The first debate will likely draw more than 100 million viewers.

 Coach Jake shares his secrets to being fit as a fiddle at 85

BY MARY THURWACHTER
mthurwachter@floridaweekly.com

What does 85 look like? For Jake Jacobson, or Coach Jake as many call him, 85 looks pretty darn good. He’s healthy as an ox.

“I’m 5 feet 10 inches, 150 pounds, wiry and muscular,” says Mr. Jacobson, whose popular Stretch ‘n Strengthen, is now in its 14th year at the Jupiter Community Center. “My blood pressure is 109 over 69. I don’t take a pill, sleep like a baby every night and everybody figures I’m 15 years younger than I am. The folks at the VA say they haven’t seen anyone quite like me.”

His secret? Well, that Stretch ‘n Strengthen class has something to do with it. Mr. Jacobson doesn’t fancy the idle life. He keeps moving. He keeps working out. And he has good genes.
We can’t pinpoint the moment in time when the wage gap experienced by women in the workforce first became a policy issue. It is just one of multiple barriers women face in overcoming gender inequality. But we do know the root of its cause: occupational segregation of women in the workforce. It is the fundamental reason the wage gap exists and persists for women workers. The practice survives, even though it is economically inefficient; and it deprives the labor force of women fully capable of performing in occupations where they are grossly under-represented.

The lesser value associated with the worth of women’s work is a downstream derivative of questioning whether women should participate in the workforce at all. The question is now and has long been a moot issue. Today, about 66 million women are employed in the U.S., nearly three-fourths of them in fulltime jobs. Their numbers nearly equal those of men in the workforce. There is no going back. The one oft given reason for why women were not hired was their inability to perform the jobs men simply did not have the stamina, strength, and women were their subordinates. This belief still works for an amazing number of people. The concept of male superiority over women has never gone completely out of style. Today, you might hear this same “truthiness” to oppose women becoming steelworkers, software engineers or CEOs of major corporations. It has a built-in quaintness to it, conjuring up the era when women as lawmakers, doctors, lawyers, professors, accountants, business owners, or even as clerks or secretaries inhabited the same biased territory. Back then, people who thought otherwise were challenged and ridiculed, too.

Occupational segregation of women in the workforce remains one of the most salient features of the U.S. Labor market. Studies indicate women made substantial progress in the 70s and 80s integrating previously majority-male occupations. But the Institute for Women’s Policy Research says progress has completely stalled since the mid-90s. Today, you might hear this same “truthiness” to oppose women becoming steelworkers, software engineers or CEOs of major corporations. It has a built-in quaintness to it, conjuring up the era when women as lawmakers, doctors, lawyers, professors, accountants, business owners, or even as clerks or secretaries inhabited the same biased territory. Back then, people who thought otherwise were challenged and ridiculed, too.

We heal for Terry.

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

Dr. Malek and our team heal for stroke patient Terry Tippie. 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.stmarysmdc.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.
Hands-Only Adult CPR Class
Tuesday, October 18 @ 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.

Uncovering the Truth About Breast Cancer
Sumithra Vattigunta, MD Oncologist
Thursday, October 6 @ 6-7pm
Palm Beach Gardens Medical Center // Classroom 4
Other than skin cancer, breast cancer is the most common cancer among American women. During Breast Cancer Awareness Month, join Dr. Sumithra Vattigunta-Gopal, an oncologist on the medical staff at Palm Beach Gardens Medical Center, for an informative lecture on the latest in breast cancer research, treatment and prevention.
Light dinner and refreshments will be served. Space is limited.

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Reservations are required.

Heart Attack Risk Assessment (blood pressure, BMI, glucose and cholesterol)
Wednesday, October 12 @ 8-11am
Osteoporosis Screenings
Thursday, October 20 @ 9am-1pm
All screenings held at:
Palm Beach Gardens Medical Center
3360 Burns Road

What you Need to Know About AFib
Simie Platt, MD Cardiac Electrophysiologist
Thursday, October 20 @ 6-7pm
Palm Beach Gardens Medical Center // Classroom 4
Atrial fibrillation is the most common type of heart arrhythmia. Join Dr. Simie Platt, a cardiac electrophysiologist on the medical staff at Palm Beach Gardens Medical Center, for an educational lecture on AFib risk factors, symptoms and treatment options available at the hospital.
Light dinner and refreshments will be served. Space is limited.

FOR RESERVATIONS, PLEASE CALL 855.387.5864
Palm Beach Gardens Medical Center 3360 Burns Road Palm Beach Gardens PBGMC.com

Take steps toward being heart healthy! Visit PBGMC.com/pledge to Receive a FREE Cookbook!
I’ve been thinking a lot about Fay Joyce as of late. Fay was one of the great political journalists of my generation. I got to know her when we both worked at the St. Petersburg Times (now the Tampa Bay Times).

In 1980, Fay, who had joined the Times in 1977, had risen to become the paper’s political editor. I had come to the Times in late 1978 as a reporter and spent the better part of 1980 as one of the writers assigned to cover the presidential contest between Ronald Reagan and Jimmy Carter.

About two weeks before Election Day, I had returned to St. Petersburg after an extended stint on the road with Reagan. Fay and I went out for a long lunch. I was bone tired and disillusioned, and in a moment of fatigue-induced candor admitted to Fay that, after seeing Reagan and Carter close up, I had made a decision: I could not vote for either man.

Reagan, in my estimation, was shallow, distracted and overly scripted. The incumbent Carter, I continued, seemed overmatched for the job and genuinely pious. I went on to say that while voting is indeed a sacred duty, I felt I had done my part for democracy by giving readers a pretty good idea of the dismal choice that faced them.

Fay, a contrarian of the highest order, did not see particularly shocked or upset by anything I said, adding that while she would vote, she shared my reservations concerning the candidates.

Not long after this lunch, Fay wrote a column and in that piece let drop that an unnamed colleague who covered politics intended to withhold his vote.

The reaction to this seemingly innocuous piece of information was unexpected and ferocious. Readers swamped Fay with letters denouncing the unnamed journalistic apostate who was abdicating his civic responsibility. The top editors at the Times were also in high dudgeon. At least one column was written condemning any Times reporter or editor who did not exercise his or her franchise. Fay was pressed by the paper’s prob-hab to look over her notes of her nonvoting colleague. In typical Joyce fashion, she told them no way, although suspicion already had fallen heavily on yours truly.

“Jesus,” Fay told me later after the brahusha had quieted a bit, “where is it written in stone that you have to vote for someone you find distasteful or不合格?”

Thirty-six years after this tepid tempest, the thought of not voting in a presidential election seems not quite so heretical — Dr. Trump and Hillary Clinton have seen to that.

Large numbers of Americans will either hold their noses and vote or stay away from the polling place altogether. I cannot recall a time when I have heard so many people say they are manifestly unenthusiastic about the choices for president. I can only imagine what Fay would make of the presidential contest of 2016. From St. Petersburg, she went on to Harvard University as a Nieman Fellow and finally to The New York Times, where she quickly became one of the top national political correspondents.

Fay was a superb stylist who was unsparring in her assessments, and she had a fine eye for the telling detail that politicians and candidates so often despise. She once riled teetotaler Jimmy Carter to no end. She reported that his mother was the redoubtable “Miss Lillian” — drank bourbon disguised as iced tea at a public luncheon. Carter’s people pushed, insisting that it was indeed tea in Miss Lillian’s glass. But, as pointed out later, Fay had spent considerable time covering the Georgia Legislature while on the staff of The Atlanta Constitution and thus was eminently capable of distinguishing tea from bourbon.

Fay adhered to the dictum that the only way a reporter should cover a politician is down. Brother, she would have had a field day writing about Trump and Clinton. But that was not to be. She died tragically and suddenly in 1985 at the age of 36. The news media has not performed well during this presidential campaign — the reasons being too numerous to list in this limited space. Had she lived, Fay surely would have been criticizing her fellow journalists as rigorously as the candidates.

I have little doubt that she was living, Fay would have been in this election. And I’m certain I know who her favored candidate would be. Am I voting in 2016? I doubt that many people actually care and it’s really nobody’s business, but let’s just say that my forthrightness won back in 1985 taught me a lesson. I’m keeping my mouth shut this time around.

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“I’ve been an athlete all my life,” the Palm Beach Gardens oceanographer said. “I was on the track team in high school when I was 16 and I was running and race walking champion.”

Mr. Jacobson teaches fitness classes (mostly to seniors, although some are youngsters in their 40s, he says) in Jupiter and recently began teaching in Palm Beach Gardens, too. He’s teaching five days a week and plays golf with his son every Sunday.

Diet also plays a role in his enviable physique.

“I eat sparingly,” Mr. Jacobson said. “At a restaurant, I eat half and take half home. I haven’t had fried foods or red meat for 40 years.”

Mr. Jacobson raised his family — two sons and two daughters — on Long Island. He was a buyer for women’s dresses. He spent two years in the Army, special services, running track for the Army team.

He has authored several fitness books on walking and fitness and has been a spokesman for Adidas, Reebok, Converse and Perrier.

“Prevention Magazine called me the ‘Father of Health Walking,’” he said. “Perrier sent me around to Club Meds teaching fitness.”

He coached seven Olympic race walkers.

“When the first guy won a place on the team I cried and did too,” Mr. Jacobson said. “It was really rewarding. I love seeing people improve,” he

He still feels that sense of satisfaction when he works with people in his fitness classes.

“I love seeing people improve,” he said. “I help them get results and that’s gratifying.”

Staying healthy and strong feels good to him, he said. So much so, that it’s his passion to help others feel the same.

In August, Mr. Jacobson, who also is a motivational speaker, added five classes at the Burns Road Recreation Center in Palm Beach Gardens. Classes are ongoing and year-round.

The New York native tailors his work-outs to fit each class participant in the class, old and young from the gym rat to the chair-bound. There are three time slots that are designed for different groups: Mondays and Wednesdays from 8:30 a.m.-9:30 a.m. is for active seniors and those requiring a chair. Tuesdays and Thursday 5:30 p.m.-6:30 p.m. is for active adults from beginner to advanced. Saturdays from 8:30 a.m. to 9:30 a.m. are for Weekend Warriors.

Workouts begin with cardio warmups, yoga-based stretching followed by resistance exercises with free weights for muscle strength and endurance. Calculations, balance, coordination and core exercises are integrated into the classes.

Pre-registration is not required. Students simply show up a few minutes before class to check in. The first class is on the house.

Mr. Jacobson offers a free trial class to newcomers. After the trial class, the fees are $7 for residents of Palm Beach Gardens and $9 for nonresidents. A 10-visit pass is $55 for residents and $69 for nonresidents.

For more information, call 630-1100 or visit pbgfl.com.
Diapers, pet doors and strong bladders for lifting and carrying are all part of caring for an aging pet.

Losing your pet is bittersweet. Between Heaven and Earth, Life with an old dog is bittersweet.

BY KIM CAMPBELL THORNTON
Universal Uclick

In the last couple of years of my dog Bella’s life, I usually found myself outdoors with her in the wee hours of the morning. The medications she took for her heart condition caused her to have to urinate frequently, and since I am a light sleeper, it fell to me to take her out for her late-night perambulations.

It was peaceful. I’d look at stars I didn’t usually see or listen to the geese honking in the distance. One night we saw a large, white possum walking on top of the wall that separates our condo complex from the shopping center next door. In fall, we’d listen to the Santa Ana winds blow. We saw the moon in all her phases. Crickets chirped. In Oklahoma, visiting my parents, we heard owls hooting in the tree above us.

There’s a twilight time in pets’ lives. They’re not quite ready to go yet, and we’re definitely not ready for them to go. Their treacherous bodies have betrayed them, and they need more help getting around. Maybe they can’t make it up and down the stairs anymore. But I have friends who are at this point with their senior dogs.

It’s hard. I remember. Never getting a full night’s sleep. Always keeping one ear open for the sounds that signal she’s getting up and needs to go out. You groan, but you don’t hesitate to jump out of bed, throw on a robe and carry her downstairs. Because the alternative is cleaning up a pool of pee in the dark of the night, she didn’t always like doing it in the diaper. I would be awakened by her attempts to rip it off, so I would get up and take her out. But for the most part, wearing a diaper seemed to encourage her to “hold it” for longer periods.

Caring for an old or sick animal is stressful and time-consuming. Feelings of love clash with exhaustion and frustration. You feel guilty about feeling frustrated or wishing you could sleep more, because you know that being able to sleep through the night could mean only one thing: your pet is gone. And that’s not what you want.

Those feelings are normal. They don’t mean you don’t love your pet or that you want her to die. They are a natural outgrowth of the stress of being a caregiver.

The good news is that our pets love us for as long as they can. They want her to die. They are a natural outgrowth of the stress of being a caregiver. The pets love us for as long as they can. They want her to die. They are a natural outgrowth of the stress of being a caregiver. The good news is that our pets love us for as long as they can. They want her to die. They are a natural outgrowth of the stress of being a caregiver.

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A Comprehensive Approach to Breast Care

Jupiter Medical Center welcomes Lucy M. De La Cruz, MD, fellowship-trained breast surgeon

Dr. De La Cruz is the newest member of the Comprehensive Breast Care Program. She is dedicated to providing the highest quality, compassionate care for every patient, leveraging expertise in minimally invasive surgical breast conservation and complex reconstruction techniques. Dr. De La Cruz, with her skills and knowledge, is a welcome addition to the multidisciplinary breast team that creates custom-tailored plans for treating and surviving breast cancer.

Highly trained, with an extensive background in research, Dr. De La Cruz completed a fellowship in breast surgical oncology at the University of Pennsylvania. She is also fluent in Spanish, English and Portuguese.

To schedule an appointment with Dr. De La Cruz, please call 561-263-4400.
Marinelife Center academy to give students field experience

SPECIAL TO FLORIDA WEEKLY

Loggerhead Marinelife Center’s new Marine Science Academy program will provide Palm Beach and Martin County high school students a firsthand opportunity to enhance their education and gain field experience in marine science.

Paid for by the Loxahatchee Club Educational Foundation, the free program will introduce members in grades 9-12 to interdisciplinary topics in marine science and ocean conservation, as well as service opportunities, workshops, trainings and outings. Over the course of the 2016-2017 academic year, students will meet once a month at LMC, with occasional field trips and activities around the Jupiter area.

“Through the program, education manager Kerri Allen says she hopes students will foster a sense of coastal stewardship and be motivated to pursue marine science careers. “It is crucial that we teach the next generation practical ways to protect the environment,” said Ms. Allen. “We also want to show these students just how fun and rewarding a career in marine science can be.”

Other activities will include:
- Kayaking, snorkeling and seine netting
- Aquatic species collection and observation
- Citizen science training (water quality, species counts and marine debris removal)
- Responsible angling
- Topics in marine biology, coastal ecology, oceanography and marine geology
- Topics in ocean careers
- Conservation projects
- Volunteering with Loggerhead Marinelife Center (all members must volunteer at LMC a minimum of 50 hours during fall 2016-summer 2017)

The deadline to apply is Sept. 30. For questions or more information, email Kerri Allen at kallen@marinelife.org. Interested students may apply at marinelife.org/msa.

John Marshall Everglades Symposium to address toxic algae, other threats

SPECIAL TO FLORIDA WEEKLY

The Arthur R. Marshall Foundation for the Everglades will host the John Marshall Everglades Symposium from 8 a.m. to 3 p.m. Saturday, Oct. 8, at the Marrott, downtown West Palm Beach, 1001 Okeechobee Blvd.

Titled “The Florida Everglades: Piecing the Puzzle Together,” admission is $30, which includes lunch (a separate hotel parking fee is $5). The luncheon keynote speaker is award-winning author and journalist Michael Grunwald.

The symposium will include well-known environmentalists and community leaders who will lead panel discussions and breakout sessions throughout the morning and afternoon.

“This will be an excellent opportunity for the public to understand the complex puzzle of the Florida Everglades, from the Kissimmee River Basin to the Florida Keys and how to take action,” said Tara Bardi, senior scientist and program director at the Arthur R. Marshall Foundation for the Everglades.

Keynote speaker Mr. Grunwald is no stranger to South Florida or the Everglades. A Miami resident, Mr. Grunwald wrote the definitive book about the Everglades, titled “The Swamp: The Everglades, Florida, and the Politics of Paradise.”

Mr. Grunwald will speak about the historical roots of our current problems, and how the current crises in Lake Okeechobee, the coasts’ estuaries and the Everglades are all connected. “The Swamp” grew out of a series he wrote in The Washington Post in 2002 about the uncertainties surrounding Everglades restoration, and today he says the results have been even more disappointing than he originally warned.

“Americans are wondering what good all those billions of dollars have done,” Mr. Grunwald says. “The good news is that there’s a new generation of Florida activists who are outraged by what’s happening to their slice of paradise. And they should be.”

A Harvard graduate, Mr. Grunwald was New York bureau chief and national staff reporter for The Washington Post and senior national correspondent for Time magazine. Currently, he writes for Politico, where he is editor-at-large of The Agenda, a new site devoted to policy. His second book, “The New New Deal: The Hidden History of Change in the Obama Era,” received critical acclaim.

For tickets, go to John_marshall_everglades_symposium.eventbrite.com by Oct. 3. For detailed agenda, speakers and sponsorship, please visit armarshall.org and click the Everglades Symposium link, call 233-9004 or email administration@oureverglades.org.
to face, mano a mano, phony smile to phony smile, sound bite to sound bite, with nothing separating them but poor, defenseless Lester Holt, the NBC News anchor who will serve as moderator, referee and designated punching bag. If he does what he should do — and the betting is that he does — Holt, a consummate professional, will anger Republicans and Democrats alike. Talk about a thankless job.

Is America ready for its rendezvous with debate destiny? You bet we are. Admit it. You can’t wait. The confrontation between the two most disliked and distrusted presidential candidates ever is the political equivalent of “Who’s Afraid of Virginia Woolf?” — with Donald and Hillary assuming the roles of George and Martha in what promises to be a nasty, unsparing and viciously entertaining evening.

This is reality television howling on a cosmic scale. The viewership will likely be record setting, if the ratings of the presidential primary debates are any guide.

In August, the first Republican debate was seen by 24 million viewers, making it the highest-rated nonsports event in cable television history, according to The New York Times. “Presidential debates … draw enormous ratings … far greater than the 21 million average for Sunday Night Football games, the highest rated regular programming in television,” The Times reported. “The first presidential debate in the 2012 election drew around 70 million viewers.”

Look for this debate to blow past that 70 million number. Way past.

This is one of those rare moments in the political history of our republic that transcends party affiliation, civic awareness and, perhaps, even functional literacy. Those who don’t know a presidential candidate from a rutabaga or a Democrat from a doughnut will tune in. The confrontations between the two most disliked and distrusted presidential candidates ever are a longstanding tradition. They are emblematic of a golden age of political discourse, civic awareness and, perhaps, even functional literacy. Those who don’t know a candidate from a doughnut will tune in.

Many Americans wrongly assume that general election presidential debates are a longstanding tradition. They are not. The first took place on Sept. 26, 1960 (6 years to the day before the initial Trump-Clinton debate) between John F. Kennedy and Richard Nixon.

Much of this misunderstanding can be laid to the seven debates in 1858 between Abraham Lincoln and Stephen Douglas. These debates involved a race for the U.S. Senate, not the presidency, although two years later both men were candidates for the nation’s highest office. To this day, many of us mistakenly think the Lincoln-Douglas debates were for the White House.

“We have a notion that American political debates are always taking place among each other,” Fergus Bordewich, writer, historian and author of “America’s Great Debates,” said in a telephone interview. “Actually, presidential candidates were reclusive deep into the 19th century. Mostly candidates relied on surrogates to speak on their behalf.”

The Lincoln-Douglas debates gained renown for several reasons. The principal issue debated — slavery — was epic. Both Lincoln and Douglas were accomplished orators, and technology came into play for the first time, ensuring that the debates received widespread attention.

“In 1858, innovation was turning what would otherwise have been a local contest into one followed from Mississippi to Maine,” Bordewich wrote in an article that appeared in Smithsonian Magazine. “Stenographers trained in shorthand recorded the candidates’ words. Halfway through each debate, runners were handed the stenographers’ notes; they raced for the next train to Chicago, converting shorthand into text during the journey and producing a transcript ready to be typeset and telegraphed to the rest of the country as soon as it arrived.”

Lincoln-Douglas was notable for the elevated level of oratory employed — a skill in short supply these days. In that sense, the debates were emblematic of the times.

“The great political men of that era were indeed great debaters and orators,” said Bordewich. “Their debates read like literature.”

But lest anyone swoon excessively over the good old days of political discourse, Bordewich said, there was a darker side to the Lincoln-Douglas encounters.

“What is less well-known, however, is that those debates were also characterized by substantial amounts of pandering, baseless accusation, outright racism and what we now call ‘spin,’ ” he wrote in his Smithsonian piece.

Technology, in the form of television, proved to be influential in the 1960 presidential debates — especially the first one. The camera was famously kind to the youthful Kennedy, who appeared tanned, measured, calm and presidential. Nixon — who was ill from a leg infection and poorly prepared on top of that — came across on screen as a petty thief being grilled by cops under a hot light in a windowless room down...
And in 2000, Al Gore repeatedly and Michael Dukakis gave an embarrass-
Mondale meeting, but none could be
risky political stratagem.

He finally got his one-on-one
chosen to debate, except Carter, who
canceled. He said, “I am not going to exploit for politi-
cal purposes my opponent's youth and
said. “I am not going to exploit for politi-
possible erosion of his mental capacity.
then) was even more of an issue, and
victor merely shook his head, chuckled
and Social Security, the Republican can-
actually addressing them.

criticisms leveled against him. Instead
deflect legitimate concerns — without
of Barry Goldwater incarnate, Reagan
campaign, the 69-year-old former Cali-
memory of the substantial challenges
Reagan.

Given the deification that has attend-
Garden meeting that the CPD has
facing Democratic
Ford's inexplicable gaffe, coupled with
Richard Nixon, went a long way toward handling
the White House to Carter, who four years later was
troubles of his own during a debate with Ronald

Four years later, Reagan's age (73 by
then) was even more of an issue, and
there were run into toabout the
the possible erosion of his mental capacity. He
debate with opponent Walter Mondale. As a result of
Carter's obfuscation, a second debate was
canceled. He got his one-on-one
confrontation with Reagan a scant week before
the election. By rough experience, shunning a debate is a
risible political stratagem.

The CPD has generally received high
evaluations, where participants conduct
death preparation. "You can sound
scripted or phony — like you're trying to

Much to the relief of the CPD, Trump
Wallace of Fox gets the final encounter.

The CPD also announced
developed for the
debate.

The CPD has generally received high
marks from both political parties until
this election cycle. Trump has suggested
with "rigged against" him. One of the
dicest propositions addressed by the
CPD is selecting moderators. Trump
waged a vigorous campaign against
the media during this campaign, savag-
ingly just about every major news outlet
at one time or another and referred to
reporters as "scum" and "horrible
people." Finding moderators — or
other than someone along the lines of
Sanne Reider, senior executive producer,
— debates.org

The Commission on Presidential
Debate has established a minimally
participation in the presidential
quarterly sessions, as well as
in the nomination. Republican and
Democrats, came into
be in 1987 because of the haphazard
manner in which debates in 1976, 1980
and 1984 were put together.

The CPD has generally received high
marks from both political parties until
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without proof that the debates might be "rigged against" him. One of the
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Learn more at jupiterbreastcare.com/eiort or call 561-263-4400.
NETWORKING

Business Brews at Banko Cantina, West Palm Beach

1. Alexa Ponushis, Adam Ramsey and Julie Keny
2. Ben Ethridge, Clyde Trzecinski and Bob Goldfarb
3. Natalie Clark, Gaby Gusman and Stephanie Walters
4. Brittany Agro, Carolyn Cohill, Brian Richardson, Ashley Agro, Jamie Tucker and Robert Kelly
5. Danielle Guzardo, Richalyn Miller, Jennie Arcilla, Debbie Aiu and Brittany Agro
6. Cindy Biernat and Jennifer Hampton
7. Julia Murphy, Keith Pence and Katherine Murphy
8. Jessica Highsmith and Ann Maut
9. Seth Mansfield and Kelly Drum
10. Rickey Kalnokski, Jamie Tucker and Robert Kelly
11. Monique Azevedo and Melanie Tavora
12. Jim Cullen, Carlos Alvarez, Britton Cor and Ryan Thompson

*“Like” us on Facebook.com/FloridaWeeklyPalmBeach to see more photos. We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover. Send us your society and networking photos. Include the names of everyone in the picture. Email them to society@floridaweekly.com.*
Economic Forum meeting at the Kravis Center in West Palm Beach

1. Rebel Cook, Gary Nikolits and Jeremy Johnson
2. Rob Callaway, Mike Slade and Randy Rienas
3. Donna Lewis, Jim Springer and Steve Bauch
4. Gary Gagne, Philip Ward and Cathleen Ward
5. J. Russell Greene, Mark Foley and Richard Fish
6. Jennifer Morton, Jeff Ostrowski and Dana Gillette
7. Joseph Cohee and Jeri Muoio
8. Jeremy Johnson, Sharon Dorsay and Michelle Amaya Depoter
9. Tony Batallan, Jason Batallan and Barbara Marod
10. Gary Nikolits
11. Gary Nikolits
The Infiniti QX80 takes a long his- tory of a celebrated and capable SUV and advances it to new heights of luxury. Its plank- er cousin, the Nissan Patrol, hasn’t been available in this country for decades, so while it’s unknown in the USA, it is a big deal from Tokyo to Dubai. Just as Toyota gave Lexus its own version of its go-anywhere Land Cruiser, Nissan and Infiniti share a similar relationship with the QX80.

This full-size SUV doesn’t try to hide its bulk. The hood is one big power bulge; the body is tall and boxy and the 22-inch wheels are the size of toddlers. It’s a design that works exceptionally well in this class. After all, a large SUV is supposed to make an impression, and this one physically takes up so much space it cannot be denied.

Getting in is a multistep process, thanks to this car’s tall ride. That’s also why there’s a built-in side footstep for all passengers.

Once inside, there is an instant feel- ing of luxury. Leather and wood cover nearly every surface, even at the most basic trim level. There’s plenty of stor- age room, but when it is not in use, Infiniti provides more natural-feeling louver to cover up those cubbyholes. The huge exterior size translates into a very airy feeling from behind the wheel, with the height and large windows mak- ing for a commanding view of traffic.

Two rows of bucket seats mean this one is the first choice for a double-date night. Plus, the accommodations for three in the third row are comfortable enough so teenagers and children will never complain. Those who need to carry more people can opt to turn the second row into a bench, which brings the total seating to eight. It might seem like a tough sell at $59,000, but with 400 hp and 413 lb/ft of torque, it has a small power advantage over the Toyota Land Cruiser and Lexus LX570 twins.

Infiniti’s engine is a multi-valve V8 with dual overhead camshafts and variable valve timing. What this means in the real world is it has a big V8 grunt when needed for work duty, and there’s also decent acceleration in low-speed city traffic. We think the 5.6-liter V8 is the only motor available on par with the competition. But with 400 hp and 413 lb/ft of torque, the 5.6-liter V8 is the only motor available on par with the competition. But with 400 hp and 413 lb/ft of torque, it has a small power advantage over the Toyota Land Cruiser and Lexus LX570 twins. Infiniti’s engine is a multi-valve V8 with dual overhead camshafts and variable valve timing. What this means in the real world is it has a big V8 grunt when needed for work duty, and there’s also decent acceleration in low-speed city traffic.

Infiniti made sure that the suspension was softened enough to meet luxury car standards, but this SUV’s Patrol heritage cannot be erased — and that’s a good thing. The rigid chassis that’s the backbone of this SUV combines with the torque-happy motor to make for an impressive 8,500-pound towing capac- ity. This is the backbone of the best of the full-size American SUVs, which means the boat can be trailered along for the road trip.

The Patrol heritage also provides real off-road capability. The QX80’s optional 4x4 drivetrain has an automatic differential that’s found on most other luxury SUVs/ crossovers. Infiniti also has a two-range transfer case for added utility in the snow and, especially important for Florida, sand.

**FLORIDA WRITERS**

**Punta Gorda author works for fair, full, informed voter participation**

By Myles Kornblatt

Punta Gorda’s own JASON is an important name in the political world of the Infiniti QX80.

The 5.6-liter V8 is the only motor available on par with the competition. But with 400 hp and 413 lb/ft of torque, it has a small power advantage.
Early intervention can lessen the effects of learning disabilities

NATIONAL INSTITUTES OF HEALTH

Reading, writing and math are the building blocks of learning. Mastering these subjects early on can affect many areas of life, from school and work to one’s overall health. It’s normal to make mistakes and even struggle a little when learning new things. But repeated, long-lasting problems can be a sign of a learning disability.

Learning disabilities aren’t related to how smart a child is. They’re caused by differences in the brain that are present from birth, or shortly after. These differences affect how the brain handles information.

“Typically, in the first few years of elementary school, some children, in spite of adequate instruction, have a hard time and can’t master the skills of reading and writing as efficiently as their peers,” says Dr. Benedetto Vitiello, a psychiatrist and child mental health expert at NIH. “So the issue is usually brought up as a learning problem.”

In general, the earlier a learning disability is recognized and addressed, the greater the likelihood for success in school and later in life.

“Initial screening and then ongoing monitoring of children’s performance is important for being able to tell quickly when they start to struggle,” explains Brett Miller, Ph.D., a reading and writing disabilities expert at NIH. “If you’re not actively looking for it, you can miss opportunities to intervene early.”

Each learning disability has its own signs.

A child with a reading disability might be a poor speller or have trouble reading quickly or recognizing common words. A child with a writing disability might write very slowly, have poor handwriting or have trouble expressing ideas in writing and organizing text. A math disability can make it hard for a child to understand basic concepts like multiplication, make change in cash transactions or do math-related word problems.

Not all struggling learners have a disability. Many factors affect a person’s ability to learn. Some students might learn more slowly or need more practice than their classmates. Poor vision or hearing can cause a child to miss what’s being taught. Poor nutrition or exposure to toxins early in life can also contribute to learning difficulties.

If a child is struggling in school, parents or teachers can request an evaluation for a learning disability. The U.S. Individuals with Disabilities Education Improvement Act requires that public schools provide free special education support to children, including children with specific learning disabilities, who need such services. To qualify for these services, a child must be evaluated by the school and meet specific federal and state requirements.

Many people with learning disabilities can develop strategies to cope with their difficulties. A teacher or other learning specialist can help kids learn skills that build on their strengths to counter-balance their weaknesses. Educators might provide special teaching methods, make changes to the classroom or use technologies that can assist a child’s learning needs.

A child with a learning disability might also struggle with low self-esteem, lack of confidence and frustration. If appropriate interventions are provided, many of these challenges can be minimized.

Effective intervention requires consistency and a partnership between school and home. Medications and behavior-al interventions are often delivered at home. Teachers can usually advise parents on how to help kids at home, such as by scheduling appropriate amounts of time for learning-related activities.

Many complex factors can contribute to the development of learning disabilities. Learning disorders tend to run in families. Home, family and daily life also have a strong effect on a child’s ability to learn starting from a very early age. Parents can help their children develop skills and build knowledge during the first few years of life that will support later learning.

“Early exposure to a rich environment is important for brain development,” says Kathy Mann Koepke, Ph.D., a mathematics learning disability expert at NIH. “Engage your child in different learning activities from the start. Before they’re even speaking, kids are learning — even if it’s just listening and watching as you talk about what you’re doing in your daily tasks.”

Point out and talk with children about the names, colors, shapes, sizes and numbers of objects in their environment. Try to use comparison words like “more than” or “less than.” This will help teach your child about the relationships between things, which is important for learning math concepts, Ms. Mann Koepke adds.

Even basic things, like getting enough sleep and eating a healthy diet, can help children’s brain development and their ability to learn.

NIH is continuing to invest in research centers that study learning challenges and their treatments, with a special focus on understudied and high-risk groups.

Although there are no “cures,” early interventions offer essential learning tools and strategies to help lessen the effects of learning disabilities. With support from caregivers, educators and health providers, people with learning disabilities can be successful at school, work and in their personal lives.
Opera announces promotion, new hires

SPECIAL TO FLORIDA WEEKLY

Palm Beach Opera has announced a promotion and three new hires.

David Walker has been promoted to managing director.

Rick Zullo has been named marketing and PR manager, Natalie Parker is now individual giving manager and Dennis Perry is now audience services associate.

Mr. Walker’s promotion and the appointments of Mr. Zullo, Ms. Parker, and Mr. Perry, are specifically structured to continue the Palm Beach Opera’s success in securing increases in both earned and contributed income, significantly increase support for the company’s programs, as well as to continue the company’s successes in ensuring long-term sustainability.

“As a design/engineering group, as the business grew, it was people coming to us saying not just ‘Can you make this design for me?’ but “Can you build a model or prototype?’”

— John Calloway, 24, founder, president and chief operating officer of HALO Technologies Inc.

Tech firm opens 3-D print shop to create everything from models to body parts.

BY JAN NORRIS
jnorris@floridaweekly.com

It’s hard to wrap your head around future technology changing so fast that even engineers feel overwhelmed with possibilities.

So it is with 3-D printing, which has come to a storefront in Palm Beach County.

John Calloway, 24, is the founder, president and chief operating officer of Halo Technologies Inc., which opened a space this summer on Datura Street in downtown West Palm Beach.

The 3-year-old firm is a group of engineers and designers who work in CAD (computer assisted design) programs to create precise renderings for prototypes for clients.

“As a design/engineering group, as the business grew, it was people coming to us saying not just ‘Can you make this design for me?’ but “Can you build a model or prototype?’”

SEE EFFECT, A17

HALO effect

Tech firm opens 3-D print shop to create everything from models to body parts.

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HALO effect

Tech firm opens 3-D print shop to create everything from models to body parts.
In the past, designing and making a model could take months to draw, revise and create through traditional modeling processes such as injection molding — making a mold and injecting it with resin or metal, tooding it, then tweaking it to the client’s specifications. It then required an all-new mold just for a prototype.

Enter 3-D printing and scanning.

“In college; a lot of us was still evolving with limited applicability,” Mr. Calloway said. But printers were able to play around with it in labs, “They could tweak it to the client’s specifications. It then required an all-new mold just for a prototype. But printers were able to play around with it in labs, tweaking it to the client’s specifications.

The technology is catching up, he said, to the point where middle school science students can program the printers, and prices are such they’re available for a few thousand dollars for a decent tabletop model.

Now, he said, the technology is used in “Everything from simple to complex designs: toys to aerospace. Anyone from NASA, scientists to 10-year-old kids are using it.”

But despite the name, it’s not a local print shop that’s a quick-turn affair. There’s a major learning curve with software interfaces and limitations on the applications.

That’s where Halo comes in — educating the scientists and tinkerers alike.

“The reality is the big companies have 3-D printing, but they don’t know what to do with it. Lockheed, Pratt, they all have 3-D. We’re helping companies with existing machines use them.”

Teaching businesses and individuals the possibilities for the technology is the goal of the storefront. She said they’re lined with 3-D printed dinosaurs and modern drinking cups in a variety of colors. Others hold intricate miniatures of the Taj Mahal and the U.S. Capitol. Mr. Calloway is quick to show off the giant nuts and bolts and ratchet wrench that are a unique design, he said.

Design time, the model and then the print are all quick to show off the giant nuts and bolts and ratchet wrench that are a unique design, he said.

“Spools of resin cords that are fed into the printers line another shelf. And the printers, small enough to fit on other shelves, are displayed in the windows.

“The technology is more than 30 years old, he said, but in the last decade, it has taken off with competitors bringing faster and cheaper machines to the market.

This is fused deposition modeling — FDM modeling in the vernacular. “Think of a hot glue gun. The resin is heated up and built up a layer at a time.”

This is called additive manufacturing, as opposed to subtractive manufacturing where an object is put into a mold and design areas revealed after cutting or drilling to form the object.

“There’s really very little waste — that’s also a plus to this. You are building up layers of material, rather starting with a solid and subtracting.”

While he doesn’t expect the process to wipe out the large-scale manufacturing — someone must run the robots on any line, he points out, and program the software to do so — there are plenty of applications where 3-D printers could replace existing jobs. He sees the field growing exponentially, yet says, “It’s still just one more tool in a toolbox.”

The firm has 10 printers now; many are the MakerBot Replicator tabletop models. But he expects to have several more in a warehouse location by next spring. They are currently waiting for a printer that will print a 6-by-4-by-4-foot object.

The portability of the machines, and low cost for materials make it a sure fit for charities doing work in war-torn areas and foreign countries where prosthetics are far beyond the reach of most who need them, he said.

Mr. Coarsey, 26, said the benefits to a student fitted with a 3-D-printed hand.

“Creativity is running wild with them — the Zonda is running with 3-D printed turbos.”

Durability and strength are a surprise to many; who envision simple plastic items coming from a small printer. “At NASA, many of their working planes have 3-D printed parts. There are hyperscars with them — the Zonda is running with 3-D printed turbos.” But he is most excited about the potential in the medical field with prosthetics. He has met with Chad Coarsey, an FAU student fitted with a 3-D-printed hand.

“Durability and strength are a surprise to many, who envision simple plastic items coming from a small printer.”

Because of FDA regulations, Halo can’t make prosthetics for anyone except as a prototype, but Mr. Calloway expects those laws to change over time.

But it’s still early in the technology, relatively speaking, he said. “There’s no end to what could be possible in any field. “Everyone is still learning it.”

He referenced the rehydrated pizza machine from a famous movie. It so happens that pizza vending machines are just now a reality in New York City.

“It really is ‘Back to the Future’ stuff.”

Mr. Calloway said it’s an easy fit to offer services to that group for manufacturing and tooling parts — at a fraction of the cost and time that traditional methods require.

By definition, the parts are made of a strong resin, which also corrosion resistant, better for the saltwater environment, he said — and at a fraction of the cost.

“One knob for a ship was quoted at $300,000 to retool. We converted the item to a durable plastic from metal, and can produce it under $30,000. That’s just one simple example. There are thousands of parts that can be built using 3-D.”

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He is most excited about the potential in the medical field with prosthetics. He has met with Chad Coarsey, an FAU student fitted with a 3-D-printed hand.

“It takes months and sometimes years, to get kids fitted with a prosthetic. They can cost tens of thousands of dollars. Then they grow, and it becomes useless. With a 3-D printer, you can create a hand that is fully functional, and it will take weeks, not months, and cost hundreds, not thousands. When they outgrow it, we could print a new one,” Mr. Calloway said.
Masterfully restored El Cid jewel

SPECIAL TO FLORIDA WEEKLY

This historic landmarked El Cid jewel has had its original beauty preserved and enhanced. The property has an artfully restored artist’s cottage.

There are intricate and graceful wrought iron gates, lovely hedges and vintage Chicago brick pilasters with welcoming fruit baskets atop introduce the property. A magnificent mass of bamboo towers over the new Astroturf lawn to create a striking, eco-friendly entrance to the renovated home. Low maintenance is the plus, with all living on one level: Three bedrooms, two baths, several flexible rooms, vaulted ceilings, a wood-burning fireplace, a heated pool and spa area for outdoor living.

The cottage, with its large family room and adjoining knock-out kitchen, is the ideal place to relax, watch TV or entertain.

Improvements and additions include a new air conditioning system, a new roof with heat reflecting elements, a Takagi eco-friendly tankless gas water heater and a restored usable carport.

The historic Chicago paver driveway and path have been reconstructed. A gracious new patio and green fern walk provide an outdoor refuge. Finally, new landscaping was used to honor this historic house.

It’s at 322 Valencia Road, West Palm Beach. Offered at $819,999 by Maryann Chopp of Sothebys Homes, (561) 351-1277 or Maryann.Chopp@sothebyshomes.com.
MOVING ON UP

“I enjoy the interaction with all the different kinds of people, especially our clients. It’s so fun to walk back to see them. If ever you’re having a semblance of a bad day, seeing them can turn it around.”

Kristen Daniel,
Director of advancement at Arc of Palm Beach County

Name: Kristen Daniel
Title: Director of advancement at Arc of Palm Beach County
City of business: Riviera Beach

BY MARY THURWACHTER
mthurwachter@floridaweekly.com

This is busy season for grant writers, and Kristen Daniel, the new director of advancement at Arc of Palm Beach County, is among the busy.

Mrs. Daniel has written successful grant applications for corporations, foundations and major gift requests that focus on arts education programs for children and increased funding for Palm Beach County artists. Besides writing for grants for Arc, she’s also gearing up for a funds appeal and working on a couple special events: Arc in the Dark on Oct. 10, where the non-profit organization sets out to package 100,000 glowbands in 10 hours to make it into the Guinness Book of World Records; and the Wild Pants Party on Oct. 21, a fashion show with male business leaders, philanthropists and local celebrities at The Gardens Mall.

“I’m focused on sponsorship opportunities,” said Mrs. Daniel, who previously worked for the Cultural Council of Palm Beach County for 5½ years.

Planning events is something the West Palm Beach woman has always enjoyed, she said. “I wanted to be a wedding planner after seeing the Jennifer Lopez movie (“The Wedding Planner”),” Mrs. Daniel said.

Her passion for party planning was clearly evident at her daughter Tessa’s recent first birthday celebration.

“The party had a princess theme and she (Tessa) had several costume changes and I will be dressed as a princess,” Mrs. Daniel, 28, said. “We even got a baby roller coaster.”

Having started with Arc on July 6, Mrs. Daniel said her biggest challenge is the sheer size of the organization, “It’s a challenge to get to know all the staff, volunteers and donors before the season starts.”

She said her job is fun, everyday is different and she likes the impact Arc makes.

“I am looking forward to sharing that impact with our community and I am thrilled to be a part of a wonderful team that is transforming lives,” she said. “I enjoy the interaction with all the different kinds of people, especially our clients. It’s so fun to walk back to see them. If ever you’re having a semblance of a bad day, seeing them can turn it around.”

Mrs. Daniel and her husband, Gary, live in West Palm Beach. She is a triplet. Her brother, a lawyer, and sister, an insurance agent, live nearby and she always enjoys spending time with them.

The Arc of Palm Beach County supports programs throughout Palm Beach County that touch more than 2,300 families each year. For more information, visit arcpbc.org

Kristen Daniel
Age 28
Where I grew up: Springboro, Ohio
Where I live now: West Palm Beach
Education: Bachelor of Arts in Public Communication from Florida Atlantic University; has a certification in Principles and Techniques of Fundraising from the Lilly School of Philanthropy.

What brought me to Florida: College.

My first job and what it taught me: My first job after graduating from Florida Atlantic University was at Spirit of Women in Boca Raton. From that position and several courses and volunteer work during college, I learned that I had a real passion for working in a non-profit organization. I also learned how to network, build relationships and become very organized and detail oriented.

A career highlight: Planning my first gala at the Kravis Center for the Cultural Council of Palm Beach County then seeing the event come to fruition and knowing that I made it happen was a special moment in my career.

What I do when I’m not working: I love to spend time with my family. My 1-year-old daughter definitely keeps me busy. I also enjoy reading, going to the pool and singing.

Best advice for someone looking to make it in my field: Stay dedicated to your organization’s mission and current trends in fundraising. It’s all about personality, creativity and building relationships.

About mentors: When you are first starting out in your career, I think it is incredibly important to have a mentor. My mentor was able to guide me and help me figure out my strengths and how to improve upon my weaknesses. She also provided me with the tools to succeed by sending me to many professional development courses, enabling me to learn best practices.

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Enter Tower Suite 7A and experience a world class condominium with panoramic direct oceanfront views. With over 7,440 square feet, every room has a view! Total square footage over 9,179! Tastefully completed in a beautiful array of classically designed finishes and furnishings, yet comfortable and cozy - the perfect back drop for an estate on the Ocean! Massive living areas including two living areas, den/office, formal dining room, custom chef’s kitchen with LEEDS cabinetry, butlers/catering kitchen, bar/beverage area, master bedroom suite with his and her baths, master suite sitting room with morning kitchen, 3 guest bedrooms with ensuite baths, private elevator foyer. Lutron controlled lighting. This residence is being sold fully furnished. $8,500,000. For a private tour, please call Jeannie Walker (561) 889-6734.
You may have been mesmerized by reflections on the waterway, but have you ever paused to admire the beauty of an I-95 overpass? How about the back alley view of downtown shops? Until Oct. 6, you can see such images glorified in oil paintings by award-winning artist Janet Onofrey at the Palm Beach Gardens City Hall as part of its GardensArt program.

“We live in a time and culture where millions of images bombard our senses relentlessly at incredible speeds,” says Ms. Onofrey. “But are we really seeing? My subject matter is not particularly outstanding, but scenes that are routinely overlooked... the unseen. I select a perspective that is a reflection of a reality and a sense of place that at any moment can be lost... where to hear it, and discover more of it.”

Ms. Onofrey, who was awarded the 2015 South Florida Cultural Consortium Fellowship for Broward County, used the award to travel to the cradle of Western art, Greece. She was accepted into the Skopelos Foundation residency on Skopelos Island, where she sketched and painted the architecture.

“I paint from life, ‘en plein air,’ as the Impressionists coined the phrase at the turn of the last century,” Ms. Onofrey says. “This slice of reality is set in isolation, without the presence of people, to evoke a sense of stillness and quietude that allows the character of the space to speak.”

For students of art history, her paintings bring to mind the paintings of early and mid-20th century American artist Edward Hopper, whose eerie scenes that are routinely overlooked... unremarkable, almost as if people were not particularly outstanding, but scenes that are routinely overlooked... the unseen. I select a perspective that is a reflection of a reality and a sense of place that at any moment can be lost... where to hear it, and discover more of it.”

Ms. Onofrey’s paintings are void of people, almost as if people were extracted to create a peaceful world. The sense of familiarity feels good and calming to the viewer, too; and that seems to be just the effect the artist was creating work that fuses themes and styles of rock ‘n’ roll in new ways. South Florida is loaded with talented bands with fresh voices of place that at any moment can be lost... where to hear it, and discover more of it.”

“Feeling Florida” by Onofrey

The Dreyfoos School of the Arts is hosting two concerts this week in its Meyer Hall.

On Sept. 27, the Philharmonic Orchestra performs at 6:30 p.m. Tickets are $10 for adults, $5 for students and seniors.

On Sept. 28, a band concert is planned at 6:30 p.m.

Dreyfoos School of the Arts is at 501 S. Sapodilla Ave., West Palm Beach.

For more information, visit awdsoa.org or 803-6652.

Walk your heart out!

The Palm Beach Heart Walk hits the streets of West Palm Beach at 8 a.m. Sept. 24. This annual event raises money to stop heart disease, the country’s No. 1 (heart disease) and No. 5 (stroke) killer, but the walk also promotes getting off the couch and doing something physical, the most heart-helpful thing you can do to begin living more healthfully.

The walk begins at the Meyer Amphitheatre, 104 Datura St., West Palm Beach. For more information, visit palmbeach-heartwalk.com or call 561-868-7773.

The Michael Buble Concert Experience

Canadian crooner Michael Buble is performing in concert; well, sort of. Muvico Theatre is screening a documentary of Mr. Buble’s sold-out tour on the big screen at the CityPlace theater, 700 S. Rosemary Ave., West Palm Beach.

The show takes place at 7 p.m. Sept. 27. In addition to the show, fans will get to see behind-the-scenes and learn about the hard work that goes in to producing a show.

A special Q&A with the vocalist also is part of the film.

For more information, call 833-2300 or visit cityplace.com/store/muvico-imax-theater/.

Live music on weekends

Don’t forget that every Friday and Saturday night from 7 to 11 p.m. there’s a free concert taking place on the fountain stage at CityPlace. Musical genres are eclectic.


Want to know who else is coming? Check the schedule at cityplace.com.

Sommers time at Art After Dark

Soulful, stunning Avery Sommers performs Sept. 22 at an Art Deco-inspired Art
A humidor that stirs up happy memories of Grandpa Bill

Grandpa Bill had a ritual whenever he drove the family’s old Chevy truck. He’d get himself seated comfortably, then stuff his cheeks with chewing tobacco, just like the squirrels that ran around the family’s South Georgia farm loaded their mouths with nuts and berries.

The truck was a ‘48 that had belonged to my great-grandfather, his father-in-law. To start it, you’d pull the choke, turn the key, push the clutch and press a starter on the floor.

The engine would rev and Bill’s cheeks would move with the rhythm of the truck, whose six cylinders purred like a Singer sewing machine, the valves slightly clicking.

And we were off driving among the tobacco fields. He loved to take us on rides in that old truck, or drive us down to Tallahassee in a modern car.

The leaf, a cash crop for my family in Florida, Georgia and North Carolina, was thought to have medicinal properties — I still remember my dad saying a poultice of chewing tobacco was effective for eating bee and wasp stings.

The accoutrements of tobacco would have filled a Victorian home: Spittoons, if the man of the house chewed; ashtrays and humidors for smokers and chewers alike.

The designs for these accessories typically were whimsical — a humidor might be shaped like a child’s or a dog’s head. I’ve seen one in the shape of a girl asleep in her highchair, a dish of porridge cooling on its tray.

Of course, there’s nothing healthful about tobacco, at least not as we know it.

Grandpa Bill paid dearly for his love of the leaf, developing lesions in his mouth. My great-grandfather, grandfather and own dear dad all died of lung cancer.

But those memories do not dim the pleasure I get from this latest find. I really love the colors.

After all, the greens and the browns remind me a little of that old Chevy truck. And the bulldog, with its scrunched up face, resembles Grandpa Bill — faithful and kind. Perhaps those are the best qualities.

THE FIND:
A majolica humidor in the shape of a dog’s head.

Bought: Hospice of Palm Beach Resale, Plaza La Mer, 863 Donald Ross Road, Juno Beach; (561) 624-5495 or hpbcf.org/resale.

Cost: $8.

The skinny: This majolica humidor combines the right amount of wit and whimsy. The tin-glazed ceramic piece is unmarked, other than some numbers. It dates from the 1880s and probably was made in Austria — it certainly dates to before 1890, when the McKinley Tariff required that all foreign-made goods be marked with country of origin.

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Upcoming Events

20th Annual Member’s Juried Exhibition
NOW - OCTOBER 29
Palm Beach Photographic Centre
415 Clematis Street

Palm Beach County Heart Walk
SEPTEMBER 24
Meyer Amphitheatre
104 Datura Street

West Palm Beach GreenMarket Returns
OCTOBER 1 - MAY 27
Downtown Waterfront
101 N. Flagler Drive

West Palm Beach Scarecrow Festival & Contest
OCTOBER 22
Palm Beach County
History Museum
300 N. Dixie Highway

Truth Booth
OCTOBER 13 – 15
Various Locations

Feast of the Sea
OCTOBER 22
Meyer Amphitheatre
104 Datura Street

When you think about memorable places, think Downtown West Palm Beach. Just take a walk and see for yourself!

Please send calendar listings to calendar editor Janis Fontaine at pnews@floridaweekly.com.

THURSDAY/9/22
Clematis By Night — 6-9 p.m. Thursdays. Clematis returns to its usual schedule from 6-9 p.m. and features just one band. Visit clematisbynight.net.

Evil Monkeys perform classic rock — Sept. 22. John Lewis, a writer and PhD student at the University of Florida, will discuss his book "Evil Monkeys: America’s Rock and Roll Bandits" with members of the Evil Monkeys.

Salute to Santa Party — 5-7:30 p.m. Sept. 22. Craft Bar Kitchen, 806 E. Indiantown Road, Suite 110, Jupiter. Help Operation Homefront by donating small gifts for the holiday season. Admission to the party is one gift person, $20-$34. Or on Facebook — search "Salute to Santa Party Jupiter 2016."

Environmental Group Open Meeting — 5:30-7:30 p.m. Sept. 22, Palm Beach County Main Library, 1001 Burt Road, West Palm Beach. The group uses songs and games to educate children about nature. The group meets on the third Thursday of the month. Call 683-7772 for information.

Beach County Extension Agent, speaks. Sept. 24, Wellington Library, 1951 Royal Poinciana Way, Wellington. 790-6070; reservations required; 790-6070. Reservations required; 782-9700; ticket_central@pbc.edu, pbc.edu/performances.

SUNDAY/9/25
Cancer’s a DRAG – A Magical Musical Tour! — 6-9 p.m. Sept. 25, Crest Theatre at Old School Square, Delray Beach. Benefits the Connor Moran Cancer Foundation. Radio personalities Tom Hastie and Tracy St. John serve as deejays for this event. Tickets: $75 for premium seating, $50 for regular seats and $25 for side chairs at gotsouthflorida.com and oldschoollibrary.org.

TUESDAY/9/27
The Choral Society of the Palm Beaches — Tryouts for the choir are held from 6:30-7 p.m. Tuesdays, before rehearsals from 7:9 p.m. at First Presbyterian Church, 4677 Hood Road, Palm Beach Gardens. Singers are needed. See director-Marilyn Ossowsky at 626-9907; choralsofthepalmbeaches.org

UPCOMING
Clematis by Night — 6-9 p.m. Thursdays. clematisbynight.net.

L-Tribe performs R&B and Top 40 hits — Sept. 29 (TribalBand.com)

SATURDAY/9/24
National Public Lands Day — 9 a.m.-3 p.m. Sept. 24, Carlton Fields’ West Palm Beach office in CityPlace Towers, 501 Okeechobee Blvd., West Palm Beach. Patricia Christiansen, a partner at Cik-lin, Lubitz & O’Connell, will speak about what can be done to get more women by the Women’s Foundation of Palm Beach County. RSVP at womensfoundation-pbc.org/wob

Women on the Bench — 3-5:30 p.m. Sept. 23, Carolyn Fields’ West Palm Beach office in CityPlace Towers, 501 Okeechobee Blvd., West Palm Beach.

Feeding South Florida’s second annual Outrun Hunger Palm Beach County 5K — Sept. 24, Okeechobee Park, 7717 Forest Hill Blvd., West Palm Beach. Pre-register at Eventbrite.com. Fee is $30 in advance, $35 race day. Call Art at 776-7449, Ext. 109; register in advance at eventbrite.com or call Joseph Whelan at 735-6020 or email Joseph.Whelan@FLNauticalFleaMarket.com.


The Sunset Lounge Jazz Series — 6-9 p.m. Sept. 24, The Sunset Lounge, 609 Eighth St., West Palm Beach. Features Grammy-nominated percussionist Nicholas Payton. For more information and ticket information visit eventbrite.com.

Heritage Festival — 7-9 p.m. Sept. 23 and 24. Sept. 25 at PBAD’s Helen K. Persson Recital Hall in Vera Lea Rinker Hall, 326 Acacia Road, West Palm Beach. Saturday’s concert features pianist Misuzu Tanaka as well as clarinetist Maxim Shirylko performing duos from Spain and Argentina. Sunday’s concert will feature pianist Lindsay Johnson performing Granados and Liszt. Tickets are $10 general admission and $5 for non-PBA students with ID or $15 for box performances. 802-2970; ticket-central@pba.edu, pba.edu/performances.

SUNDAY/9/25
Solar Walk at the Light — 6:45- 8 p.m. Sept. 24, 5:30-7 p.m. Sept. 26, 5:45-8 p.m. Oct. 3, 10, 17, 24, 31 and Nov. 7, 14, 21, 28. Mary Veal, Kula Yoga Shala, leads.

AT THE LIGHTHOUSE

National Public Lands Day Cleanup — Sept. 24. Volunteers are needed to clean up the Jupiter Inlet Lighthouse Outstanding Natural Area. Contact Peter DeWitt at pdewitt@bfl.com, publiclibraryofjupiter.com.

AT MACARTHUR
John D. MacArthur Beach State Park, 7300 N. Nettles Drive, Jupiter Island, North Palm Beach. 776-7449; macarthurbeach.com.


AT THE MALTZ
Maltz Jupiter Theatre, 1031 E. Indiantown Road, Jupiter. 575-2223; jupitertheatre.com.

Single tickets are on sale for these shows: "The Audience" (Oct. 23-Nov. 6); "Me and My Girl" (Nov. 29-Dec. 18); "The Producers" (Jan. 1-29); "Disgraced" (Feb. 12-25); and "Gypsy" (March 21-April 9). Tickets: $56; CurtainCall.org.

AT THE JCC
Mandell JCC, 5221 Hood Road, Palm Beach Gardens. 689-7700; jccjupiter.org.


The Gigantic Garage Sale — 7-11 a.m. Sept. 24. Early admission from 7:30 a.m. is $7. After 10 a.m., admission is $5. For free parking, enter gates 3 or 12. 793-0333; southfloridafaira.com.

Yesteryear Village — Open 10 a.m.- 4 p.m. Tuesday-Saturday; $10 adm. $7 seniors 60+, $7 age 51-64 and free for age 5 and younger. 795-310 or 793-0333.

AT THE SCIENCE CENTER
The South Florida Science Center and Aquarium, 4801 Dreyer Road Park, West Palm Beach. Admission: $15 adults, $11 ages 3 to 13, $8 for age 10 and older. Free for members and children younger than 3, 832-9988; sfsciencecenter.com.


GEMS Club — 5-7 p.m. Sept. 27. Members of Lion Country Safari will speak. $5 in advance, $7 for walk-ins.

LIVE MUSIC
■ Arts Garage — 180 NE First St., Delray Beach. 451-8367; artsgarage.org.

The Colony Hotel — 155 Hampton Ave., Palm Beach. 659-8001 or 655-5430; thecolonyhotelpalmbeach.com.

Motown Fridays with Memory Lane playing everyone’s favorite R&B, Motown, and Top 40 Beaching hits. 60s through today. 9:30 p.m. to 12:30 a.m. Saturday.

Saturday Late Night with the Dawn Marie Duo — 9:30- midnight.

Royal Room Cabaret — Coming Soon.

Cafe Boulud: The Lounge — 9 p.m. Fridays, in the Brazilian Court Hotel, 301 Australian Ave, Palm Beach. Vocalist Cacau Vittori Williams performs an eclectic mix of American, Latin and Caribbean songs. 655-6060; cafeboulud.com/palmbeach.

Camelot Yacht Club — Jazz sessions start at 8 p.m. Tuesdays at Camelot
Yacht Club, 114 S. Narcissus Ave., West Palm Beach. TCHAA! Band performs. 3:18-7:05.

Don Ramon Restaurante Cuba-no & Social Club — Live music Thursdays through Sundays, 7101 S. Dixie Highway, West Palm Beach. 547-8704.

E.R. Bradley’s — 104 Clematis St., West Palm Beach. Friday, Saturday and Sunday 8:30-1:30 a.m. on Tuesday-Saturday; 7:45-3:00; palmbeachcultur-e.com.


The Pelican Café — 412 U.S. 1, Lake Park. 842-7727; thepelicancafe.com.

Vocalist Alexandra Lewis and Giovanni Fazio on piano — 6:30-9:30 p.m. Sundays.

Respectable Street Café — 518 Clematis St., West Palm Beach. 832-9999; Sub-culture.org/respectables.

Through Faculty Fall 2016” — sansontheave.com.

Lake Ave., Lake Worth. 582-3300; artistsoftheave.com.

Artisans On the Ave. — Open 10 a.m.-4 p.m. Wednesday through Sunday. $10 adults, $8 seniors 65+, $7 students, free for members and younger than age 8. 832-5328; ang.org.


Artists On the Ave. — 630 Lake Ave., Lake Worth. 582-3300; artistsoftheave.com.

“Sea You Here” — Forty artists reflect on the wonders of the sea.

“String Fever” — More than 40 artists display their work, which features the art of using heat in various forms. Refreshments. Free.

“BOXED IN-BOXED OUT” — A show by artists who truly think outside the box. Refreshments. Free. 762-8632 or 582-3300.


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


“The Mandel Public Library of West Palm Beach” — in the third Thursday of the month.

The Sunset Lounge Jazz Dinner — 609 Eighth St., Riviera Beach. Weekdays, 10:30-11:30 a.m. Thursdays. Free with valid ID.

Nicholas Payton — The trumpet master plays The Sunset Lounge Jazz Series 6-9 p.m. Sept. 24, at the Lounge, 609 Eighth St., West Palm Beach. Tickets are $20 at Eventbrite.com.

Nicholas Payton — The trumpet master plays The Sunset Lounge Jazz Series 6-9 p.m. Sept. 24, at the Lounge, 609 Eighth St., West Palm Beach. Tickets are $20 at Eventbrite.com.


The 19th annual Members’ Juried Exhibition — 425 24th St., West Palm Beach. 805-9927, Ext. 160; ceceflorida.org.


The Cultural Council of Palm Beach County — 601 Lake Ave., West Palm Beach. Hours 30 a.m.-5 p.m. Tuesday-Saturday, 7:45-2901; palmbeachcultur-e.com.

“Selections from the Armory Art Center” — Through Oct. 29.


Harbourside Place — 200 U. S. 1, Jupiter. 935-9353; harboursideplace.com.

Movies on the Waterfront — 8 p.m. Sept. 23. Film: “Frozen.” Rated PG.

Journey Tribute & Classic Car Show — 6 p.m. Sept. 24, with Highway Run.

NamasDAY — 10 a.m. Sept. 25. Cele-brate National Yoga Month and kickoff AM/Pea Yoga on Sundays at the water-front amphitheater.

Sip, Shop & Support — 5-7 p.m. Sept. 29. Support Loggerhead Marinelife Center while sampling wines throughout the Shops at Harbourside Place. Cost: $20; marinelife.org/harbourside.

Live Music on the Waterfront: "AM|Pea Yoga — First Sunday" — 6:30-7:30 p.m. Sept. 25. Joey Calderio, 3-7 p.m. Sept. 30 — Raquel Renner & the Ramblers, 6-10 p.m.

Jupiter Green & Artisan Market — 10 a.m. to 2 p.m. Sundays, year-round.

Jupiter Green & Artisan Market Mid-Week — 3-7 p.m. Wednesdays, year-round.

The Lighthouse ArtCenter — Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Monday-Friday and 10 a.m.-5 p.m. Sat-urday. Admission is $5 Monday-Friday, free on Saturday and for members and exhibiting artists. 746-3008; Lighthouse-Arts.org.


Third Thursday — 5:30-7:30 p.m. the third Thursday of the month.


Perfect Vodka Amphitheatre — 601 West Palm Beach, westpalmbeachampitheatre.com/events/. Tickets: 800-345-7000 or ticketmaster.com.

Heart, Joan Jett & The Blackhearts, Cheap Trick — They play Sept. 23 at Perfect Vodka. westpalmbeachampitheatre.com/events/ Tickets: 800-345-7000 or ticketmaster.com.

Toby Keith — Sept. 24

Toby Keith — Sept. 24


The Palm Beach Gardens GreenMarket — 9 a.m.-1 p.m. Sundays through Sept. 25, at STORE Self Storage and Wine Storage, 1100 N. Mili-tary Trail, Palm Beach Gardens. 630-1100, or email recinfo@jgbfl.com.


Jupiter Green & Artisan Market at Harbourside Place — 3-7 p.m. Wednesdays at Harbourside Place, 200 U. S. 1, Jupiter. 623-5600 or harrymark-mers.com.

The Palm Beach Gardens GreenMarket — 9 a.m.-1 p.m. Sundays through Sept. 25, at STORE Self Storage and Wine Storage, 1100 N. Mili-tary Trail, Palm Beach Gardens. 630-1100, or email recinfo@jgbfl.com.

Jupiter Green & Artisan Market at Harbourside Place — 10 a.m.-2 p.m. Sundays, 200 E. 18th St. at Broadway, Riviera Beach. 623-5600 or harrymarks.com.

Riviera Beach Marina Village Green & Artisan Market — 10 a.m. to 2 p.m. Saturdays, 200 E. 18th St. at Broadway, Riviera Beach. 623-5600 or harrymarks.com.

The Piano Man — 6:30-7:30 p.m. Sept. 24.

Pilates — 10:30-11:30 a.m. Thurs-days. Bring your own mat. By donation.


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

The 19th annual Members’ Juried Exhibition — Through Oct. 29.

The Palm Beach Zoo & Conser-vation Society — 1001 Summit Blvd., West Palm Beach. Hours: 9 a.m. to 5 p.m. every day. Tickets: $18.99 adults; $16.95 seniors, $12.95 age 3-12, free for younger than 3. 533-0887; palmbeachzoo.org.


Heart, Joan Jett & The Blackhearts, Cheap Trick — They play Sept. 23 at Perfect Vodka. westpalmbeachampitheatre.com/events/ Tickets: 800-345-7000 or ticketmaster.com.

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Jupiter Green & Artisan Market at Harbourside Place — 10 a.m.-2 p.m. Sundays, 200 U. S. 1, along the Intracoastal Waterway in Harbourside Place. 623-5600 or harrymarks.com.

Palm Beach Outlets’ Green Market — 11 a.m. to 4 p.m. every Sunday in Center Court, 1751 Palm Beach Lakes Blvd., West Palm Beach. Don’t miss these two events: The Dress For Success Sale and The Wine and Cheese Fest, both Sept. 30. 515-4400; palmbeachout-lets.com. ■
and wildly different musical styles who have produced albums in 2016 like The Freecoasters’ impressive debut “Show Up” (reggae/soul rock, Fort Myers), Cog Niemiec’s “Twin Stars” EP (electro-pysch pop, Miami), Peyote Coyote’s eponymous EP (psychedelic garage pop, Pompano Beach), and Pleasures’ “F---d Up Dreams From page 1 (psychedelic garage bop, Pompano Beach), and Pleasures’ “F---d Up Dreams (psychedelic garage bop, Pompano Beach), and Pleasures’ “F---d Up Dreams (psychedelic garage bop, Pompano Beach), and Pleasures’ “F---d Up Dreams (psychedelic garage bop, Pompano Beach), and Pleasures’ “F---d Up Dreams (psychedelic garage bop, Pompano Beac… Chad Missal (drums) and Rick Lombama (keys). Not pictured: David Boyko (organ, keys).)

Many bands are finding their voice, working to establish a following in their hometown or juggling day jobs while scheduling weekend tours that crisscross the state at a relatively well-known but still somewhat “underground” network of venues that privilege original music over cover bands — established destinations such as the legendary Respectable Street in West Palm Beach and Rack ‘em Spirits & Times (formerly Rack ‘em Billiards) in Cape Coral. They are also hosted, if not especially well paid, by a growing number of brewer-ies, galleries, music festivals, and up-and-coming arts districts. The vast majority of these musicians are on the Art + Love team more than the Money + Power team, as novelist Jay McInerney coined it; they will be creating songs no matter what and buying their album or paying a cover charge often just allows them to record more music and continue to tour.

Late on an August night after The Freecoasters finished a set at Nice Guys in Cape Coral, their newest member, 22-year-old Englewood resident and keyboardist Rick Lombama, said over the noise of the bar, “The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for the noise of the bar, ‘The music’s the core of the matter. If we tried to do it for…”

Still, it is possible for hardworking DIY bands to e-established playing original music in Florida and to a smaller extent selling albums and merchandise. “Yes, you can, but you have to be dedi-cated and do your homework and find the venues that cater to that,” said 43-year-old Florida music veteran Michele Woof-ter, who has played accordion with the Americana folk band Lonobatchee Sinners Union and more recently started a new experimental metal band, Koffin Varnish, with her husband.

The Freecoasters’ 32-year-old lead singer and guitarist Claire Liparulo will book shows months in advance to secure gigs at some of the band’s favorite venues. “Telling your family to schedule you three months out into your life is really tough,” she said. “You can tell your job that, but telling your niece or nephew that’s why you’re not at their birthday party, they don’t get it.”

Mr. DeMayo is now guitarist and lead vocalist for his latest band, the ska-punk group Bagman Bin Heroes, and co-founder of 229-FEST, with some two dozen bands (including his band and The Freecoasters) coming to Rack’ems in the Cape on October 8.

Spotify, ITunes and other music ser-vices’ algorithms work surprisingly well to make suggestions based on your tastes, but they won’t necessarily connect you to most of the bands mentioned in this article.

Neighborhood record stores such as Beach Records and Joe’s Record Exchange, both in Fort Myers, sell music from local bands and offer a wealth of knowledge about them. Owner Joe Honeycutt has followed the punk and alt-rock scene in Fort Myers (and for a while in Boston) for decades.

“There’s always been a little group of artsy bohemian types,” he said of Fort Myers, “even before I got here.”

And the growth of schools such as Florida Gulf Coast University and Florida SouthWestern State College has helped supply the area with talent and a wider audience.

“I think now there’s a younger presence than ever before, which is a good thing. This is the most happening I can remem-ber downtown (Fort Myers) ever being.”

On the southeast coast, three Florida Atlantic University music students and friends formed Peyote Coyote about a year ago (sort of like a cross between Tame Impala, The Flaming Lips and The Beatles). The trio is made up of Jake Stu-art, 22, on bass; Cari Gee, 24, drums; and Ryan Huseman, 23, guitar and lead vocals. The band also formed a music collec-tive called The Infinite Channel. Each week it posts new live videos of some of their favorite South Florida bands playing in one of their living rooms (at theinfinitychannel.com) and on YouTube.

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Mr. DeMayo is now guitarist and lead vocalist for his latest band, the ska-punk group Bagman Bin Heroes, and co-founder of 229-FEST, with some two dozen bands (including his band and The Freecoasters) coming to Rack’ems in the Cape on October 8.

Spotify, ITunes and other music ser-vices’ algorithms work surprisingly well to make suggestions based on your tastes, but they won’t necessarily connect you to most of the bands mentioned in this article.

Neighborhood record stores such as Beach Records and Joe’s Record Exchange, both in Fort Myers, sell music from local bands and offer a wealth of knowledge about them. Owner Joe Honeycutt has followed the punk and alt-rock scene in Fort Myers (and for a while in Boston) for decades.

“There’s always been a little group of artsy bohemian types,” he said of Fort Myers, “even before I got here.”

And the growth of schools such as Florida Gulf Coast University and Florida SouthWestern State College has helped supply the area with talent and a wider audience.

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LORDIA HAS A DISCONTINUED PATCHWORK of rock bands, venues and fans that sprawl like suburbia, ebbing and flowing with the years and styles and the state's transient population and pooling at places like Howl Gallery & Tattoos in Fort Myers, its own intersection of art, beer and music.

"There's an energy that changes every few years," said Mr. Rullman.

They pool at urban arts districts such as Wynwood, the Miami neighborhood where the massive III Points music festival will be held Oct. 6-8 and in up-and-coming Northwood Village in West Palm Beach on Sept. 17. Bands included the headliner, Stargazer with the lyric "your music holds out where to stand while the folk guitarist...

Evan Williams / Florida Weekly

Singer-songwriter Kyle Anne Duggan. PurenHoney Magazine publisher Steev Rullman and Bohemia AG owner Paul Klov

RECOMMENDED ALBUMS BY SOUTH FLORIDA BANDS

The Freecasters, "Show Up" (2016)

This Fort Myers eight-piece band surges with a big soulful sound and beats as lazy as swaying palm trees with well-written lyrics, making "Show Up" a cohesive, satisfying listen from start to finish. Lead singer Claire Liparulo has a powerful voice but doesn't overplay her hand, bringing a wide range of emotions to 12 songs that gel into a story about escaping small towns, a roadtrip through Arizona, hard work, friendship, love and desire.

Although Ms. Liparulo wrote much of the lyrics, the album was recorded as a fully collaborative process in a relatively short period of time.

"Because we wrote the album so fast, I think that had a band in creating the cohesive feel of (the songs)," she explained. "Because when you write them all within four months of each other they're all going to be related to the feelings and experiences you're having at that time in your life. I think. I could be wrong but I sometimes think it's a mistake when people go into the studio and they write an album over the course of a year, it can feel very disjointed."

Look for "Show Up" on vinyl soon, as well.

"Vinyl's really important to us because we recorded the album," Ms. Liparulo said. "We did it on tape. We wanted a really warm classic old school sound like you would have gotten at Studio One in Jamaica."

Listen: thefreecasters.bandcamp.com


These Miami rock 'n' roll veterans are exponentially larger than the sum of their two parts, unloading a chill, spacy sound awash in experts manipulated electronics that will hopefully be among the first sounds aliens hear from Earth. Their third album, "Twin Stars," should thrill fans and gain them new ones.

Listen: cognomemusic.com


Writes Tom Moffatt in PureHoney Magazine, the trio of FAU music students falls under the category of shoegaze but "shoegazers more towards the psychelaia rather than jazzy folk ... more washed out beach day than late nights spent writing poetry in your bedroom while tripping." Exactly.

Listen: thepeyotecoyote.bandcamp.com

Exploding Pages, "Alabama Chrome" (2015)

The Lee County five-piece band's easy harmonies, unassuming eclectrical creativity and no-big-deal delivery of lead singer Mike Cusden deliver a jangly yet polished country-tinged indie rock record with campy, beachy ideal.

Listen: explodingpages.bandcamp.com

Pleasures, "F---d Up Dreams Come True" (2016)

Sarasota singer Katherine Kelly's cool-spooky vocals are entrancing and the blunted poeitic lyrics and the bands' heavy but melodic psych-rock atmospheres make for one of the most interesting records of the year.

Listen: pleasuresbandcamp.bandcamp.com

Chaucer, "Diamond Dogs - A Fanciful Romp Into the Civil War Themed Wine Cellar of Chaucer's A-Material" (2016)

"According to records, punk died in 1979," reads a review in PureHoney. "Turns out it was cryogenically frozen and resurrected in the West Palm Beach studio of Joshua Simkowitz." Aka, Chaucer. The resuscitated version is better: funnier, smarter, not as loud or mean but even noisier than its '70s self.

Listen: mynameischaucerbandcamp.com

Bargain Bin Heroes, "Bargain Bin Heroes" (2015)

This Florida punk-ska outfit can rip through a set like a dirty old T-shirt; the band is fun to see live. Fortunately, its latest self-titled offering of six songs captures a lot of that energy on disc. Turn it up loud and stick your head right up your speaker.

Listen: bargainbinheroes.bandcamp.com

Kyle Anne Duggan, "The Florida EP" (2016)

The title track, "Florida," is an autobiographical examination of a character's conflicted feelings about returning home from New England to Southwest Florida, and the beauty and pitfalls of both areas, with searingly honest lyrics and lovely bluegrass-influected guitar: "New England broke my heart, so I decided to depart/ To where a drinking habit's cheap, and all the liars and the creeps/Are the company I keep."

Listen: kyleanneduggan.com

Koffin Kavarsh

This four-piece experimental psychedelic metal band includes South Music industry veterans and husband and wife musicians Marvin Ray Hawkins (guitar and vocals) and Michele Woofier (keys). Watch for a new album coming near the beginning of next year and for live shows.

Listen: reverbnation.com/koffinvarnish

Chris Farren, "Can't Die." (2016)

Chris Farren grew up in Naples and gained a following with his emo-pogo punk band Fake Problems. Three months ago, after touring, he moved to Los Angeles, where he lives with his wife and continues to pursue a music career with his just released album released under his own name, "Can't Die." Think of The Promise Ring or Sunny Day Real Estate.

Listen: chrisfarren.bandcamp.com
“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.

The Woodhouse Day Spa Opening

The Blend Bistro
The Cheesecake Factory
Dirty Martini
Fro-Yotopia
Grimaldi’s Coal Brick-Oven Pizzeria
It’Sugar
MJ’s BistroBar
Paris in Town Le Bistro
Sloans Ice Cream
The Spice & Tea Exchange
Texas de Brazil
TooJay’s
Yard House
Whole Foods Market

Movie Night at Downtown Park

Pretty in Pink

Saturday, October 1st, 6:30-9pm

Grab your blankets, wear pink and enjoy a movie night in the park at Downtown, featuring the 1986 Classic, “Pretty in Pink”.

FREE EVENT • MUSIC • CONCESSIONS
FUNdraising to move us closer to a world free of breast cancer.

Downtown at the Gardens

Come to Downtown at the Gardens and enjoy a movie night in the park. Whether happy hour with friends, a date or dinner with the family, we’re sure you’ll love it.

Downtown at the Gardens

Over 2400 FREE Parking Spots
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SOCIETY

House in Palm Beach Gardens

1. Diana Lewis and Megan Fortney
2. Geri Meenaghan, Jessica Wojtanowski and Jenn Molle
3. Shelly Gilmore and Eric Simmons
4. Kathleen Ahern and Regan Torpey
5. Bella Jean Baptise and Kristen Gac
6. Rena Veitch, Lacey Ivanovic, Jessica Wojtanowski, Louise Macht and Steven Macht
7. Lindsay John, Cindy Childers and Alison Dettling
8. Diane Smith, Jessica Wojtanowski and LesAnn Toth

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

At the Gardens for dining, drinks or both. We got the perfect menu to suit your inner foodie. Gardens. All tastes for all people.
BY CINDY PIERCE

Independent film aficionados around the world will be the judges for the 19th annual Manhattan Short Film Festival when the competition’s 10 finalists are screened at hundreds of movie theaters, galleries, museums and universities between Sept. 23 and Oct. 2.

All moviegoers receive a ballot when they arrive. After viewing the 10 finalists (total screening time approximately 130 minutes), they vote for their favorite. Staff at each venue tally the votes and notify Manhattan Short headquarters in New York City. The winning film will be announced Sunday, Oct. 3, on manhattanshort.com.

Neither a touring nor traveling film festival, Manhattan Short (subtitled “One World, One Week, One Festival”) is “the world’s first global film festival.” Founding director Nicholas Mason says it is the first film festival to ever take place in all 50 states. On the website, he outlines its history:

In September 1998, he projected 16 short films on a screen affixed to the side of a truck on Mulberry Street in New York City. Before an audience of about 300 New Yorkers, the Manhattan Short Film Festival was born. It moved to Union Square Park the next year. Aside from celebrity judges including Susan Sarandon, Eric Stoltz, Laura Linney, Roger Corman and Tim Robbins, it remained “a pretty low-key event,” Mr. Mason says. The 2001 festival was scheduled for Sept. 23, just 12 days after the terror attacks on the World Trade Center. In the aftermath of the attacks, Union Square Park had become a shrine, a place where people gathered to grieve the loss of loved ones. Satellite trucks surrounded the park, broadcasting news from Ground Zero.

Mr. Mason recalls that officials from the New York City Parks Department urged him, no matter what, to proceed with Manhattan Short as scheduled.

“We did,” he says, “and the festival received a lot of attention in the global media. A direct result from this was, the following year we received double the amount of film entries than we had in previous years.”

By 2004, the festival had morphed into DVDs of the finalists being screened in seven U.S. cities over the course of one week in September. It was the first year that voting was handed over to the audience.

“The ‘you be the judge’ concept was a huge success,” Mr. Mason says. For 2005, 72 art house cinemas in 32 states screened the finalists. The next year, about two dozen cinemas in Europe joined the effort.

“I have become a firm believer that it’s the public that creates stars,” Mr. Mason says. “It is a film, a tune, a book, a new game, whatever. ... Get it out to the public, get it in the right place, the right forum, and the public will transform it and take it to a place one would never have imagined.”

This year’s finalists were selected from among 600 entries from filmmak- ers in 48 countries.

Total viewing time for the 2016 Manhattan Short Film Festival is 2 hours, 20 minutes. Here’s a brief description of each film in the running:

■ “Bravoman” (Russia, 18 minutes, 25 seconds) – Andrey is paid to rouse theatergoers from their seats, a job that turns him into a cynic until he meets a woman whose appreciation of the stage brings tears to his eyes.

■ “Carousel” (England, 6 minutes) – A man doles out a torrent of accumulated wisdom to a teen with unappreciative cellists.

■ “Ella Gets a Promotion!” (USA, 9 minutes) – A talented and loyal employee, finally gets the promotion she deserves. Or does she? A humorous look at duplicacious behavior in today’s corporate America.

■ “Gorilla” (France, 14 minutes, 5 seconds) – In 1952 Hollywood, Henry Correa performs as a costumed gorilla in the horror and adventure movies. For “Jungle Jena,” he must terrorize the lead actress (total screening time approximately 9 minutes). By 2004, the festival had morphed into DVDs of the finalists being screened in seven U.S. cities over the course of one week in September. It was the first year that voting was handed over to the audience.

■ “Hold On” (Netherlands, 20 minutes) – A talented young artist suddenly develops stage fright after a string breaks during an important performance.

■ “I Am A Pencil” (Australia, 5 minutes, 40 seconds) – Freedom of expression is the star of this animated film inspired by the 3 million people who marched in protest on Jan. 20, 2017, three days after the Charlie Hebdo massacre in France.

■ “Kaputt” (Germany, 7 minutes) – This animated documentary about Hoheneck, the main prison for women in former East Germany, includes the voices of two former inmates.

■ “Time limit” (Australia, 9 minutes) – It’s getting late on a Friday night and Ralph is keen to get out of the office, but the boss won’t let him. No big deal, right? It’s just that the full moon is rising and Ralph is a werewolf.

■ “The Last Journey of the Enigmatic Paul W.R.” (France, 12 minutes, 35 seconds) Mankind’s only hope of salvation rests upon the shoulders of the enigmatic Paul W.R., the most talented astronaut of his generation. Mysteriously, a few hours before the mission launch, Paul disappears.

■ “The Tunnel” (Norway, 12 minutes, 30 seconds) – A family returning by car from holiday is stuck in a traffic jam that might put a permanent end to their trip, courtesy of the government.

The 19th annual Manhattan Short Film Festival

■ What: 10 independent short films, with moviegoers voting on their favorite

■ Movies of Lakes Worth: 7:30 p.m. Sept. 25 and 4 p.m. Sept. 29.

■ Movies of Delray: 7:30 p.m. Sept. 26 and noon Sept. 28.

■ Sneak peek: Trailers for the finalists and interviews with the filmmaker are at manhattanshort.com.

Puzzles

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By Linda Thistle

HOROSCOPES

VIRGO (August 23 to September 22) Venus offers encouragement to romance-seeking Virgos who are ready to get up, get out and meet more people, one of whom could be that long-sought soul mate.

LIBRA (September 23 to October 22) An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from which to make your argument.

SCORPIO (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.

SAGITTARIUS (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal.

CAPRICORN (December 22 to January 19) Relationships could be either helpful or hurtful as you pursue your career goals. You might have to make some difficult choices depending on what your priorities are.

AQUARIUS (January 20 to February 18) You might still have some doubts about a career move that could involve a lot of travel. If so, continue to check things out until you feel secure about making a decision.

PIECES (February 19 to March 20) Love rules, as Venus continues to exercise her cosmic influence on both single and attached Pisces. New developments might cause you to change your travel plans.

ARIES (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention.

TAURUS (April 20 to May 20) It’s a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday world ready for the next challenge.

GEMINI (May 21 to June 20) With your planetary ruler, Mercury, going retrograde, you might want to slow down the pace in pursuing some of your projects. Rushing things could be counterproductive.

CANCER (June 21 to July 22) Tensions begin to ease in those once-testy relationships. This helps create a more positive aspect all around. Expect to hear news that could lead you to rethink a recent decision.

LEO (July 23 to August 22) The pace of activity that had slowed last week now begins to pick up. This is good news for Leos and Leonas who have career-building plans that need to be put into operation.

BORN THIS WEEK: You often think of others before you consider your own needs. You enjoy helping people and would make a fine teacher or caregiver.

Difficulty level:

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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333 U.S. Highway One, Lake Park (Between Northlake & Blue Heron Blvd)

561.845.9688

By Linda Thistle

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ARTIST

From page 1

wants to achieve.

“In a blink of an eye, the art illumina-
tes the object and raises the viewers' con-
sciousness and field of vision,” she says. “Mindful observation alters the
subject that is seen and transforms the
see, never to be the same.”

While many of the exhibition’s paint-
ings by the Pompano Beach-based artist are from the Broadway area, there also are
images of beach scenes, palm trees and
European locations.

Originally from Pittsburgh, Ms. Ono-
frey earned a master’s degree in paint-
ing from Savannah College of Art and
Design. She is a member of the Oil
Painters of America; her work has been
exhibited widely and is in private and
public collections.

The quality of her work reflects the
quality of the Gar-
densArt program,
which has been
honored three times
with The Dorothy
Mullen National
Arts and Humani-
ties Award by the
National Recreation
and Park Associa-
tion. Palm Beach Gardens artist, arts
activist and graphic designer Caren
Hackman created GardensArt in 1989.

“In 1988, I began teaching art classes
and supervising the art education pro-
grams at the community center. During
that time I also served as a volunteer
on the City’s Art Advisory Committee,”
Ms. Hackman says. “I became acutely
aware of the importance that art has in
society. Placing art in public locations
offers residents an opportunity to view
and interact with art every day.”

As there was no such program in the
city, Ms. Hackman researched programs
throughout the United States for guid-
anance to the success of
education (CCE). The exhibit installa-
tion told the story of CCE artists work-
ing to Lucy M.F. Kes-
having artists the exposure they need in
for our residents. At the same time, it
has had a very positive effect. "Bring-
ing rotating art programming to the
public is very educational and enjoyable
for our residents. At the same time, it
gives artists the exposure they need in
a safe and respectful environment. Such
a win/win!"

Ms. Hackman adds, “The presence of
cultural and creative pursuits gener-
ally indicates the health of a society. Art
serves as a vehicle for expression, com-
munication and memory making.”

“Early Reflections”

artist Caspar McCloud’s paintings and
a presentation by a Florida historian
and storyteller,” Ms. Hackman recalls.
“Rules of bay were used for seating and
ambiance. Judge (Nelson) Bailey arrived
around the rear of the Community Cen-
ter on horseback, cracking a whip. He
held the audiences rapt attention for
close to an hour about the history of
working horses in Florida.”

Events and pro-
gramming are cru-
ical to the success of
GardensArt, accord-
ing to Lucy M.F. Kes-
havaz, who served as coordinator from
1995 to 1999.

“One of my favor-
ite exhibits featured
the artists with The
Center For Creative
Education (CCE). The exhibit installa-
tion told the story of CCE artists work-
ing with teachers to use the arts to teach
the core subjects of English, math, sci-
ence and history,” Ms. Keshavarz says.
“The reception included CCE visual
and performing artists making art, danc-
ing and mingling with the public — it was
so much fun. City staff that managed
events thought it would be a great idea
to have the music events at the same
time: ‘An Evening of Art and Music in
the Gardens’ began. This opened up
many opportunities for interactive pro-
gramming.”

Since 1999, GardensArt has been
coordinated by Amy Stepper, recreation
supervisor for the city.

“There are two venues available for
exhibitions, our premier space is in
the city hall, which has a new hanging
system and lighting,” Ms. Stepper says.
“Solo artists can show as many as 25 to
50 pieces at the same time, which makes
it a unique opportunity for artists.”

The city hall exhibits include artists
who are professional and have estab-
lished careers or emerging artists of note,
while the Burns Road Community Center
usually features residents of the city. To
exhibit, artists can apply online at pbgfl.
com/276/GardensArt or email astepper@
pbgfl.com. A committee meets monthly
to review work. No nudes or anything
controversial or of a religious nature
will be considered. Submissions are limited
to two-dimensional work, unless the work
can be suspended from the wall cables.

“The exhibitions are featured in our
color brochures and newsletters, and on
our website as a slideshow;” Ms. Step-
per says.

Ms. Keshavarz, now president of Art
& Culture Group Inc., says the program
has had a very positive effect. "Bring-
ning rotating art programming to the
public is very educational and enjoyable
for our residents. At the same time, it
gives artists the exposure they need in
a safe and respectful environment. Such
a win/win!"

“On the Town”

“Under the Bridge”

“Early Reflections”

“On the Town”

“Under the Bridge”
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 Maia Sharp. Don’t miss rising Nashville stars Parmalee and Maren Morris at this third annual music festival spanning 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
The Okeechobee Steakhouse is approaching its 70th birthday, so the owners decided the old gal needed a spruce-up.

“We start our 70th year in October,” said Mike Lewis, the third generation of the family who owns it. He’s the manager and is overseeing a number of renovations.

“We just recently remodeled the entire bar-lounge area. Upgraded the bar and seats. It’s very nostalgic: We went back to the original wood ceiling in the lounge area. It looks totally different,” he said.

They also completed part of an expansion, adding what he calls a bourbon room. “We started with an addition on the side. As it grew, it kind of evolved into a private club room.”

It will seat 28 and a number of top-shelf bourbons, more than 20, he said, will be on a list there. They will include Mr. Lewis’s two favorites, Woodford Reserve, and Charles Goodnight, a 100-proof bourbon named for a character who inspired the novel, “Lonesome Dove.” The Pappy Van Winkle reserve, an almost cult bourbon, is also planned to be on the list.

To celebrate the opening of the room, a six-course bourbon pairing dinner is planned. B. Tickets are $50 by reservation at the restaurant.

“We may have another one — that’s always a big demand for it,” Mr. Lewis said.

Meanwhile, bourbon casks and much needed wood were added to the décor for the bourbon room, and a second, adjacent private room seating 12, dubbed the men’s room, is underway.

“It will be more feminine if you will, with a Rat Pack era feel,” he said.

The rooms will be kept classic — a needed basis, which could be daily in season.

Despite ups and downs in economy and health fads, there’s no let-up in steakhouse diners, he said. “We’re still extremely busy.”

Okeechobee Steakhouse, 2854 Okeechobee Blvd., West Palm Beach, 683-5196 or visit Norton.org.

Food and drink is available from vendors Potion in Motion. Their website, feastofthesea.com, has their website, feastofthesea.com, has its third year to the downtown West Palm Beach waterfront Oct. 22, with dozens of seafood vendors and a chef’s seafood coksshell. It benefits the Els for Autism Foundation. Website, feastofthesea.com, has all the info…. Feast of Little Italy will serve up the red sauce stuff during the annual Abacoa event Nov. 4-6. Info on that is at feastoflittleitaly.com…. Get your shopping bags ready. Green mar- kets open Oct. 1 — watch for our story on those next week…. It’s not too late to take advantage of the summer discounts offered through Flavor Palm Beach at area restaurants. The special menus for lunches and dinners end Sept. 30. Go to flavorpalmbeach.com to see the partici- pating restaurants and menus.

**PUZZLE ANSWERS**

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7 2 8 9 6 5 4 3
3 5 6 1 2 4 7 9 8
9 8 4 3 5 7 1 6 2
6 3 8 7 1 9 2 5 4
4 7 5 2 3 8 6 1 9
2 1 9 4 6 5 3 8 7
8 4 3 5 7 1 9 2 6
5 9 2 6 8 3 4 7 1
1 6 7 9 4 2 8 3 5
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Brian Stevenson, executive chef at the newly opened City Tap House, a gastropub in CityPlace, discovered his passion for cooking in a surprising place — a hospital.

After serving in the Marine Corps, Chef Stevenson returned to Chicago, his hometown, to be closer to his mom, a nurse. She helped him get a job in the hospital where she worked.

“I was plating up meals for patients and then one day one of the cooks didn’t show up and I was asked to fill in,” Chef Stevenson says. “I fell in love with it.”

His boss at the hospital was an old German woman who had been a cook for more than 40 years, he says. She became his mentor and his inspiration.

“I looked at her and thought ‘I want to do that,’” he says. “She taught me so much.” Chef Stevenson says he owes his whole career to her. He went on to school and take advantage of his GI Bill.

So after his first mentor taught him everything he could, he went on to study at Triton College Culinary program in Northwest Chicago.

After graduation, he joined Grand Lux Café and helped open restaurants in Chicago, New York and Las Vegas before settling in South Florida. For 15 years, Chef Stevenson sharpened his skills as a corporate chef charged with opening restaurants, including branches of the Cheesecake Factory, Landry’s Restaurant Group and Brio Restaurant Group.

City Tap offers regional cuisine and craft brews from local breweries and our favorites from around the world.


A big fan of breakfast and brunch, Chef Stevenson, who lives in Delray Beach, has found a home at City Tap, which launched a brunch he says is far better than what he’s had else where.

“The dishes here are as good as any I’ve seen in any high end restaurant,” he says. “I love the atmosphere here.”

Chef Stevenson was in charge of opening several restaurants where food quality and service is an absolute must. It should never be taken for granted and is something we work very hard for each and every day. I believe when you have that culture you have something special.

Cuisine: American upscale casual with French technique.

Culinary training: Triton College Culinary program in Northwest Chicago; Wydham Hotels; The Mansion on Turtle Creek and the Landmark Restaurant in Dallas; Naga Valley Grille Chicago; and Cheesecake Factory/Grand Lux Café.

Favorite footnote in the kitchen: Leather Dansko Clogs — They are the best!

Advice to someone who wants to be a chef: Take it seriously from the beginning. Don’t be afraid to take chances with food. Search out your favorite chefs and try to work for them for at least a year. Leave on great terms and do it again and keep doing it till you have your own niche. Give it everything you have every shift you are in the kitchen. Become a better cook every day — treat the craft with respect. Teach to the younger cooks coming up in the ranks. Be responsible, and most important: Taste your food! If it doesn’t taste great it probably is not great — re-make it.

Here is a trio of places offering special prix fixe menus through Flavor Palm Beach, which wraps at the end of the month. More restaurants are listed at florpb.com.

1 CAfé Chardonnay
4533 PGA Blvd., Palm Beach Gardens; 627-2662 or cafechardonnay.com.

If you haven’t visited the Café Chardonnay near 30 years ago and remember it as the best! Then you need to pay its visit again. Its name is Italian for the god of the sky, and Italy is at the heart of its menu. Before you dine from the Prix Fixe Menu, order a glass of red wine to enjoy. The menu shows the best of its kind.

2 Jové Kitchen and Bar
4533 PGA Blvd., Palm Beach Gardens; 627-2662 or cafechardonnay.com.

The terrace at Jové Kitchen and Bar.

A trio worth noting:

Scott’s Three for Flavor Palm Beach restaurants

1. Café Chardonnay
2. Jové Kitchen and Bar
3. Barolo Ristorante

Scott Simmons
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Largest Estate Lot on the Champion Golf Course | 1.47 Acres | $6.95M
3 Contiguous 1 Acre Lots on the Golf Course | From $2.7M

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Views of 8th Hole | 5BR/5.2BA | 5,479 SF | $3.149M

**OCEANFRONT, JUNO BEACH**
Largest Condo Avail in Juno Beach | 3,995 SF | $1.95M

**SAN MICHELE, PBG**
1 Story w/ Pool | Cul-de-Sac | 4BR/5.1BA | 4,043 SF | $1.25M

**FRENCHMAN’S CREEK, PBG**
1-Story Lakefront Villa | 4BR/3BA | 3,207 SF | $1.249M

**SAN MICHELE, PBG**
Gated Community | 6BR/6.1BA | 4,826 SF | $1.179M

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

**VERSAILLES, WELLINGTON**
Estate Home, Lake Views | 6BR/5.1BA | 4,079 SF | $649,000

**N. CYPRESS DR, TEQUESTA**
Custom Pool Home, Impact Glass | 3BR/3BA | 2,082 SF | $479,000

**DUNES TOWERS, SINGER ISLAND**
Ocean & Intracoastal Views | 2BR/2BA | 1,330 SF | From $275,000

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