophic cardiomyopathy (HCM) — and ultimately heart failure.

The new study, which was led by Associate Professor T. Izard of the Florida campus of TSRI, is published this week in an early online edition of the journal Proceedings of the National Academy of Sciences. The new insights could aid in the development of drug therapies to strengthen the hearts of patients suffering from age-related heart failure.

The study focuses on the protein vinculin and a variant form known as metavinculin, which is found only in muscle tissue. Vinculin has been shown to reinforce the myocardial cell cytoskeleton, improving heart muscle contractility and prolonging life, while metavinculin plays an essential role in the development and function of the heart.

Both vinculin and metavinculin regulate cell adhesion and migratory behavior of cancer cells. However, there was a gap in understanding how the two proteins are differentially used in cell adhesion sites.

The researchers found that these mutations — specifically, a mutation known as R97S in metavinculin — dictate the type of interaction during dimerization and can actually block the process. That, in turn, results in heart muscles that are far more susceptible to stress-induced heart disease.

The first author of the study, “Differential Lipid Binding of Vinculin Isoforms Promotes Quasiequivalent Dimerization,” is Krishna Chinthalapudi of TSRI. Other authors include Erunum S. Rangarajan of TSRI and David T. Brown of the University of Mississippi Medical Center.

For information, see scripps.edu.

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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.

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Mount Sinai New York
Home-price gains unfettered in most metro areas

Home prices maintained their robust, upward trajectory in a vast majority of metro areas during the second quarter of 2016, causing affordability to slightly decline despite mortgage rates hovering at low levels not seen in more than three years, according to the latest quarterly report from the National Association of Realtors. The report also revealed that for the first time ever, a metro area — San Jose, Calif. — had a median single-family home price above $1 million.

The median existing single-family home price increased in 83 percent of measured markets, with 148 out of 178 metropolitan statistical areas showing gains based on closed sales in the second quarter compared with the second quarter of 2015. Twenty-nine areas (16 percent) recorded lower median prices from a year earlier.

There were slightly fewer rising markets in the second quarter of 2016 compared to the first three months of the year, when price gains were recorded in 87 percent of metro areas. Twenty-five metro areas in the second quarter (14 percent) experienced double-digit increases — a small decrease from the 28 metro areas in the first quarter. A year ago, 34 metro areas (19 percent) experienced double-digit price gains.

Lawrence Yun, NAR chief economist, says the slower pace of home sales amidst languishing inventory levels pushed home prices higher in most metro areas during the second quarter. “Steadily improving local job markets and mortgage rates teetering close to all-time lows bode well for buyers as many large and middle-tier cities,” he says. However, he adds, with homebuilding activity still failing to keep up with demand and not enough current owners putting their homes up for sale, prices continued their strong ascent, and “in many markets at a rate well above income growth.”

The national median existing single-family home price in the second quarter was $240,700, up 4.9 percent from the first quarter of this year and are 4.2 percent higher than the second quarter of 2015. The average supply during the second quarter was 4.7 months — down from 5.1 months a year ago.

Mr. Yun says that without enough new construction being built, existing inventory seriously failed to keep up with the growing demand for buying. As a result, homes typically stayed on the market for around a month throughout the second quarter, and more than 40 percent of listings sold at or above list price, with June being the highest share since NAR began tracking in December 2012 (43 percent). “Many listings in a majority of markets, and especially those in lower price ranges, had multiple offers and went under contract quickly because of severely inadequate supply,” he says. “This in turn dented affordability and without a doubt priced out a segment of buyers attempting to seek relief from fast-growing rents.”

Despite falling mortgage rates and a small increase in the national family median income ($68,794), swiftly rising prices caused home affordability to decline in the second quarter compared to a year ago. To purchase a single-family home at the national median price, a buyer making a 5 percent down payment would need an income of $52,255; a 10 percent down payment would require an income of $49,504, and $44,004 would be needed for a 20 percent down payment.

Regional breakdown

Total existing-home sales in the Northeast jumped 7.6 percent in the second quarter and are 11.3 percent above the second quarter of 2015. The median existing single-family home price in the Northeast was $273,600 in the second quarter, up 1.6 percent from a year ago.

In the Midwest, existing-home sales leaped 10.4 percent in the second quarter and are 6.6 percent higher than a year ago. The median existing single-family home price in the Midwest increased 5.1 percent to $191,300 in the second quarter from the same quarter a year ago.

Existing-home sales in the South inch forward 0.3 percent in the second quarter and are 4.2 percent higher than the second quarter of 2015. The median existing single-family home price in the South was $244,900 in the second quarter, 5.9 percent above a year earlier.

In the West, existing-home sales climbed 1.4 percent in the second quarter but are 2.2 percent below a year ago. The median existing single-family home price in the West increased 6.5 percent to $346,500 in the second quarter of 2016.
Don Jones has been snacking on beef jerky for a very long time. Born in Nebraska, he joined the Navy right out of high school and enjoyed hiking, skiing and diving in his free time. His snack of choice: beef jerky.

“It’s a good source of protein,” Mr. Jones said. He’s still passionate about the meat treat. In fact, the Palm Beach Gardens resident and his wife of 46 years, Lupe, snack on — and sell — more than 200 premium jerky varieties in a range of sizes and flavors. The two, high school sweethearts, opened Beef Jerky Outlet at the Palm Beach Outlets this summer.

Founded in 2010, the Beef Jerky Outlet is the country’s first national jerky franchise. The West Palm Beach franchise is the 68th of 77 nationwide. The business calls itself an amusement park for carnivores.

“Jerky is a great snack throughout my 20 years’ military career and a big reason why I became interested in the franchise,” Mr. Jones, 64, said. For years, he made it at home.

“Don’t be afraid to come out of your comfort zone to try something new.”

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Don Jones
Co-owner, Beef Jerky Outlet

I think one of the main reasons people get stressed over financial decisions is that money matters are typically very difficult to understand. There is a reason that a loan application is dozens of pages long and the disclosures when you buy an annuity or mutual fund could take hours to read. A prime example of this complexity is interest rates. As you probably are aware, rates across the globe have fallen to historical lows. That should be good news for borrowers, right? Well, many individuals and corporation loan payments actually fall during the last quarter. Why are interest payments going up while overall rates are falling?

There are two general types of loans in America – fixed and floating. Fixed-rate loans have a fixed rate of interest for the life of the loan. In contrast, the rate on a floating rate loan is tied to some type of index. For many student loans, mortgages, credit cards and corporate loans, that index is called LIBOR — an acronym for the London Interbank Offered Rate. In simple terms, it is the rate at which banks can borrow from one another. It is the bank’s short-term cost of capital.

Since the beginning of 2003, 90-day LIBOR has stood at around .25 percent. But in the last couple of months, LIBOR has moved in a way that surprised almost everyone. As central banks around the world have been cutting rates and flooding markets with money to stimulate economies, LIBOR has been rising. It now stands at .82 percent.

So for individuals and companies whose loans are tied to LIBOR, they are beginning to see higher interest payments. While a .32 percent rate increase probably won’t make a noticeable difference on someone’s $5,000 credit card balance, it can make a difference on a $10 million business loan. And experts estimate the global amount of loans tied to LIBOR at almost $7 trillion.

Primarily, the surge in LIBOR rates is due to money market fund regulations that are going into effect on Oct. 1. These rules were created after the financial crisis to protect money market fund investors. The rules favor funds that invest in government bonds and impose restrictions and potential fees on non-government money market funds, which are seen as more risky. In response, investors have started to pull money out of short-term non-government money funds, which has choked off some liquidity to banks. LIBOR rates have risen as banks fight for this decreased pool of money.

Secondly, the pop in LIBOR rates is seen as result of increased demand for U.S. dollars.

The question is whether LIBOR will continue to increase and if regulators will modify their rules. Just another data point to watch in the months ahead.
NETWORKING

Palm Beach Young Professionals at Swag in West Palm Beach

1. Alex Ponushis, Bob Goldfarb and Julia Kenty
2. Robin Williams, Robin Sexton and Chris Waite
3. Scott Shreader, Judi King and Neal Sibley
4. Ashley Mock, Jamie Tucker, Jeffry Michaels, Ivan Dominguez and Ann Maas
5. Richard Gaff and Rachel Friedman
6. Howard Beardsley, Alexander Betancourt, Michael Faulhaber and Gina Hart
7. Chloe O’Connor, Ashley Rothling, Spencer Antle, Katie Cherubin and Liz Welton
8. Jordan Kovacs, Charles Tarantino and Paul Musante
9. Jason Lowe, Julia Murphy, Jillian Markwith and Ivan Dominguez

*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.
Penthouse privacy at Oceanfront

A dual privately secured elevator whisks you to this penthouse at The Oceanfront and opens to a private double-door entry. Once inside this nearly 4,000-square-foot condo, you will enjoy the privacy that feels like the single-family residence of your dreams. Floor-to-ceiling glass doors and windows draw you to the residence’s 1,045-square-foot wrap-around balcony, showcasing endless views of the ocean to the east, Juno Beach and Jupiter to the north, and the Intracoastal to the west.

This recently renovated open and spacious living floor plan includes 9-foot wood beamed ceilings, with a large living area that allows you to create multiple entertaining spaces for both formal and casual living. New custom remotely operated zoned electric sunshades by Conrad are installed on all windows and doors throughout the main living areas. The granite wet bar opens to the living area with direct access to the kitchen and includes an under-counter refrigerator with icemaker and ample storage.

The large open gourmet granite kitchen with center island breakfast bar, has a SubZero refrigerator, Thermador double oven and cooktop and features a new built-in pantry and bookshelves. There are convenient custom drawers throughout. The kitchen also includes a large dining area with built-in cabinetry and new warming drawer. There is easy access to the balcony for morning coffee.

The bedrooms and den are along a wide corridor. Also off the hall are a guest powder room, two storage rooms, access to the stairway and the laundry room, which boasts a new full size LG washer and dryer, a new stainless steel second refrigerator, as well as additional storage.

The owner’s retreat includes two full bathrooms and two walk-in closets as well as generous space to accommodate a king-size bed and lounge area with private access to the wrap-around balcony. For additional privacy, new 4-inch wood plantation shutters and custom drapes have been installed. New custom designer handmade wool carpeting completes this suite’s décor.

The newly renovated library and den, also with access to the balcony, has custom hardwood flooring, Conrad remote sun shades, built-in custom cabinetry, shelving and a large desk.

The guest bedroom features a private full bath, walk-in closet, and direct access to the balcony with views north and west. There are beautiful wood plantation shutters and new Missoni designer carpeting.

The private 1,000+-square-foot rooftop deck, with ocean views, makes for a perfect setting for intimate gatherings as well as large group entertaining. The Oceanfront’s newly appointed gym, which is on the lobby level, will accommodate your daily fitness workout. Next to the gym are two private restroom facilities for men and women that include showers and saunas. There is an adjacent club room available for private parties, with bar accommodations, all adjacent to the massive patio and pool area.

Newly designed and constructed Infinity pool, spa and expansive paver decking, with beautiful landscaping adjacent to your private air-conditioned pool side cabana with a kitchenette, sitting area, shower and water closet. You and your guests have private secured gate access to the beach adjacent to your cabana and a convenient outside shower.

A gated garage facility is beneath the building. The separately deed two-car garage has an automatic door opener. The penthouse unit’s garage provides easy access to the elevator and is near the private climate controlled wine storage unit.

Extreme security is provided with coded entrance gates and doors surrounded by property fencing and walls, secured gated garage. Elevators are locked and controlled by the resident for each floor. The unit has a private state-of-the-art alarm system and accordion hurricane shutters.

Lang Realty is offering this oceanfront penthouse condominium at $2,475,000. The agent is Jim Haneschlager, (561) 246-9900 or jim@floridarealtor@gmail.com.
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**Jupiter Island Retreat**

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**Sutton Place Condo Palm Beach**

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Maltz single tickets go on sale to public Aug. 22

SPECIAL TO FLORIDA WEEKLY

Single tickets for the Maltz Jupiter Theatre’s season will go on sale to the general public at 10 a.m. Monday, Aug. 22. With both subscription and single tickets available, seating options include orchestra, mezzanine and upstairs premium club level seats, accessible through the Green Room Club Level Lounge.


Single-show ticket prices start at $56, with flexible performance schedule options. The theater is offering two plans for season tickets, four-play and five-play, for the season. Season tickets are currently on sale and begin at $202, with two purchasing options: the four-play and the opt-out of one (four-play package). Season ticket holders save 10 percent to 15 percent on single ticket prices, and also get one fee-free ticket exchange per ticket per show and advance notice and ability to purchase tickets to limited engagements and other special events. Groups of 20 or more receive an additional discount. Current season ticket holders may purchase single tickets a week in advance, starting at 10 a.m. Monday, Aug. 15, through Friday, Aug. 19, at 6 p.m. For more information about upcoming shows and subscription options, visit.jupitertheatre.org or call the box office at 575-2223. For more information on bringing your group to the theater, contact group concierge Shanon Murphy at 972-6110. To book The Green Room for your next business function, call 972-6110.

BY GRETEL SARMIENTO
Florida Weekly Correspondent

‘World Goes ‘Round’ spins through a final weekend

BY JANS FONTAINE

The acclaimed music revue “The World Goes ‘Round” is on stage at the Kravis Center’s Rinker Playhouse through Aug. 21.

Reviews of the MNM Production, which showcases the music of legendary Broadway songwriters John Kander and Fred Ebb, have been positive and the show earned a thumbs up from the Carbonell Awards.

The cast includes Clay Cartland (recently seen in “1776” at Palm Beach Dramaworks), and Jonin Deeb and Michael Scott Ross (who performed in “HAIR” at the Kravis Center). Shelley Keelor and Leah Sessa (who co-starred in MNM’s production of “Side By Side By Sondheim”) round out the cast.

Three directors came on board for this show: Bruce Linser, choreographer Kimberly Dawn “KD” Smith, and musical director Paul Reekie.

Tickets are $45, or $60 for stage-side cocktail table seats. The Kravis Center is at 701 Okeeobee Blvd., West Palm Beach. Info: 813-7469; Kravis.org.

A tribute to Bowie

This month’s first Sunday at the Waterfront concert is a tribute to one of the most iconic rock stars of any era: The late David Bowie.

From 4 to 7 p.m. Aug. 21, Station to Station, a Bowie tribute band, will play your favorite Bowie songs: “Let’s Dance,” “China Girl,” “Rebel Rebel,” “Ziggy Stardust,” “Heroes” and “Stuffergette City.”

The band doesn’t just sound like Bowie — it brings the energy and the style, the fashion and the vibe of the monster showman. This is no karaoke show: This is a tight, professional band and its members have honed their skills over the years on the road.

The concert is free. Visit wpb.org or call 822-1515.

Dinner for a Cause

Chefs Julien Gremaud (The Avocado Grill), Clay Conley (Grato) and Eric Baker (Max’s Harvest) are solid supporters of Share Our Strength’s No Kid Hungry campaign, so they’ve banded together to serve a five-course dinner with all the
French perfume lamps can bring dazzling prices

BY TERRY KOVEL AND KIM KOVEL

In the unsanitary world of the 18th and 19th century, bad smells were everywhere. There was no garbage pickup, no indoor flushing toilets and no refrigeration to keep food from spoiling. In the 1800s, a special lamp was used to remove the strong odors in hospitals and mortuaries. It was a catalytic lamp that burned an alcohol-based fuel. A cotton wick burned for a few minutes to heat a stone. After the flame was out, the heated stone turned odors into carbon dioxide and water. In 1895, a Frenchman improved the lamp by adding perfume to the fuel to make a scented room. Many lamps were made in figured shapes suitable for a living room or bedroom. Today, perfume lamps heat with electricity. The best lamps were made in figural shapes suitable for a living room or bedroom. Today, perfume lamps heat with electricity. The best 20th-century perfume lamps were made by French makers Robj, Aladin or Etling. A perfume lamp shaped like an Art Deco candelabra was marked “Meu Bach Aladin.”

Q: Vintage sofas are much lower priced than new ones. I like Victorian sofas with curved backs but don’t want to learn my lamp was marked “Meu Bach Aladin.”

Q: I’d like some information about an iron lamp marked “Goberg.”

Q: I have Russel Wright olive-green glazed dinnerware, including large platters. Where can I sell them and what price range would they sell for?

Q: russel Wright (1904-1976) was an American designer of domestic and industrial wares, including dinnerware, glassware, furniture, radios and interiors. He made several dinnerware patterns in modern shapes for different manufacturers. The most popular is his first line, American Modern, which was made by Steubenville Pottery Co. from 1939 until 1959. Sets of dinnerware are hard to sell. First, you should find which pattern you have. Check to see what pieces are selling for online. Serving pieces sell for more than plates or cups and saucers. A perfect platter could be worth about $50 and a dinner plate $5, depending on the color.

Q: My childhood teddy bear is, I am told, a Steiff and valuable. What determines the price?

Q: I have a Goberg item that could be worth about $50 and a dinner plate $5, depending on the color.

Tip: Gold and silver trim on glass or ceramics will eventually wash off if cleaned in a dishwasher. Gold- and silver-trimmed glassware and ceramics should never be put in a microwave. The metallic glaze will cause electric arcing and could start a fire.

— Terry Kovel and Kim Kovel answer questions sent to the column. Write to Kovels, (Florida Weekly), King Features Syndicate, 300 W. 57th St., New York, NY 10019.

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The stories and songs of acclaimed singer-songwriters return to our islands Sept. 23–Oct. 2. Dozens of shows feature artists like Even Stevens, Dylan Altman, and rising Nashville star Maren Morris 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
TUESDAY/23
Chef’s Collaboration Dinner for No Kid Hungry — 6 p.m. Aug. 23, at Avocado Grill, 125 Datura St., West Palm Beach. Chef Julien Grenaud, Clay Conley and Eric Baker will serve a five-course dinner with proceeds benefiting No Kid Hungry. Tickets: $150 per person. Info: Email chefcollabdinner@gmail.com.

Dinner and a Movie: Israeli Film — 7 p.m. Aug. 18, at the Maltz Jupiter Theatre, 1001 E. Indiantown Road. Sabrina Falk presents a musical revue showcasing the songs of Broadway legends John Kander and Fred Ebb, including songs from “Caba- retta.” “Chicago” and “Kiss of the Spider Woman.” The cast includes Clay Cartland, Jinnon Deeb and Shelley Keelor, plus Savanna Lightfoot performing “Hope’s Y oung Ambassadors for Hope.” Tickets: $20 general admission, $15 for members. Info: 832-7469; kravis.org.


Thursday Late Night with the Royal Room Cabaret: Carole J. Bufford — Aug. 20, 27 and Sept. 3. Royal Room Cabaret expert Stephen Holden called Bufford a “doll-faced latter-day flapper with a broad sense of humor.” $20 per person for prix fixe dinner and show; $60 for show only.

FLORIDA WEEKLY:

THURSDAY/18

SCIENCE on Tap — 7 p.m. Aug. 18, Saltwater Brewery, 1701 W. Atlantic Ave., Delray Beach. Chris Gove, president of Spectrum, 6725 W. Indiantown Road, Palm Beach Gardens, will talk about the Prozac craze. Materials provided. Info: email info@sciencesontap.com.

Racing Program: By and By — 7:30 p.m. Aug. 18 at the Norton Museum of Art After Dark, 1651 N. Olive Road, West Palm Beach. Writt gan Gunderson, winner of the Landorf Wilson Award and the Steinberg/ATCA New Play Award, the play introduces Steven, a leading genetic scientist in the arcane world of human cloning, who is forced to reveal his best-kept secret: his daughter Denise. Directed by Lou Tyrrell. Free. 832-5794; Norton.org.

FRIDAY/19
Ladies Night Out — 6-9 p.m. Aug. 19, at the Science Center and Aquarium, 4801 Dreher Trail N., West Palm Beach. Cocktails, liquid nitrogen ice cream, nail polish lab, food, wine, music, a silent disco, high heels. $7 in advance, $10 the day of the event. For 21 and older. SSFScienceCen ter.org.

Date Night Chocolate-Making — 7:30 p.m. Aug. 19, The Chocolate Studio, 6725 W. Indiantown Road, Suite 38, Jupiter. This two-hour class is a tasty way to get to know someone, and you get to take some sweet homes. $80 per couple. Info: 443-2788; thechocolatesudio.com.

Summer Meltdown Tour — 8 p.m. Aug. 18. Co-headliners Felicity & Raggy Monty plus Hits (in Vegas, Ghost Cat and Church Girls). The “As Good As Dead Tour” featuring local H — 8 p.m. Aug. 23. The Rocky Horror Picture Show Movie Event — 11-1:45 a.m. Aug. 25.

Looking Ahead
Clematis by Night — 6-10 p.m. Thursdays. An hour longer in the summer and a tasty way to get to know someone, and you get to take some sweet homes. Free. Info: clemati sbynight.net.

Aug. 25 — Valerie Tyson Band (R&B/ Top 40) with Opener IndiGo The Band (R&B/Pop)
The third annual LMP Championship Fishing Tournament — 8 a.m. Aug. 25 at the Palm Beach County Courthouse, 7930 S Ocean Blvd., Palm Beach Gardens. Features local personalities and fishing legends. Cover by Lilly Pulitzer, JOHNNY WAS, J.McLaughlin, Bloomindaige’s, Robert Graham, Vineyard Vines, EleVen, etc. plus savory bites, cocktails and a raffle. Tickets: $50, $100 VIP, which includes a table for 10 in a private room, dinner, the hit parade, a luxury swag bag, and VIP after-party access. Benefits Clematis by Night. Free for younger than 6.

The Colony Hotel, 155 Hampton Ave., Palm Beach. Info: 659-8100 or 655-5430; thecolonypalmbeach.com.

Motecon Fridays with Memory Lane performing everyone’s favorite Solid City/Top 40 hits from the ’60s through today. 9:30 p.m.-12:30 a.m.

Saturday Late Night with the Drunkarian Duo — 9:30 a.m. mid-night, music and dancing, plus cameos by Royal Room headliners and other celebrity performers.

Royal Room Cabaret: Carole J. Bufford — Aug. 20, 27 and Sept. 3. Cabaret expert Stephen Holden called Bufford a “doll-faced latter-day flapper with a broad sense of humor.” $20 per person for prix fixe dinner and show; $60 for show only.

AT DRAMAWORKS
Palm Beach DramaWorkshops at The Don & Ann Brown Theatre, 201 N. Clematis St., downtown West Palm Beach. Call 844-4042, Ext. 2; palmbeachdrama workshops.org.


AT FOUR ARTS
The Society of the Four Arts, 2 Arts Plaza, Palm Beach. Gallery and box office: 655-7226; fourarts.org.

Keep Calm and Color On — 1-3 p.m. every Thursday until Aug. 25 in the King Library. Join the adult coloring craze. Materials provided. Info: email kinglibrary@fourarts.org.

AT THE KELSEY

AT THE KRAVIS
Kraivs Center for the Performing Arts, 701 Okeechobee Blvd., West Palm Beach. Info: 832-7469; kravis.org.

“Trobe Goes Round” — Through Aug. 21 at the Kras Center, 701 Okeechobee Blvd., West Palm Beach. A revival of the 1965 Broadway comedy. Tickets: $59, $49 Broadway Gold package (Broadway legends John Kander and Fred Ebb, including songs from “Caba- retta,” “Chicago” and “Kiss of the Spider Woman.” The cast includes Clay Cartland, Jinnon Deeb and Shelley Keelor, plus Savanna Lightfoot performing “Hope’s Y oung Ambassadors for Hope.” Tickets: $20 general admission, $15 for members. Info: 832-7469; kravis.org.

AT MACARTHUR PARK

Educational Reef Program — 10 a.m. Saturdays, Aug. 20, 27. Learn about the fish and other inhabitants of our near shore reef through a presenta- tion, tour, West Palm Beach. All is free. From 8-9 a.m. participants will be instructed on where to snorkel in the park. Bring your own snorkel equipment; a diver down flag is required for snorkeling activities and can be rented daily at the Beach Outfitters Gift Shop. Free with park admission.

AT THE MALTZ
Maltz Jupiter Theatre, 1001 E. Indi- town Road, Jupiter. 577-2223, Jupitertheatre org.

Volunteer Open House — 4 p.m. Aug. 20. More than 400 volunteers help in every department in the theater. Find out about specific needs for volunteer. Check in at the station and you may win a prize. Light snacks and beverages. 972-605; Jupitertheatre.org/volunteers.

Save Your Money on Landscape

Making a Garden Trough: The Hypertufa Process — 9 a.m. to noon Aug. 25, Mounts Botanical Garden Pavilion. Master gardener Ted Johnson will demonstrate how to create a hypertufa container and will supply tips on potting mixes and planting. Wear old clothes, bring clear plastic safety glasses and well-fitting, waterproof dishwashing gloves. $30 members, $35 nonmembers. 233-2375; mounts.org.

AT THE PLAYHOUSE
Lake Worth Playhouse, 713 Lake Ave, Lake Worth. Info: 586-6410 or lakeworthplayhouse.org.


AT THE IMPROV
Palm Beach Improv at CityPlace, 550 S. Parker Ave., West Palm Beach. Free. Info: 832-5228; ebradleys.com.

Paris in Town Le Bistro — 6-9 p.m. Fridays, 1701 London Drive, West Palm Beach. Info: 793-4704.

Yesteryear Village — Now open year-round, travel back in time to Old Florida when schools were in one small building and houses did not have running water at this living history park. Open 10 a.m.-4 p.m. Thursday – Saturday; $10 adults, $7 seniors 60+, $7 age 5-12, $5 age 3 to 12. Aug. 23, 2016 Rock 'N Roll Summer Concerts — Friday nights from 7:30 p.m. in Center Court.


■ Mike Epps — Aug. 19-20. $40 or $50 VIP.

■ Dean Napolitano — Aug. 25. $15.


■ Ian Bagg — Sept. 1-4. $20.

AT THE FAIRGROUNDS
South Florida Fairgrounds, 9067 South Blvd., West Palm Beach. Info: 793-0333; southfloridafair.com.

■ Opening reception 5-8 p.m. Aug. 19. More than 40 artists display their work which features clay, enameling, pottery and ceramics, including hot kiln fused glass, encaustic hot wax, soldering, polymer clay, enameling, pottery and ceramics, and raku. Refreshments. Free.

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


■ Exhibit: “Sea You Here” — Forty artists were asked to reflect on the wonders of the sea. Through Aug. 30. Cuban artist Alberro Conde is the featured artist.

■ “Sizzling” HOT — Opening reception 6-9 p.m. Aug. 19. More than 40 artists display their work which features the art of using heat in various forms, including hot kiln fused glass, encaustic hot wax, soldering, polymer clay, enameling, pottery and ceramics, and raku. Refreshments. Free.

■ Artisans of Palm Beach County — 500 Park Ave, Lake Park. Info: 345-2842; artistsofpalmbeachcounty.com.

■ Photography 2016 Exhibit — Reception 5-8 p.m. Aug. 19. This grouping of original unaltered images will satisfy the photographer who likes to see new ideas. Free. More information, call 318-7675.

■ The Cultural Council of Palm Beach County — 601 Lake Ave, Lake Worth. Hours: 10 a.m.-5 p.m. Tuesday-Saturday, info: 473-2901; palmbeach文化.com.

■ Selection from the Armory Art Center — Showcases 47 talented artists currently teaching at the Armory Art Center. Aug. 27-Nov. 19.


■ 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; $11 adults, $10 age 12-17 with adult; $3 age 6-12 with adult; free for younger than 6. 655-2833; flagermuseum.us.

■ The Florida Trail Association Loxahatchee Chapter — Leads paddling excursions Aug. 20, 2016. Camelot Yacht Club — Jazz sessions take place Tuesday evenings at Camelot Yacht Club, at 144 S. Narcissus Ave., West Palm Beach, with resident band TCEAA! Band starts at 8 p.m. For more information, call 318-7675.

■ Don Ramon Restaurante Cubano & Social Club — Live music Thursdays through Sundays, 7101 S. Dixie Highway, West Palm Beach. 547-8704.


■ Respectable Street Cafe — 518 Clematis St., West Palm Beach. Info: 832-9999; sub-culture.org/respectable.html.


■ Mike Epps — Aug. 19-20. $40 or $50 VIP.

■ Jason Manford — Aug. 25. $10.

■ Ian Bagg — Sept. 1-4. $20.


■ Camelot Yacht Club — Jazz sessions take place Tuesday evenings at Camelot Yacht Club, at 144 S. Narcissus Ave., West Palm Beach, with resident band TCEAA! Band starts at 8 p.m. For more information, call 318-7675.

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nature walks. New adventurers are wel-
comed. Get info and register at lox-
trail.org.

Okeehellean Park Walk — 7:30 a.m. Aug. 20, 775 Forest Hill Blvd., West Palm Beach. A 4-mile leisure-paced hike. Call Paul Cummings at 963-9906.

Hike on the Apoxee Wilder-
ness Trail — 8 a.m. Aug. 27, 3125 N. Jog Road, West Palm Beach. Joe Rosen-

The Historical Society of Palm
Beach County — Johnson History Museum, 300 N. Dixie Highway, West Palm Beach. Free admission. Info: 832-
4864; historicalsocietypbc.org.

The Lighthouse ArtCenter — 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Sun-
days, 1751 Palm Beach Lakes Blvd., West Palm Beach. Arts and crafts, fresh flow-

WEEK OF AUGUST 18-24, 2016

www.FloridaWeekly.com


The gallery will be closed through
Aug. 28.

The Mandel Public Library of
West Palm Beach — 41 Clematis St., West Palm Beach. Info: 808-7701; mycitylibrary.com.

Summer Dog Tales — 11 a.m. Mondays, Thursdays, Saturdays. Meet the library’s specially trained therapy dogs that will listen to your child read. Call KidSpace at 868-7703.

Learn Traditional Japanese
Karate — 7-7:45 p.m. Mondays. Learn self-defense, build confidence, get great exercise, and relieve stress. John Alford will teach.

The Norton Museum of Art —
1451 S. Olive Ave., West Palm Beach. Free admission. Info: 832-5976 or norton.
.org.

“Giverny: Journal of an
Unseen Garden” — Through Oct.
30. Artist Mark Fox’s experience work-
ing on the grounds at Giverny, the home of French painter Claude Monet.

“Spotlight: Lichtenstein and
Monet” — Through Aug. 21. Roy Lich-
tenstein’s work takes a fresh look at Monet’s lily pads. Lichtenstein’s “Water Lilies with Clouds;” is a large-scale print on stainless steel, which is the Norton’s most significant work by the Pop artist.

The Palm Beach Photographic
Centre — 41 Clematis St., West Palm Beach. Info: 253-2600; workshop.org.

The 19th annual Members’

The Palm Beach Zoo & Conser-
vation Society — 100 Summit Blvd., West Palm Beach. Hours: 9 a.m. to 5 p.m. every day, except Thanksgiving and Christmas. Tickets: $18.95 adults; $16.95 seniors, $12.95 age 3-12, free for younger than 3. Info: 533-0887; palmbeachzoo.
.org.

Perfect Vodka Amphitheatre —
603 S Sansbury’s Way, West Palm Beach. Info: westpalmbeachamphitheatre.com/
events/. Tickets: 800-345-7000 or tick-
etmaster.com.

The Dixie Chicks — Aug. 20.

Oddball Comedy and Curios-
ity Festival — Aug. 25. Features Sebastian Maniscalco, Gabriel Iglesias and Jim Jeffries.


Brantley Gilbert — Aug. 28.

Miranda Lambert — Sept. 10.

The River Center — 805 N. U.S. 1, Jupiter. Hours: 9 a.m.-4 p.m. Tuesdays-
Saturday. The Loxahatchee River Dis-
trict was created more than 30 years ago to monitor and protect the river. Today it’s a teaching facility and recreation area that offers programs to enrich the community and the river. Call 743-7123.

Volunteers needed — The RC needs enthusiastic, personable volun-
tees age 14 and older. Call Megan at 743-7123 or email education@lrecd.org

Public Tour and Fish Feeding — 2-3 p.m. Saturdays. A staff member leads a tour of the facility, including a touch tank presentation and feeding.

Macy’s Shop for a Cause — Aug. 26-28. Purchase a $5 Macy’s shopping pass for Shop for a Cause to help the center and get three days of bar-
gains.

Riviera Beach Marina Village
Green & Artisan Market — 10 a.m.
to 2 p.m. Saturdays year-round, 200 E. 13th St. at Broadway, Riviera Beach. Vendors of produce, coffees, smoothies, artisan specialty foods, health/nutrition vendors, and local artisan crafts, cloth-
ing and accessories. Interested vendors should call 629-5600; or visit harrystar-
kets.com.

Lake Worth High School Flea
Market — 8-3 p.m. Saturdays and Sundays, under the Interstate 95 over-
pass on Lake Worth Road. Info: 439-1539.

The Palm Beach Gardens Green-
Market — At STORE Self Storage and
Wine Storage, 11010 N. Military Trail, Palm Beach Gardens. Open from 9 a.m.
to 1 p.m. Sundays through Sept. 25. Info: 630-2100, or email recinfo@pbgfl.com.

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-

ARTS & ENTERTAINMENT

CALENDAR
Local playwright to offer dinner theater presentation of ‘Shell of a Man’

Donna M. Carbone, a freelance writer/teacher/journalist living in Palm Beach Gardens, is being honored by Harbourside Place and Another Broken Egg Café with a dinner theater presentation of her play, “Shell of a Man” on Thursday, Sept. 1.

According to Ms. Carbone, “Shell of a Man” is based on the life of an actual Vietnam veteran and focuses on the effects of his 40-plus-year battle with PTSD. Her goal is to personalize this much-talked-about but barely understood condition in order to raise awareness of the need for better health care for men and women in uniform.

The play will feature three actors who train at the Burt Reynolds Institute for Film and Theatre — Ewan Leslie as Robert Logan, Jeanne Tidwell as Adriana Fleming and Nancy Wood as Dawn Peters. Carbone mentioned that both Tidwell and Wood were experienced actors but said Leslie would be treading the boards for the first time in his career. “I’m so proud of my actors,” she said. “There is a tremendous amount of dialogue to memorize in a short amount of time, but Ewan, Jeanne and Nancy are passionate about Robert’s story, and I know that passion will show in their performances.”

Another Burt Reynolds Institute student, Kevin Mayle, is responsible for creating the poster advertising the play. In a recent interview, Ms. Carbone explained how “Shell of a Man” came to be written. “In 2011 I published two columns supporting better health care for veterans. A Vietnam vet wrote to me, expressing his thanks and beginning what was to become a much cherished and, often, painful friendship. He calls himself Robert L. We’ve never met. His face is but a ghostly image in an old photograph he sent to me.

“I hear his voice only through the emails we exchange. I believe that distance and the anonymity of the Internet allowed Robert to share his life with me in a way few others have heard. What he said forced me to accept that, despite being well read, I knew nothing about what a black man endured being raised in the Jim Crow South or the effects of having served in a war zone. Although ‘Shell of a Man’ is told through the life of one man, it is in actuality the story of many men.”

“Shell of a Man” was presented as a staged reading in April at the Dallas Convention Center, where it was warmly received. Carbone incorporated suggestions from that audience into the presentation that will take place at Harbourside. This time the play will be presented as a workshop performance, which is the second step in the production process, and will include another talk-back with the audience at the end of the show.

The dinner portion of the evening will begin at 5 p.m. and will include a fixed-price menu with a selection of two main courses. The meal will include a glass of wine and/or a cold beverage. The cost for both the dinner and the show is $30. The play will begin at 7 p.m. Seating is limited. Tickets can be ordered by calling 385-1584.

For more information, visit write4you@comcast.net or call 385-1584.
Downtown At The Gardens

DON'T MISS THE LAST ROCK 'N' ROLL SUMMER CONCERT OF 2016!

AUGUST 19TH
7-10PM, DOWNTOWN PARK

ALTER EAGLES
A NIGHT WITH THE EAGLES TRIBUTE

DowntownAtTheGardens.com
Over 2400 FREE Parking Spaces and Our Valet is Always FREE!

“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.
SOCIETY

Rock and Roll Summer concert

1. Andrew Ganas, Nancy Ganas and Luke
2. Liz Liverman, Barb Schumacher, Lynn eussen, Lori Plotke and Scott Lombard
3. Brenda Gruber, Jonas Stankunas, Nancy Raicovich and Paula Stankunas
4. Cass Gunther, Cathy Quinn and many Quinn
5. Marcos Echevarria and Ronnie Rock
6. Toni Forbes, Rodney Forbes, Lynn Stange and Bob Stange
7. Jill Devito, Jack Domb and Anastasia Held
8. Melissa DaCunha and Stacey James Schoettler
9. Nathan Torres, Leon Rodriguez and Oscar Torres

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. E-mail them to society@floridaweekly.com.
“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.

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SOCIETY

Cars and Coffee at Palm Beach Outlets in West Palm Beach

1. Tara Sweet, Jason Sweet and Nadine Goff
2. Tonya Sensibaugh, Nathan Sensibaugh and Chris Sensibaugh
3. Devin Fontane, Erica Holden and Wayne Frentz
4. Kim Volante
5. Gaige Stryker, Chris Stryker, Angela Stryker, Juan Rodriguez, Kevin Rodriguez, Kathy Rodriguez and Luis Lora
6. Joe Cormier, David Caruso and Richard Rodriguez
7. Carlos Rivera and Jorge Ramirez
8. Julio Gomez, Ashley Frame, Taylor Montford and Tori Montford
9. Mike Phillips, Paul Stammers, Andre Hie and Bryan Juxwik
10. Sidney Vallon, Chris Hagadorn, Andreas Christofano, Simone Sinaret, Luvisa Vallon, Keesa Hmasladi and Limba Vallon
11. Jared Richards and Jessica Souppik

Paige Murneke, Pippa Dodge and Kristen Brawn

*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.
Suicide Squad

Is it worth $10? Yes

★★ ★★

LATEST FILMS

‘Hell or High Water’

Is it worth $10? Yes

Superb in every way, “Hell or High Water” is a slow burn, tense and sublime American drama highlighted by fantastic writing and even better performances.

It’s one of the best movies of the year.

If the Old West told stories of good vs. evil and the protection of civilization against all who threaten it, this “New Western” adapts those principles for the present day with noticeably blurred lines. Brothers Toby (Chris Pine) and Tanner (Ben Foster) are as smart as can be when robbing numerous branches of Texas Midlands banks: They wear masks, always use a different car, only take low denomination bills (because 100s and above are traceable) and max out at less than $10,000 each time. This keeps them below the radar of the FBI — but puts them in the sights of retiring Texas Ranger Marcus (Jeff Bridges) and his partner, Alberto (Glynn Birmingham).

In addition to Toby and Tanner’s methodology being smart, their reasons are valid (albeit selfish). Toby knows the bank is ready to foreclose on the family’s land, and he wants to leave it in trust for his two sons. So he and Tanner are stealing from the bank only to give the money back to the bank to pay off debts.

What’s fascinating about the story from Taylor Sheridan ("Sicario") is that it’s layered, piece by piece, to continually reveal the information the viewer doesn’t necessarily expect. To wit, how they launder the money, Toby’s real reasons for getting every role (they’re all appropriately grounded in logic and reason. Even better these gradual reveals are punctuated by standout supporting performances, especially Margaret Bowman as a spiritual advisor at the “Pine Box” café, Katy Mixon as a waitress who flirts with Toby and Dale Dickey in the opening scene as a bank employee who gives the boys a piece of her mind.

Movies go from good to great with writing and even better performances. “Hell or High Water” was shot in remote areas of Texas and New Mexico and soundtrack keep things popping, but the story has numerous problems. Set in the same DC Comics universe as “Batman v Superman: Dawn of Justice,” but the story has numerous problems. The world’s most dangerous criminals are given a reprieve from prison to fight a deadly witch (Cara Delevingne). Robbie steals the movie as Joker’s (Leto) squeeze Harley Quinn, and the action and soundtrack keep things popping, but the story has numerous problems. Set in the same DC Comics universe as “Batman v Superman: Dawn of Justice.”

Do not miss “Hell or High Water.”■

FILM CAPSULES

Florence Foster Jenkins ★★★★★

(Meryl Streep, Hugh Grant, Rebecca Ferguson) In 1944 New York City, wealthy socialite Florence Foster Jenkins (Ms. Streep) aspires to be a opera singer in spite of her notorious lack of ability. Ms. Streep and Mr. Grant are a formidable duo, but it’s director Stephen Frears (“Philomena”) striking just the right tone of laughing at Florence but righting the wrong.

Suicide Squad ★★★★

(Will Smith, Margot Robbie, Jared Leto) The world’s most dangerous criminals are given a reprieve from prison to fight a deadly witch (Cara Delevingne). Robbie steals the movie as Joker’s (Leto)
Art After Dark looks at Art of the Garden

Artists have always tried to capture the beauty that God has made, and they’ll always come in a close second. But some artists will come closer than others. Monet is an example where the garden inspired the painter who inspired many more.

Art After Dark, from 5 to 9 p.m. Aug. 25, takes you on a garden stroll of sorts to visit Monet’s renowned paintings of the garden and lily ponds at Giverny, France, as well as the gardens themselves in Mark Fox’s video, “Giverny: Journal of an Unseen Garden.” In this week’s curator’s conversation Glenn Tomlinson will speak about “Americans at Giverny” at 6:30 p.m. in the Fisher Gallery.

At 7:30 p.m., guest speaker Rochelle Wolberg, interim operations manager of Mounts Botanical Garden of Palm Beach County, will discuss “the culture of gardens,” and the common themes gardens convey: beauty, order, and strength. Wolberg’s illustrated talk includes gardens from around the world. Spotlight Talks, 15-minute talks on a variety of subjects, are given every 15 minutes from 5:30 to 6:35 p.m. in the Picower Gallery. Learn about the Gardens at the Villa Moreno, Bordighera. In the King Gallery, learn more about Giverny.

Music is a classical repertoire inspired by the natural world performed by Duo Pedrazzini.

Food and drink by Potions in Motion is served until 8:30 p.m. in the Central Courtyard. Admission to Art After Dark is free.

Info: 832-5596 or Norton.org.

— Janis Fontaine

In 2010, after spending three months at Monet’s Giverny home and contemplating his famous gardens, the artist-in-residence realized nobody had seen the famed lily pond below the surface. “Obviously, I knew about Monet but being taken by his experience and seeing something new was very exciting,” Mr. Fox said. “It was fantastic, for me.”

His video installation “Giverny: Journal of an Unseen Garden,” featuring Monet’s aquatic mists is now on view at the Norton Museum of Art through Oct. 30. The looped footage plays across five large screens. By placing the screens consecutively, the installation keeps in line with the horizontal setting of Monet’s paintings in the Musée de l’Orangerie in Paris.

When the silent film begins, one can hardly make out the five projected scenes of murky waters and leafy greens. It proceeds at a slow pace and just like at the l’Orangerie, foliage and water surround everything. The room becomes a sort of underworld, time slows down. One braces for a creature to appear but instead is treated to the colorful dance of “Les Nymphéas,” which enter delicately like the corps de ballet opening an act, except they are the main attraction. The camera doesn’t lie. The water lilies come in yellows, light and deep purples. The fragments hit by the filtering sunrays look as if they have caught fire.

While filming them, the New York-based artist sought out to capture the ever-changing light much as Monet did. However, Mr. Fox has a far more abstract obsession of his own that is fed in part by his Catholic upbringing. “I’m mostly interested in ritual and where ritual came from,” he said. “What carries my work is the idea of how people are manipulated by forces they are not aware of.”

Although he had employed video before in his artistic career, he never expected to use it during his stay at what is now the Monet Foundation in Giverny. After all, his main work consists of drawings, paintings and stainless steel site-specific sculptures. “I could have just gone with the idea that I’m a painter so I’m just going to paint,” he said. “Of course, painting would not have sufficed.”

Three weeks of his internship had passed when the idea came to him. “I can’t tell you much more other than one day I was walking and then it just occurred to me that there had to be something that even Monet hadn’t seen,” Mr. Fox said.

He was determined to find a new door into a world already heavily explored by tourists and fellow artists, not to mention by the master himself from the 1890s to 1926. Monet produced more than 200 paintings of his favorite motif, the water lilies. That’s just what survived.

In a 1908 letter, the Impressionist writes: “These water and reflection landscapes have become an obsession. They are too much for an old man’s strength. … I have destroyed several of them.”

Perhaps it was the instruction Mr. Fox received that the pond was off limits that pointed him precisely in that direction and later led him to submerge his camera using a string. There, he discovered a familiar world that was also entirely new and entirely his own. His little experiment was followed by official approval, better equipment and a daily filming schedule that also mimicked Monet’s work routine.

When planning the life-size series of the lily pond views, Monet wished for the viewer to get lost in the paintings and leave behind the horrors of World War I, which had just ended. He meant for the canvases to stretch along two consecutively oval rooms of l’Orangerie to convey a sense of infinity and spatiality, much like what Fox has done. However, the master did not get to see the opening and died a few months before, in 1926. Had he lived, he would have witnessed the lack of public interest in his water lilies. It wasn’t until after World War II that his late work enjoyed a new appreciation.

Asked whether the Impressionist would be pleased with Unseen Garden he were alive today, Mr. Fox said, “I would hope so.” But more than that, he hopes his installation makes the viewer “slow down” and feel the experience rather than collect facts. It’s a notion he likes to revisit and represented once through a piece of a museum being flooded by water. “So calm and beautiful to watch,” Mr. Fox said.

“Unseen Garden” is equally serene and striking and seemingly endless. The couch provided encourages a longer stay and most of the museum galleries are closed for renovations anyway. In the words of Monet again, one is to seek “refuge for undisturbed meditation in the midst of a blossoming aquarium.”

In the know

Giverny: Journal of an Unseen Garden

When: Through Oct. 30
Where: Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach.
Cost: Free
Info: 832-5196 or Norton.org.

Food and drink by Potions in Motion is served until 8:30 p.m. in the Central Courtyard. Admission to Art After Dark is free.

Info: 832-5596 or Norton.org.

— Janis Fontaine

From page 1

HAPPENINGS

From page 1

proceeds benefitting their favorite charity.

The Chef’s Collaboration Dinner for No Kid Hungry takes place at 6 p.m. Aug. 23, at the Avocado Grill, 125 Datura St., West Palm Beach. Seats are $85 and reservations are required. Call 623-0822 or visit avocadogrillwpb.com

Bye-bye super-sized CN

The Aug. 25th Clematis by Night is the last in the city’s series of super-sized dance parties with extended hours and two bands.

The successful Summer in Paradise event series with its giant tops and glow in the dark mini-golf comes to a close, but not before one last fete. From 6 to 10 p.m. Aug. 25, the Valerie Tyson Band and IndiGo the Band perform, and for $5 guests can play giant games that include human bowling, Jenga, human football and sumo wrestling. All ages are welcome to play.

The last day for folks to visit Los Trompos, the colorful life-size tops, and Glow FORE It mini golf is Aug. 28. On Sept. 1, Clematis by Night returns to its traditional schedule of 6-9 p.m. and one band instead of two.

Info: clematistbynight.net.
PUZZLES

THE FIRST REVERSED

**HOROSCOPES**

**ARIES** (March 21 to April 19) The typically tidy Ram or Ewe might want to butt out until things are settled on the home front. But get involved and let your Olvine sense of order help restore domest-ic tranquility.

**TAURUS** (April 20 to May 20) The Bovin’s flair for fine-tuning complicated fiscal dealings comes in handy when an unexpected financial problem arises. Stay with it until it’s resolved to your satisfac-tion.

**GEMINI** (May 21 to June 20) Family aspects remain strong. There might be some unresolved difficulties, but con-tinued attempts to smooth things over eventually prove to be successful. A major purchase looms.

**CANCER** (June 21 to July 22) A promise that was made but never kept suddenly re-emerges in your life. You now have to decide if you’re still interested in what it offers or if you’ve moved past it.

**LEO** (July 23 to August 22) Romance comes to unattached Leos and Leonas who have been waiting for Cupid to target them for far too long. Domestic purr-fec-tion is also enhanced for paired Felines.

**VIRGO** (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don’t be ashamed to ask for help.

**LIBRA** (September 23 to October 22) Change makes demands that you might find unwelcome at this time. But instead of concentrating on the short run, look toward potential benefits down the road.

**SCORPIO** (October 23 to November 22) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that seems to have turned from loving to lifeless.

**SAGITTARIUS** (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

**CAPRICORN** (December 22 to January 19) Most people consider you solid and steady. But you also can be quite capricious (which is a Latin word for “describing the behavior of Goats”) when it suits your needs.

**AQUARIUS** (January 20 to February 18) People treat you as you wish to be treated. So if you want a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets.

**PISCES** (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

**BORN THIS WEEK:** You like things tidy, with no loose ends. You also enjoy research and would make an excellent investigative reporter or scientist.

---

**PUZZLES**

**By Linda Thistle**

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

★ ★ Moderate  ★ ★ ★ Challenging  ★ ★ ★ Expert

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**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.

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Bonefish Grill re-opened early this month in its new location, Mainstreet at Midtown, with a charity gesture, giving 50 percent of sales to the United Way of Palm Beach County. The community-based fund received $5,000.

The popular seafood restaurant moved from its spot in The Shoppes at Oakbrook on U.S. 1 to Midtown on PGA Boulevard for its “rustling” environment, according to the management partner, Jeremy Sartwell.

Though the size of the new restaurant is only 38 seats larger than the previous spot — 232 seats indoors and 34 on the patio — the big difference diners will see is the centerpieces horseshoe bar. It’s the first one of its size in a Bonefish Grill.

Modern décor features earth tones throughout, and a stainless steel wall sculpture of a bonefish with sequined scales. Tall sconces etched with manes of a horse and hand-cut grouper topped with shrimp and a citrus aioli.

Special cocktails have fresh fruit — strawberries and blackberries in the strawberry Rosé martini, and watermelon in the fresh watermelon martini using house-made cucumber vodka.

Bonefish Grill is a chain — a part of Bloomin’ Brands restaurant family that includes Outback Steakhouse; it started in St. Petersburg. Wood-grilled seafood is the signature cuisine.

Lyonnaise to open in Jupiter

Lyonnaise, a longtime Palm Beach County Italian restaurant now on Clematis Street in West Palm Beach, will open its second location in Jupiter on U.S. Highway 1.

The restaurant centered on matriarch Marie Abbenante’s culinary traditions had a 30-year run in west Lake Worth, where families met for pizza nights and meals of traditional pasta dishes.

After an eight-year absence, the family opened its new location in downtown West Palm Beach in 2014, serving up old favorites like pizzas and pasta dishes, as well as “fusion” specials.

This fall, they plan to add their second location at 1548 N. U.S. Highway 1 in Jupiter.

Co-owner, and Maria Abbenante’s spouse, Rafaelle, said so many customers from the North County area asked for a second location closer to them, they obliged once they found the right space.

The restaurant will have 70 seats, including a patio, with open kitchen and wine bar.

A mid-October opening is planned; the restaurant will serve lunch, dinner and a weekend brunch.

In brief

Carnes is finishing the touches on his new Cholo Soy Cici-na, a modern Mexican restaurant that will feature the chef’s menu, along with group dining spots on the Dixie Highway corridor in West Palm Beach.

The chef is a winner of the Food Net-works “Cutthroat Kitchen,” and has been teaching cooking classes leading up to the September opening. . . . With lobster season in full swing, Spotus in PGA Commons is offering the “Lobsta’ Special” — a 2-pound Maine bug for $32.50 with sides. Call to reserve; one as quantities are limited. . . . Also in PGA Commons, The Cooper has launched a new happy hour menu for night owls. For $5 to $12 a plate, those with the munchies can sate their cravings with Mexican street corn, chorizo cheese fries, beer-brasted muscle, or a duck confit and black bean quesadillas — along with several others. Call to order.

Carnes offers these are offered daily at the bar and on the outdoor patio from 9 p.m. to close.

Bonefish hooks up at Midtown; Lyonnaise’s coming to Jupiter

Flora d’Vin is finishing the touches on its new Cholo Soy Coci-na, a modern Mexican restaurant that will feature the chef’s menu, along with group dining spots on the Dixie Highway corridor in West Palm Beach.

The chef is a winner of the Food Network’s “Cutthroat Kitchen,” and has been teaching cooking classes leading up to the September opening. . . . With lobster season in full swing, Spotus in PGA Commons is offering the “Lobsta’ Special” — a 2-pound Maine bug for $32.50 with sides. Call to reserve; one as quantities are limited. . . . Also in PGA Commons, The Cooper has launched a new happy hour menu for night owls. For $5 to $12 a plate, those with the munchies can sate their cravings with Mexican street corn, chorizo cheese fries, beer-brasted muscle, or a duck confit and black bean quesadillas — along with several others. Call to order.

Carnes offers these are offered daily at the bar and on the outdoor patio from 9 p.m. to close.

It wasn’t all that long ago that you asked for the wine list in a restaurant and the server automatically handed it to the man at the table. Not any more.

In years gone by most (if not all) winemaking operations were under the control of the male of the species. But there’s been a shift over the last 30 years or so. First, several female winemakers — Helen Turley, Pam Starr and Heidi Barrett in the U.S., for example — have made a significant impact by making significant (and expensive) wines. And since winemaking is traditionally a family business, many winemakers have given their daughters major roles in the production and marketing sides of the operation.

In Italy, top-level winemakers Angelo Gaja and Piero Antinori both have ceded a good deal of responsibility to their daughters. In this country, Tim Mondavi’s daughter Carissa plays a major role at the family’s Continuum winery.

But France has always taken the lead in providing opportunities to women. It goes as far back as 1805, when Champagne maker François Cluget died and left his winery to his wife, Barbe-Nicole Ponsardin. The widow — veuve in French — Cluget built the company into the iconic enterprise it is today. Several other major wineries in Bordeaux, Chateau Margaux and Chateau Lannesam among them, have prospered with the direct involvement of female owners.

But even more interesting is the way women perceive and actually taste wine. Love and Understand Wine,” it runs in French — Cliquot built the company into the iconic enterprise it is today.

Women make a significant impact by making significant (and expensive) wines. And since winemaking is traditionally a family business, many winemakers have given their daughters major roles in the production and marketing sides of the operation.

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In the kitchen with...

DUSTIN PARFITT,
Oli’s Fashion Cuisine
Chef/Owner of Fashion Cuisine Group

BY MARY THURWACHTER
mthurwachter@floridaweekly.com

Dustin Parfitt is no stranger to serving the rich and famous. His restaurant, Oli’s Fashion Cuisine has hosted many legendary faces since it opened six years ago. Let’s see, there was Bill Clinton, Bill and Melinda Gates, Robert Duvall, Michael Bloomberg, Bruce Springsteen, Jimmy Buffett, Michael Jordan and rapper turned home renovator Vanilla Ice, to name a few.

None of them made him nervous. But a few weeks ago, Mr. Parfitt cooked for celebrity chef Emeril Lagasse, and that got the Wellington chef and restaurateur a bit stressed. The menu included New York strip steak and octopus a la plancha. And it all turned out perfectly.

“That was the first time I cooked for a celebrity chef and I was nervous and excited,” Mr. Parfitt said.

Mostly, though, Mr. Parfitt serves regular guests. He and his staff just treat them like big shots.

Oli’s, owned by Mr. Parfitt and Juan Garito, took its name from Wellington pioneer Charles Oliver Wellington. The owners knew each other from having worked together at several Palm Beach restaurants, including Nick & Johnnie’s and Cucina Dell’ Arte.

“We wanted to bring Palm Beach-quality food and service to Wellington,” Mr. Parfitt said. “Up until then there were mostly chain restaurants here.”

The duo formed Fashion Cuisine Group, which has since opened other eateries in Wellington: The Grille Fashion Cuisine, the Seabrook Fashion Cuisine and Whitehorse Fashion Cuisine for the Palm Beach International Equestrian Festival.

“We also have Oli’s food truck and front row catered seating at the Polo Club,” Mr. Parfitt said.

In 2013, the Fashion Cuisine Group opened a restaurant on Clematis in West Palm Beach; however, that one didn’t work out.

“We’re happy in Wellington,” Mr. Parfitt said. “We think we have our work out. We have even better.”

Mr. Parfitt said. “We think we have our work out. He and his staff just treat them like big shots.

Mr. Parfitt and his wife of seven years, Shannon Finterry, have two children, Amelia, 5, and Dusty, 4. They live in Wellington, where he grew up.

“My wife and I are into healthy living and working out,” he said. “I run when I can, go to the gym and lift weights.

For those going to Oli’s for the first time, Mr. Parfitt says they should try the lobster tacos ($20) and grilled avocado wedges ($14). They are among the most popular menu items.

But everything is delicious and artfully presented. It’s comfort food that happens to be beautiful.

Dustin Parfitt
Age: 38
Original Hometown: Born in Pineville, Ky., but raised in Wellington.
Mission: To have the best restaurants in South Florida.
Cuisine: Fashion cuisine
Training: The Breakers in Palm Beach
What’s your footware of choice in the kitchen? Dansko
What advice would you give someone who wants to be a restaurateur or chef? Never quit, the American dream is still out there. With hard work and determination you can do anything.

--- Scott Simmons

THE DISH: Highlights from local menus

The Dish: Pad Cha
The Place: Kao Gang Thai Sushi, 2626 PGA Blvd., Palm Beach Gardens; 660-6994 or kogaangpga.com.
The Price: $10 at lunch
The Details: I like my Thai curries. Massaman is great. So is the mild green curry. But I may have met my match with the fiery pad cha.

The spicy red curry cleared my sinuses in a good way — it was brisk and refreshing on a hot summer afternoon, which is the idea of spicy foods.

And it was comparatively healthy, too, with Chinese key (that’s an herb), carrots, red bell pepper, green beans and asparagus (yes, it’s out of season, but this was pencil thin), all kissed with the essence of kaffir lime leaves.

Hungry yet? I know I am.

--- Scott Simmons

1 MALAKOR THAI CAFE
425 25th St., West Palm Beach; 762-9070 or malakor.com
Noopy Areerak just opened Kao Gang in Palm Beach Gardens, but you still should visit his first restaurant, in West Palm Beach’s Northwood neighborhood. It’s a great place to visit for wonderfully fresh fare — try the crispy money bag, a fried dumpling filled with sweet potatoes, carrots, corn, peas and curry powder, or anything with seafood, for that matter.

2 THAICON
450 Northlake Blvd., No. 4, North Palm Beach; 848-8538.
There’s a reason why Thaicon is packed at lunch, even during the summer. The food is fresh, and the staff genuinely cares that customers have a good experience. Among my favorites there: The fresh vegetable rolls, stuffed with steamed tofu, basil and shredded carrot, among other things, and the crispy duck, with tender duck and crispy skin and served with a sweet, spicy chili sauce.

3 TALAY THAI
7100 Fairway Drive, Palm Beach Gardens; 691-5662 or thalaypalmbeachgardens.com.
Chef-owner Charlie Soo demonstrates the difference between Thai food and Thai dining at his Talay Thai, near PGA National — think scallops pan-seared and served with panang curry, fresh summer rolls packed with shrimp and vermicelli. And then there’s the larger-than-life Mr. Soo, who frequently pops out of the kitchen to greet diners. His mom works the door — be sure to say hi to her.

--- Scott Simmons

SCOTT SIMMONS/FLORIDA WEEKLY
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The permanent implant bridge used in the Teeth Next Day solution is made from zirconia, the most durable and longest lasting dental material available.

Unlike acrylic options that are offered in most dental implant centers, zirconia will never chip, crack or stain. Teeth Next Day replicates the look, feel and function of natural teeth, making it the strongest and most naturally beautiful implant supported smile treatment available in modern dentistry.

The latest technology

Not only is the Teeth Next Day solution made from one of the most advanced dental materials available, the procedure utilizes the latest technologies for precision fit and optimum design.

Dr. Ajmo's team uses 3D CT scans to precisely place your dental implants below the gum line.

Each zirconia implant bridge is created using computer-aided design and CAD/CAM milling for a precise fit. Every Teeth Next Day implant bridge is hand-stained to provide the most natural-looking color possible.

Each of these innovations makes Teeth Next Day the most state-of-the-art option for the replacement of missing teeth, damaged teeth, failing dental work or ill-fitting dentures.

Patients who have undergone Teeth Next Day have transformed their appearance and their quality of life. No longer do they hide their toothless smile or struggle to chew a meal. Now, they have regained confidence to smile and eat the foods they love.

Are you ready for a comfortable, healthy smile? Change your smile and change your life! Call 561-627-8666 to schedule your complimentary consultation.
MonaLisaTouch laser therapy shown to restore women’s sex lives

The subject of restoring intimacy has been one that has gone unmentioned for centuries as most women have been too uncomfortable to speak about such a personal subject. Fortunately, with recent breakthroughs in modern medicine, patients are now able to have these conversations with their urogynecologist.

I have been repeatedly asked questions on this subject, especially from patients who have had breast cancer and are receiving treatment to lower estrogen levels that have gone into menopause. They want to know whether there are any other options out there. My patients have told me how they were not prepared for the effect it would have on their sex life, that lubricants don’t work well, and they cannot use the vaginal estrogens as they cause irritation and burning. I need to mention that they are afraid of them, despite their doctor’s reassurances.

One of the side effects of menopause that doesn’t get discussed very often is the vaginal dryness and thinning of the tissues accompanying low estrogen levels.

Symptoms may range from discomfort or pain with intercourse to recurring urinary tract or vaginal infections.

While vaginal estrogens can be a safe and effective treatment, not everyone is able or willing to use them.

Osphena is an oral medication, in the same family as Tamoxifen, designed to treat symptoms of vaginal atrophy (thinning and drying of the vaginal tissue), however, its effects on the uterus are similar to estrogen, and it may increase risks of blood clots similar to estrogens. It is not recommended for breast cancer survivors at this time. Fortunately, there is another option for vaginal atrophy symptoms that has been shown to be effective and safe.

The MonaLisaTouch laser therapy has been tested in Europe and the U.S. and has demonstrated significant effectiveness in relieving symptoms of vaginal atrophy. It is a quick, simple, and pain-free procedure that can be done without anesthesia in the doctor’s office in just a few minutes. Sexual activity may be resumed in about 48 hours. Treatment consists of three sessions six weeks apart.

Studies have demonstrated a dramatic improvement in vaginal blood supply, elasticity and tone following treatment. The treatment lasts for a year, after which a “touch-up” is usually needed for optimal results.

Although the procedure is relatively new to the U.S., it has been used in Europe for several years and the data published from well-respected sources there and in this country have continued to find evidence for its treatment benefits.

Requirements for treatment include having an up-to-date pelvic/gynecologic examination, no current active vaginal infections or urinary infections, no history of vaginal/pelvic radiation treatment and no active vaginal disease or recent vaginal surgery.

At this time, because the treatment is relatively new to the U.S., insurance does not cover it. However, it provides a safe and effective alternative to hormonal treatments.

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Many of the symptoms commonly associated with aging are actually caused by declining hormone levels, such as testosterone as well as growth hormone and thyroid hormone. Restoring these levels may help keep the brain young.

Testosterone replacement therapy for men

Testosterone is often referred to as the male sex hormone because it’s responsible for male sex characteristics and men produce 10 times more of it than women. The maintenance of adequate testosterone levels in men is essential for mental, physical, emotional and sexual well-being. More recently, studies have identified the potential metabolic consequences of testosterone decline, showing a potential role for low testosterone in age associated changes such as abdominal obesity, diabetes, high cholesterol, increased coronary risk factors and metabolic syndrome. A recent study found that testosterone therapy did not increase the risk of experiencing a heart attack or stroke for men with low testosterone levels and no prior history of heart disease. Unfortunately, after age of 50, testosterone begins to decline and most men will experience a 1 percent to 2 percent drop in testosterone levels per year. Fortunately, testosterone levels can easily be increased by the negative symptoms associated with low testosterone reversed.

Many of the symptoms commonly associated with aging are actually caused by declining hormone levels, such as testosterone as well as growth hormone and thyroid hormone, to name a few. Restoring these levels may help keep the brain young, so you can think clearly and solve problems, reduce the risk for depression, reverse mood changes, build muscle strength and stamina, promote increased lean muscle mass while decreasing body fat, preserve bone density and thereby reduce the risk for osteoporosis.

Optimal hormone levels enhance insulin sensitivity, making it a potentially useful tool in the treatment and prevention of type2 diabetes and metabolic syndrome, promote healthy red blood cell production, which is essential to carry oxygen throughout the body and increase energy levels.

Testosterone also is responsible for the maintenance of a healthy sex life, and sexual benefits of healthy testosterone levels include: enhanced libido/sexual desire, increased overall sex life quality and reduced risk for impotence/erectile dysfunction (ED).

According to the National Institutes of Health, estimates of the total number of American men who suffer from ED range from 15 million to 30 million. At age 40, approximately 40 percent of men are affected. This rate increases to nearly 70 percent in men age 70 years or older. After accounting for age, one of the most common causes of ED is hormonal insufficiency or hormonal imbalance. However, this is the easiest cause to correct as an individualized bioidentical hormone replacement program may be all that is needed. Modifications to lifestyle will go a long way toward restoring your testosterone levels, but it may not be enough. Most men will require testosterone replacement therapy in order to obtain optimal testosterone levels. The most effective vehicle of testosterone replacement therapy for men is in the form of injections or creams.

Our goal at Youthful Balance Medical Center is to restore your body’s hormones to their optimal levels by creating a customized plan just for you using bioidentical hormones. We offer personalized, individual therapies that are based on each patient’s unique hormonal makeup and their individualized symptoms and concerns to transform your body into a YOUTHFUL BALANCE! So why just live longer when you can live better?

Cancer screenings lead to early detection

Heeding to the doctors’ office is easier when there is a pressing need — sore throat, broken bone or infection. Seeking care when healthy may seem unnecessary, but it’s important to maintain a health calendar and schedule preventative tests — particularly those designed to detect cancer in its earliest stages. The American Cancer Society recommends the following cancer screenings.

Breast cancer
• Women ages 40-44 may begin annual mammograms.
• Women ages 45-54 should get an annual mammogram.
• Women ages 55 and older may switch to mammograms every two years, based on conversations with their physician.

Colon and rectal cancer
Starting at age 50, both men and women should have one of the following testing schedules:
• Flexible sigmoidoscopy every 5 years, or
• Colonoscopy every 10 years, or
• Double-contrast barium enema every 5 years, or
• CT colonography every five years.

Cervical Cancer
Women ages 21 and older should be tested for cervical cancer.
• Women ages 21-29 should have a Pap test done every three years.
• Women ages 30-65 should have a Pap plus an HPV done every five years.
• Women age 65 and older who have had regular cervical cancer testing in the past 10 years with normal results do not need cervical cancer testing.

Endometrial (uterine) Cancer
At the time of menopause, all women should be told about the risks and symptoms of endometrial cancer. Women should report any unexpected vaginal bleeding or spotting to their doctors.

Some women — because of their history — may need to consider having a yearly endometrial biopsy. Please talk with a health care provider about your history.

Prostate cancer
Starting at age 50, men should talk to a health care provider about the pros and cons of testing so they can decide if testing is the right choice for them. African-Americans who have a father or brother who had prostate cancer before age 65 should talk with a health care provider starting at age 45. If you decide to be tested, get a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.

To reduce risk, some things to do: Avoid all forms of tobacco, including e-cigarettes. Maintain a healthy weight. Get moving with regular physical activity. Eat healthy with plenty of fruits and vegetables. Limit how much alcohol you drink (if you drink at all). Protect your skin. Know yourself, your family history and your risks. Get regular check-ups and cancer screening tests.
The way a family member or caregiver communicates with a person who has Alzheimer’s disease can make all the difference. What you say can create calm or chaos. The goal should always be to prevent the person from feeling stressed, threatened or contradicted. This is not always easy to do, especially when emotions, frustration, and ingrained patterns of interaction come into play. And the ingrained patterns are most difficult to avoid between a child and a parent or between a husband and a wife.

Over several decades of helping families cope with Alzheimer’s disease, I’ve seen all kinds of advice; but nothing compares to the wonderful distillation of communication rules compiled by the Alzheimer’s Association:

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Each of these rules can be illustrated with real-life examples of successful or unsuccessful interactions. In future articles, I will discuss some common scenarios where following this powerful advice makes all the difference.

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Visiting Angels is located in Palm Beach Gardens and is dedicated to helping seniors continue to live in their own homes by providing personalized home care and support services. For information, call 561-328-7611 or see visitingangels.com/palmbeaches.

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Irv Seldin
President, Visiting Angels of the Palm Beaches
Taking aim at brain cancer
Technology targets tumors in 5 days or less

Anthony E. Addesa, M.D.
Board Certified in Radiation Oncology and Stereotactic Radiosurgery
Medical Director of Radiation Oncology, Foshay Cancer Center
Jupiter Medical Center

It is the one word no one ever wants to hear: cancer. But according to the American Cancer Society, more than 17 million Americans will receive that diagnosis in 2016 alone. The good news is that the majority of Americans can now continue to live full lives following their initial diagnosis, thanks in large part to the new medical technology and treatments now available.

In the past, having a cancerous tumor meant undergoing invasive surgery and recuperating in the hospital for days. Thankfully, as a radiation oncologist today, I have access to leading-edge technology that enables me to target and eliminate many types of tumors without even making an incision. Stereotactic radiosurgery destroys tumors with extremely precise, very intense doses of radiation while minimizing damage to healthy tissue, offering accuracy akin to the sharpness of a surgeon's scalpel. However, there's no traditional surgery, anesthesia or hospital stay required. In fact, it’s a pain-free cancer treatment.

Jupiter Medical Center was the first hospital in Florida to offer treatment with the CyberKnife M6. Today, our treatment team is the most experienced in the state when it comes to targeting tumors with the revolutionary M6 system. Having performed stereotactic radiosurgery for more than 15 years now, I can attest that the M6 technology is a leap forward in cancer care. It can treat tumors anywhere in the body, from the lungs to the brain to the prostate, and is the best radiation oncology solution for targeting, tracking and adjusting in real-time to moving targets with extreme precision and accuracy.

The CyberKnife Robotic Radiosurgery System improves on other radiosurgery techniques by eliminating the need for stereotactic frames. As a result, the CyberKnife System enables us to achieve a high level of accuracy in a noninvasive manner and allows patients to be treated on an outpatient basis. The system can also pinpoint a tumor's exact location in real time using X-ray images taken during the brain cancer treatment that references the unique bony structures of a patient's head.

Another distinguishing feature of CyberKnife is its robotic arm, modeled after technology used in car manufacturing. Instead of welding parts on an automobile assembly line, this arm travels around the patient to deliver hundreds of beams of radiation to a tumor from many different angles, with absolute precision.

Unlike other radiation systems, the CyberKnife System is able to treat patients in one to five days as opposed to what can be months in other forms of daily radiation treatment. This is because of the CyberKnife System's extreme accuracy, which enables us to deliver the maximum dose very precisely.

Not only do most CyberKnife patients avoid surgery and finish treatment in a week, their brief course of treatment is pain-free. Having experience with many types of radiosurgery systems, I'm extremely excited at the speed and convenience this M6 technology allows me to offer patients.

With the M6, the duration of each individual treatment session is dramatically shortened — typically lasting twenty minutes to an hour per treatment. When receiving treatments, patients simply lie down on a padded table and breathe normally while the CyberKnife System quietly moves around them. Even during their week of treatment, the majority of patients go about their regular routines.

The CyberKnife System is a great option for patients who are unable to receive surgery, have surgically complex tumors or are seeking an alternative to surgery that will allow them to continue their active lifestyles with minimal disruption.

Our comprehensive cancer program is accredited by the Commission on Cancer and our radiation oncology department is accredited by the American College of Radiology. As a patient you can be assured we have met the highest quality standards established by these national organizations. At the Foshay Cancer Center, patients get the benefit of an entire team of caring, compassionate healthcare professionals working across the continuum of care from diagnosis to treatment into survivorship. If you have been diagnosed with cancer you have more than treatment options, you have a choice.

Choose the very latest CyberKnife treatment at the Foshay Cancer Center. For more information about the CyberKnife M6 System, visit foshay-cancercenter.com/cyberknife, or call (561) 263-4400.
Community unites to raise awareness of kidney disease

The National Kidney Foundation of Florida’s second annual Palm Beach Kidney Pump is set to kick off Sept. 24 at Carlin Park in Jupiter. Over 400 people are expected to step up for the event to raise awareness of kidney disease, organ donation and the importance of early screening and healthy lifestyle for those at risk.

“This walk will help others take the lifesaving step of getting their kidneys checked,” said Rex Buchanan. “By participating in the Kidney Pump, we’re all helping sound the alert about the public health problem of kidney disease.

There are 26 million Americans living with kidney disease, and most of them don’t know it. Anyone with high blood pressure, diabetes, a family history of kidney failure, and anyone over the age of 60 is at risk and these people are strongly encouraged to get their kidneys checked.”

With the increase in diabetes and high blood pressure — two major kidney disease risk factors — kidney disease is on the rise. In Florida alone, more than 30,000 people are being treated for kidney failure, and 4,627 people are awaiting lifesaving kidney transplants.

The Kidney Walk is the nation’s largest fundraiser to fight kidney disease. Held in nearly 100 communities, more than 75,000 walkers join NKF to raise over $8 million to help kidney patients and their families each year. More than 82 cents of every dollar donated directly supports NKFF programs and services.

Registration begins at 6:30 a.m. The 5K run begins at 7:45 a.m. and the 5K walk begins at 8:15 a.m. To register for the Kidney Walk, visit kidneywalk.org, and to register for the run, visit raceroster.com/events/2016/9716/2nd-annual-palm-beach-kidney-pump or call (305) 648-9004 for more information.

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease. For more information, visit kidneyfla.org.
In honor of August as National Breastfeeding Awareness Month, the labor and delivery team at St. Mary’s Medical Center would like to share some of the benefits associated with breastfeeding children.

Breastfeeding is a natural process that may take some time to get accustomed to, for both you and your baby. If you feel you need additional guidance or educational resources, talk with your doctor or a certified lactation consultant for suggestions on how to help you both during this time.

Studies have shown that breastfed children and those who receive expressed breast milk for six months may be better protected against some common childhood illnesses and infections, such as diarrhea, ear infections and respiratory illnesses.

Helpful tips for a successful start

To begin, you should start breastfeeding as soon as possible after delivery because your baby’s instinct to nurse is very strong at this time. Breastfed babies usually eat more often than formula-fed babies because breast milk is more easily digested. Newborns tend to nurse every two to three hours, which stimulates the production of breast milk.

Watch your baby for signs of wanting to nurse, such as sucking motions or lip movements. Let your baby nurse from one breast for about 15 minutes, burp the baby, and then nurse from the other breast. If your child does not latch on again, try starting the next feeding with the second breast. Avoid giving your baby a pacifier for about a month as this could interfere with breastfeeding.

At St. Mary’s Medical Center, our lactation team is committed to helping mothers breastfeed successfully, even after they’ve gone home. In addition to providing bedside guidance, lactation consultants are available as needed for private sessions in our lactation center to help patients further solidify this bond with their babies.

Benefits for mothers

Certain hormones released during breastfeeding can help the mother’s uterus decrease in size and may delay the return of menstrual periods. Mothers who breastfed their babies also may have a reduced risk for developing breast, uterine or ovarian cancer.

Reading educational materials on this process during pregnancy may help you a better idea about what to do for a smooth start. Additionally, speaking with friends who have breastfed or attending a breastfeeding support group meeting can help facilitate your experience.

St. Mary’s Medical Center offers a weekly breastfeeding support group on Wednesdays from 10 a.m. to 11 a.m. in our Lactation Center. Led by one of our International Board Certified Lactation Consultants, this support group is open to all breastfeeding mothers in the community, including employees, patients and mothers who are already at home with their children.

We heal for moms

In addition to being recognized by Healthgrades as part of the Top 5% in the Nation for Labor and Delivery, The Birthplace at St. Mary’s Medical Center provides families with a Level III NICU, the highest designation by the state, and a lactation team that is dedicated to promoting a healthy breastfeeding process between mothers and babies.

For more information about the breastfeeding support group at St. Mary’s Medical, or to reserve your spot, visit www.stmarysmc.com/events or call (561) 882-9100. To learn more about The Birthplace and our Level III NICU, visit www.stmarysmbc.com/our-services/mother-baby.

Nourishing your child

A look at the benefits of breastfeeding
“I’ve always been unhappy with my smile, but I was too nervous to have the work done. With the IV sedation, I never felt a thing and the results are amazing.”
– Tim

Tim Before

Tim After

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The patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for any other service, examination, or treatment that is performed as a result of, and within 72 hours of, responding to the advertisement for the free, discounted fee, or reduced fee service, examination, or treatment. Comprehensive Examination (0150) Full-Mouth Digital X-ray (02200)
Oakstone offers ‘social immersion’ for students on the spectrum

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arents that have children on the autism spectrum know what a challenge it can be to make sure their child gets the most out of school. More often than not, the student experience of a boy or girl on the spectrum is extremely different from that of a student not on the spectrum. But it doesn’t have to be that way.

The new Oakstone Academy Palm Beach, near Southern Boulevard in West Palm Beach, is offering parents a better way through an innovative approach called “social immersion.” The approach was developed at an Oakstone facility in Ohio and has achieved astounding results. It creates a completely inclusive environment for children with autism spectrum disorders, allowing them to be full participants in the classroom with peers who are not on the autism spectrum.

“Children are resilient, and when we challenge them and immerse them in a productive environment they tend to respond well,” says Oakstone founder Dr. Rebecca Morrison. “After just one year of social immersion, we’ve seen children on the spectrum see gains of 15 IQ points, all thanks to being completely woven into the fabric of school life.”

It’s believed Oakstone Palm Beach is the only school in Florida that practices social immersion. It’s part of why they have such an engaged and passionate volunteer base which includes local attorney Joe Landy, of Lesser, Lesser, Landy & Smith.

“I see miracles happen there on a daily basis,” says Mr. Landy, who also is a volunteer on Oakstone’s board of directors. “Words cannot express the profound impact the school has on each and every student and the good they are doing for the Palm Beach County community.”

Mr. Landy says the Oakstone board focuses on hiring and keeping talented, highly qualified teachers and maintaining small class sizes. Children on the autism spectrum learn how to socialize and interact with others while students without disabilities learn about compassion and leadership.

Dr. Morrison, a public school teacher for 14 years, agrees that social immersion has many benefits. “I was convinced that children on the autism spectrum were blocked from expressing their true intelligence due to their severe social deficits. Social deficits falsely indicated cognitive delays and inappropriate or absent social skills and prevented children from being accepted.” Immersing children with their peers in a supportive setting that emphasizes growth and acceptance has proved to be a breakthrough.

The West Palm Beach campus of Oakstone Academy offers full-day kindergarten through eighth grade. Students are offered a range of hands-on experiences, collaborative learning groups, and traditional-style instruction. “From traditional instruction to innovative approaches, Oakstone provides balance for developing solid academic foundations in reading and math, with the excitement and fun of learning creatively.”

Oakstone Academy is at 345 S Military Trail, West Palm Beach (561) 585-7800 or oakstoneacademypalmbeach.org.

Gardens Medical Center names winner of quarterly DAISY Award

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alm Beach Gardens Medical Center announced Todd Wagner, RN, as this quarter’s DAISY Award winner.

Mr. Wagner started his three-year tenure at the hospital in the telemetry unit and transferred to the emergency department, which he now refers to as his “home.” To Mr. Wagner, nursing is more than just a job. He often visits other nursing units to check up on patients he took care of in the emergency room.

“Todd goes above and beyond with every patient encounter as evidenced by the countless letters we receive from those he has taken care of,” a colleague wrote in a nomination letter. “He leaves such a lasting impression that patients and families ask for him by name when they come to the ER.”

The DAISY Award for Extraordinary Nurses is a special program that recognizes the outstanding deeds nurses perform every day. It was created by the DAISY Foundation, which was founded in memory of J. Patrick Barnes by his parents after they experienced the compassion and care of their son’s nurses.
Palm Healthcare Foundation awards nearly $2 million in grants to local nonprofits

SPECIAL TO FLORIDA WEEKLY

Palm Healthcare Foundation announced that it has awarded 35 grants totaling $1,993,513 to local nonprofits. Together, the funding will support the increased health and well-being of Palm Beach County residents. All of the grant dollars were awarded in fiscal year 2016.

“For the past 15 years, Palm Healthcare Foundation has been committed to solving the county’s critical health care issues through creative, community-wide collaborations,” said Andrea Bradley, president and CEO. “We focus our resources on community-based care, as we work with targeted neighborhoods to address the underlying causes of health issues. It is much work to be done, and with the support of our many partners, we can tackle these issues directly and thoroughly.”

Palm Healthcare Foundation’s grants to area health organizations include:

- All Palm Beach Treasure Coast Inc. ($10,000); American Cancer Society Inc. ($81,513); Blue Ridge Institute Development Fund Inc. ($2,500); Cancer Alliance of Help and Hope Inc. ($2,500); Caridad Center Inc. ($10,000), equipment and supplies for vision center — donor advised fund; Caridad Center Inc. ($12,000), Racial Equity Institute; Caridad Center Inc. ($35,000), Prevention, Education and Treatment Program; Clinics Can Help ($40,000); Community Child Care Center of Delray Beach Foundation Inc. ($10,000); El Sol Jupiter’s Neighborhood Resource Center ($25,000); Florida Atlantic University, College of Business ($50,000); Florida Atlantic University Simulation Center ($50,000); Fred and Gladys Albert Jewish Family & Children’s Services of Palm Beach ($80,000); Genesis Community Health Inc. ($10,000); George Snow Scholarship Fund Inc. ($200,000); Hospice of Palm Beach County Foundation Inc. ($25,000); Housing Partnership Inc. ($125,000), funding supports a facilitated health dialogue in Lake Worth and the Glades communities named Health Dialogue to Action; Housing Partnership Inc. ($80,000); Israeli Jewish Family & Children’s Services of Palm Beach ($50,000); South Florida Science Center & Aquarium Inc. ($15,000); The Glades Initiative Inc. ($3,000); Truth Point Church ($2,000); Young People in Recovery ($2,000).

Volunteer Nursing Corps implementation;
- Palm Beach Cancer Institute Foundation/Sari Asher Center for Integrative Care ($30,000); Palm Beach County Food Bank ($200,000); Palm Beach County Youth for Christ ($50,000); Pathways to Prosperity Inc. ($200,000); Quantum House Inc. ($50,000); South Florida Science Center & Aquarium Inc. ($15,000); The Glades Initiative Inc. ($3,000); Truth Point Church ($2,000); Wellington Cares Inc. ($2,500); Young People in Recovery ($2,000).

Founded in 2001, Palm Healthcare Foundation Inc. is known for solving critical health care issues through creative communitywide collaboration. The foundation’s “Healthier Together” initiative strives to improve the quality of life in targeted neighborhoods.

The foundation is committed to finding ways for inspired giving and thoughtful funding to generate lasting change. It has invested more than $67 million to support more than 100 organizations. For more information about Palm Healthcare Foundation Inc., visit palmhealthcare.org or call 833-6333.
We heal for them.

WE HEAL THE BRAVE.

When the bumps and bruises of childhood reach beyond the family first aid kit, our award-winning Pediatric Emergency Room stands ready to serve the children of Palm Beach County and beyond. As the largest dedicated Children’s Hospital in Palm Beach County, we provide advanced care for everything from broken bones to pediatric oncology services. When it comes to your child’s health, choose the hospital that’s created just for them.

*South Florida Parenting Magazine 2016

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