Jupiter Medical receives $5 million gift

The hospital also has recruited Jennifer Buczyner, MD, a board-certified neurologist, as the medical director to lead the stroke program. “This gift, along with the arrival of Dr. Jennifer Buczyner as the medical director of the stroke program, not only allows us to see more complex neurological cases, but puts Jupiter Medical Center on a trajectory to becoming a Comprehensive Stroke Center by the end of 2018,” Liv Vesely, president of Jupiter Medical Center Foundation, said in a statement.

Dr. Buczyner completed her neurophysiology fellowship at Emory University in Atlanta, where she also treated patients while on the faculty at Emory University’s Department of Neurology.

“I am thrilled to lead Jupiter Medical Center’s stroke program into a Comprehensive Stroke Center status,” Dr. Buczyner said in a statement. “We are so appreciative of the support of the community that makes travel to the medical center possible.”

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Every so often a baseball player hits a late-innings homer, a football player scores a fourth-quarter touchdown with a breakaway run, or a basketball player hits a three-pointer at the buzzer, winning the game. Those moments result in either great joy or deep sorrow for a multitude — for fans who break into wild cheering and celebration, or for fans who sag and groan in despair.

That’s the nature of the game.

Writing columns is like that, too. Every so often a writer presents an opinion strongly and clearly enough to garner both wild cheers and groans of despair and disapproval.

For columnists, such reader reaction is the lifeblood of the business. Why? When people read and then speak their minds all of us are better for it.

Among other things reading is a form of seeing and of leading. Thus the reading community is essential to the survival and progress of American society. Readers inevitably look beyond their own horizons to make decisions about their own lives — but also those of others.

They do that in part by voting. My guess is nearly all voters read. A columnist starts with a body of facts — Donald Trump is president, Roy Moore is from Alabama, the unemployment rate in Florida was 3.6 percent in October, Gov. Rick Scott spent $78 million of his own money to win the 2000 senatorial race by Li percent, Florida’s Everglades are dying, 19 women have accused the president of sexual misconduct.

Those are facts. No fair-minded reader disputes them. Every good columnist begins with them.

Then the columnist offers a measured opinion about those facts and signs it — at Florida Weekly, as Roger Williams or Stephanie Davis or the paper’s late great Bill Cornwell, who won first place in 2016 from the Florida Society of Professional Journalists for his brilliant cheer or-groan commentaries in our paper.

All of us do it that way, including Rich Lowry, editor of the National Review, commentator for Fox News, writer for Politico and the syndicated conservative voice whose opinions also appear in our pages each week; he starts with facts and thinks them through before offering opinions.

Mr. Lowry’s opinions are ridiculous, of course, but that’s just my opinion. I welcome them. I’m glad to see them. And I know he develops them from a body of facts, from reading, and from his own living experience, just as I do. Donald Trump is president, Roy Moore is from Alabama, and so on.

Although I complain about Mr. Lowry, I’d be horrified if my editors removed his voice from our paper without replacing it with someone of roughly similar foolishness. Sorry, roughly similar outlook.

Such opinions from any columnist — the left wingers, the right wingers or the Buffalo wingers, as the Politico writer and author Michael Grunwald characterizes the scene — are not part of the rest of the paper. And they are not necessarily the opinions of the paper’s owners when they come tagged with individual bylines such as mine or Mr. Lowry’s.

Most of the paper, however, is not opinion. The great bulk of a decent daily or weekly is even-handed reporting: the analysis of issues, the reporting of news, of business, the arts, real estate or food and wine, for example. Those represent the other side, the primary obligation of any good paper.

And ours has become very good indeed. Florida Weekly can offer readers both fine reporting and writing, and analysis of issues, the reporting of news, of business, the arts, real estate or food and wine, for example. Those represent the other side, the primary obligation of any good paper.

And ours has become very good indeed. Florida Weekly can offer readers both fine reporting and writing, and a strong and diverse body of reasoned and thoughtful opinions about the issues of the day.

I mention all this because the notions of nearly everything. That takes some courage, some willingness to suffer discomfort by looking beyond your own horizon. Such a particularly American virtue is exactly what we aim to inspire here in our opinion section at Florida Weekly — and I think I’d be horrified if my editors removed his voice from the paper or its owners in that regard.

So now let me avoid hypocrisy by thanking my critics. By making myself a cup of tea. And by forcing myself — again — to turn to Rich Lowry’s column.

In it, I said people who abhor Donald Trump could become Canadians if Prime Minister Justin Trudeau would adopt them in place, and everybody else could move to Alabama and secede.

I particularly admired the critics of that notion, some of whom apparently read my inflammatory piece without reading it.

“I do not read your paper. I even caution others not to read it. It is because your opinions (stink) — one writer responded.

Others insisted people should quit supporting Florida Weekly altogether.

While some readers offered praise, which I always welcome with pleasure and gratitude, I admired the angry critics the most.

Here’s why: It’s much easier to read the thinking and writing of those who confirm your own opinions and biases, than to read the opinions of those who question your own notions of nearly everything.

That takes some courage, some willingness to suffer discomfort by looking beyond your own horizon. Such a particularly American virtue is exactly what we aim to inspire here in our opinion section at Florida Weekly — and I think I’d be horrified if my editors removed his voice from the paper or its owners in that regard.

So now let me avoid hypocrisy by thanking my critics. By making myself a cup of tea. And by forcing myself — again — to turn to Rich Lowry’s column.

And reading it.

If it’s too offensive, after all, I can just add bourbon to the tea and belt it all down in a single heady gulp.
Hands-Only CPR Class*
Tuesday, December 19, @ 6:30-7:30 p.m.
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 has teamed up with Palm Beach Gardens Fire Rescue to provide free monthly CPR classes for the community. Classes will be held at Fire Station 1. Local EMS will give a hands-only, CPR demonstration and go over Automated External Defibrillator (AED) use. Participants will have the opportunity to practice their new skills using CPR manikins.

*Certification will not be provided
Please call 855.387.5864 to make a reservation

FREE Community Chair Yoga Class
Class taught by Sara Chambers, RN, BSN, CYT

Please choose one class option:
Wednesday, December 6 or Wednesday, December 20, 6-7 p.m.
Palm Beach Gardens Medical Center  //  Classroom 4

Palm Beach Gardens Medical Center now offers a chair yoga class for the community. The class will be taught by the assistant nurse manager of cardiac rehab, Sara Chambers, who is also a certified yoga instructor. Using the same techniques as traditional yoga, the class is modified to allow for gentle stretching, designed to help participants strengthen their muscles and work on their balance.

Please call 855.387.5864 to make a reservation

Smoking Cessation Classes
PBGMC (3360 Burns Road, PBG FL 33410)  //  Classroom 3

Palm Beach Gardens Medical Center is teaming up with the Area Health Education Center to provide education on the health effects related to tobacco use, the benefits of quitting and what to expect when quitting. A trained Tobacco Cessation Specialist guides participants as they identify triggers and withdrawal symptoms and brainstorm ways to cope with them.

The class is delivered over six, one-hour sessions, from 5:30-6:30 p.m.
- Wednesday, December 6th
- Wednesday, December 13th
- Wednesday, December 20th
- Wednesday, January 3rd
- Wednesday, January 10th
- Wednesday, January 17th

Please call 855.387.5864 to make a reservation

FREE Community Screenings

Osteoporosis Screenings (for women only)
Thursday, December 21 @ 9am-1pm
Outpatient Entrance

Please call 855.387.5864 to make a reservation

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

Fracking not worth the risk in Florida

BY JOHN HALL AND JOHN HUSHON

The Florida Legislature is currently considering Senate Bill 237 which could determine the future of well stimulation treatments—hydraulic fracturing and other similar techniques—in Florida. As veterans of the oil and gas industry and the beneficiaries of the superb environmental conditions of South Florida, we support a ban.

To remind us all, fracking is an extraction technology that employs large amounts of freshwater and a “cocktail” of toxic chemicals, to extract oil and gas. South Florida has encountered numerous droughts and “water emergency” in the last few years and our population continues to grow. We can’t risk inadequate water supplies or contamination from the chemicals.

The subsoil conditions in Florida strongly suggest that migration of toxicity to aquifers is a substantial risk even if there are no “accidents” or “spills”—yet national data suggests that more than 10 percent of all fracking procedures result in spills. And, national data also suggests that well water drawn from within one mile of a fracking well contains above acceptable toxicity. We simply cannot risk this.

In addition, tourism and development of home sites to attract new residents are two of our largest businesses. Pollution of the Everglades or even a temporary concern about water contamination could do great harm to our economy for a long time.

The president of the United States wakes up some mornings seemingly determined to convince as many people as possible that he’s unsuited to high office. Fortunately for him, he has a Twitter account allowing him to set on this impulse immediately and without any filter.

Trump recently tweeting three videos from an apparatchik of an extremist party in Britain purporting to show acts and knew nothing of his ongoing acts and pronouncements. His domestic policy is so conventional that it could have been cooked up by Paul Ryan and Mitch McConnell—and, in fact, it was. He’s pursued a largely status quo foreign policy, except more cautious than Barack Obama’s and, especially, George W. Bush’s.

Amid the miasma of manufactured controversies, Trump’s presidency is, as Mark Twain is supposed to have said of Wagner’s music, “better than it sounds.”

If you got news only of Trump’s official acts and knew nothing of his ongoing commentary, you’d think a rigorously rule-bound president occupied the White House.

The defining feature of Trump’s judicial nominee is a firm commitment to interpreting the Constitution and the laws as written. On the legislative front, Trump is getting closer to his first major victory, in pursuit of the stereotypically Republican policy goal of deficit-financed tax cuts.

In the real world, the economy is growing at a nice clip, and the stock market is humming along, showing no signs that it believes that the republic is about to be destroyed by a “Mad King.”

None of this is to suggest that Trump’s governing and his tweets are entirely distinguishable. Some of the tweets have bad consequences, and, if nothing else, they are a dismaying window into his state of mind.

But the tweets don’t constitute the sum total of the administration. It’s possible that Trump sees Twitter—and his other provocations—as a way to stir the pot, entertain himself, stoke his base, flog his enemies and vent his frustrations separate and distinct from decisions of government, undertaken under the influence of, by large, impressive, well-meaning advisers. Trump’s presidency is much better than his Twitter feed. Although he stands ready and willing to convince you otherwise, 280 characters at a time.

— Rich Lowry is editor of the National Review.

Trump presidency really not so bad

The Florida Legislature is currently considering Senate Bill 237 which could determine the future of well stimulation treatments—hydraulic fracturing and other similar techniques—in Florida. As veterans of the oil and gas industry and the beneficiaries of the superb environmental conditions of South Florida, we support a ban.

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How many writers come up with a novel that is a sequel to two of their earlier novels? Perhaps only one: the super-talented and tireless Michael Lister. His “Blood Shot,” No. 15 in the John Jordan Mysteries series, is also a follow-up to “Double Exposure,” a Remington James Novel.

Do you need to know this? Well, there is plenty to enjoy without such information. However, Mr. Lister might be leaning a bit too heavily on his established fan base. For example, characters’ names are dropped that will mean nothing to a new Lister reader.

Set in the northwest section of Florida and taking us deep into heavily forested areas of great natural beauty that Mr. Lister describes with profound passion and acute vision, this novel runs along two rails separated by three years.

The chapters alternate. Those labeled “then” trace the movements of photographer Remington James. Those labeled “now” follow sheriff’s department investigator John Jordan’s search to bring James’ killer or killers to justice — one way or another. Jordan is committed to help his good friend and James’ widow, Heather, find closure. It’s a cold case, thank goodness to be headed up. Earlier investigations seem to have lacked commitment — or worse. We meet James making his way through the disorienting woods, looking for opportunity to snap the perfect shot of wildlife, and then “the random breathless.”

The “then” segments work quite differently. The author develops a pulsing narrative style, a jaggedly poetic representation of James’ thoughts and emotions as he plays hide-and-seek with pursuers through the threatening darkness. As Remington James trips, falls, rolls, hides and struggles to get his bearings, Mr. Lister often uses a staccato barrage of sentences to convey the intensity of pain, fear and desperation his character must endure.

It’s a great ride, fully original and with twists and turns that will leave you breathless.

About the author

Michael Lister grew up in North Florida near the Gulf of Mexico and the Apalachicola River in Wewahitchka, a small town world-famous for tupelo honey (which figures in this novel). Truly a regional writer, North Florida is his beat. He holds undergraduate and graduate degrees from schools with an emphasis on myth and narrative.

Much of his work as a crime novelist grows out of his experiences as a prison chaplain at Florida Panhandle correctional institutions. ■
“Scratching has a communication function, it has a grooming function, it has a scratching action — feels good,” says veterinary behaviorist Debbie Horwitz in St. Louis. “It can be frustrating when a cat scratch- es an expensive carpet or piece of fur- niture, but a little feline psychology and Feng Shui go a long way toward solving the problem. Teaching a cat where to scratch involves not only choosing the right size and type of post but also placing it in an area that gives your cat the most bang for his communication buck.”

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Teaching a cat to scratch appropriately enhances their well-being. “They have a lot of natural behaviors that are objectionable to us, but we should give them alternatives to do those normal behaviors in a way that they’re not objectionable to us or other people.”

Pets of the Week

>> Fercho is a 14-year-old, 11-pound male mixed breed dog that is blind and deaf. He likes to go for walks and is a Fospice pet. Call (561) 848-4911, Ext. 3. For more information, visit AdoptAcatfoundation.org.

>> Stella is a 4-year-old female tabby that is a little shy at first. Once she gets to know you, she loves to cuddle — she’s the ultimate lap cat!

>> Ebony is a 7-month-old male black cat that is very playful and feisty — definitely high energy.

To adopt or foster a cat

Adopt A Cat is a free-roaming cat rescue facility at 1125 Old Dixie Highway, Lake Park. The shelter is open to the public by appointment (call 561-848-4911, Option 3). For additional information, and photos of other adoptable cats, see www.adoptacatfoundation.org, or on Facebook, Adopt A Cat Foundation.

Preventing Brain Disease

By establishing an AABBGU Charitable Gift Annuity (CGA), you will receive lifetime income with fixed rates that are among the highest in the country, while supporting groundbreaking research in Israel.

Your tax-saving CGA will support Ben-Gurion University of the Negev, including scientists who are working to treat and prevent a range of disorders that includes Alzheimer’s, Parkinson’s, epilepsy, stroke, autism, mental illness, and learning disorders.

Sample Annuity Rates

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*In the month you use cash to establish a gift annuity, a final calculation is made determining the portion that will be paid to you tax-free.

For more information or to request a CGA rate illustration, call 561-705-0117, e-mail florida@aabgu.org or visit www.aabgu.org/cga-request

Neuroscientists at BGU developed a diagnostic to predict brain disease in football players early enough to prevent it.
Palm Beach County’s Last Minute Holiday Gift Ideas!

LOOKING FOR A GIFT THAT HE OR SHE IS “SHORE” TO LOVE? Purchase a gift certificate to Drift Kitchen & Bar at the all-new Hutchinson Shores Resort & Spa, located directly on the beach in Hutchinson Island. Open for breakfast, lunch and dinner daily. Call 772-334-1950 to purchase.

GIVE THE GIFT OF RELAXATION WITH A GIFT CERTIFICATE TO THE SPA AT JUPITER BEACH RESORT! Gift certificates are available in any denomination and may be used towards spa treatments, salon services and any retail spa purchase. Visit jupiterbeachresort.com/spa for more information and click on the Shop link to purchase gift certificates.

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A green turtle hatchling heads to the sea at MacArthur Beach State Park.

From page 1

from Boca Raton to Tequesta, but also statewide.

“It’s really good news,” said Sarah Hirsch, data manager at Loggerhead Marinelife Center in Juno Beach. “We were somewhat anticipating that.”

Green turtles typically nest in cyclical patterns. One year, the numbers go down, and the following year, they spike.

“It goes back and forth usually pretty consistently,” Ms. Hirsch said.

The previous record for green turtles along the 9½-mile strand monitored by Loggerhead Marinelife Center was set in 2015, with 5,445 nests, compared with 700 in 2016.

“We had a pretty good year this year,” Ms. Hirsch said.

She described the overall population of green turtles as “exponentially increasing” because of conservation efforts put into place 30 years ago. Those efforts require turtle-excluding devices, or TEDs, on commercial-fishing vessels, among other rules and regulations aimed at rescuing the revered reptiles.

“We're finally starting to see the results of those conservation efforts,” Ms. Hirsch said.

“Those are great,” Ms. Keenan said of hatchlings making their way to the waves. “I'm pretty stoked about it,” park manager John D. MacArthur Beach State Park in North Palm Beach had a record-breaking year for green turtles, as well. A total of 1,755 nests were dug along the nearly two miles of coastline.

“I'm pretty stoked about it,” park services specialist Chandler Keenan said.

“We’re starting to see the results of those conservation efforts,” Ms. Hirsch said.

“Hatchlings born 30 years ago are just now returning to the same beaches to lay their clutches of eggs,” said Jeanette Wyneken, a biology specialist at Florida Atlantic University who is leading a study on temperature-dependent sex determination of loggerheads.

“Warmer temperatures produce female turtles, while moderate temperatures produce males,” Ms. Wyneken quips. “That's a very scientific way of saying their sex is controlled by the environment.”

A disproportionate female population — and in the case of Gumbo Limbo Nature Center, an all-female population — is cause for concern, she said.

“2015 became the hottest year on record,” Ms. Wyneken said. “Then 2016 became the hottest year on record. 2017 brought gallons of garbage ashore, causing false calves — when females intend to nest and instead retreat — and interfering with hatchlings making their way to the waves.

“One year, the numbers go down, and the following year, they spike.

“Every single one we've gotten this year has had plastic in their guts,” Mr. Rusenko said. “There's a lot of trash out there.”

At John D. MacArthur Beach State Park, Hurricane Irma and the ensuing king tides brought gallons of garbage ashore, causing false calves — when females intend to nest and instead retreat — and interfering with hatchlings making their way to the waves.

“Our beach has been completely covered in litter,” Ms. Keenan said. “It's just a never-ending fight.”

The Friends of MacArthur Beach State Park, the preserve's support organization, will debut the Citizen Science Marine Debris program in 2018 with the goal of evaluating the types of manmade materials that end up on the dune line and educating the public about it.

“Hopefully, it’ll help people realize some of the impacts we can have, and that there are really easy ways of making the situation better,” Ms. Keenan said. “A lot of it is just plain preventable.”

Summer 2017 brought bad news, too. The unprecedented heat that has stifled South Florida for three consecutive years is negatively affecting the gender ratio.

“What's happened is that the weather has been so hot that we haven't seen any males,” said Jeannette Wynenek, a biology professor at Florida Atlantic University who is leading a study on temperature-dependent sex determination of loggerheads.

“Hot chicks, cool dudes,” Ms. Wynenek quips. “That's a very scientific way of saying their sex is controlled by the environment.”

A disproportionate female population — and in the case of Gumbo Limbo Nature Center, an all-female population — is cause for concern, she said.

“2015 became the hottest year on record,” Ms. Wynenek said. “Then 2016 became the hottest year on record. 2017 was also extremely hot, not the hottest but in the top three. That's indicative of an alarm bell that there may soon be a problem with production. Maybe this isn't a big deal yet, but when you have record heat, record heat, record heat...

“Feeding wild animals is illegal for a good reason,” Mr. Rusenko said.

“Post-hatchling washbacks, also an issue, point to a pollution epidemic. Washbacks occur when the babies manage to scramble out to sea only to ingest foreign matter and die.

“Every single one we've gotten this year has had plastic in their guts,” Mr. Rusenko said. “There's a lot of trash out there.”

At John D. MacArthur Beach State Park, Hurricane Irma and the ensuing king tides brought gallons of garbage ashore, causing false calves — when females intend to nest and instead retreat — and interfering with hatchlings making their way to the waves.

“Our beach has been completely covered in litter,” Ms. Keenan said. “It's just a never-ending fight.”

The Friends of MacArthur Beach State Park, the preserve's support organization, will debut the Citizen Science Marine Debris program in 2018 with the goal of evaluating the types of manmade materials that end up on the dune line and educating the public about it.

“Hopefully, it’ll help people realize some of the impacts we can have, and that there are really easy ways of making the situation better,” Ms. Keenan said. “A lot of it is just plain preventable.”
Snuggery veteran rallies after cancer diagnosis

BY CRAIG DOLCH
Special to Florida Weekly

You may not know Laurie London, but if you've been to the Snuggery — a popular sports grill situated in PGA Plaza for more than four decades — you've likely been served by London and heard her say, “Thank you, very, very much” as you head out the door.

Her customers haven't heard that voice lately. The 54-year-old London, who has spent 27 years — exactly half of her life — working at the Snug, was diagnosed two months ago with maxillary sinus cancer (a cancer behind the cheekbone and the eye).

Ms. London has taken a leave from work while undergoing chemotherapy and eventually radiation, leaving behind a very, very large void at the Snug.

Snuggery owner Bernie Kirchner estimates Ms. London has served almost 500,000 customers while working the day shift, five times a week, the last 27 years. She once wore a pedometer that showed she walked 7-plus miles during her shift.

Do the math: Ms. London has done the equivalent of a walk around the world in a job she loved while working at Snug, usually carrying a pitcher of beer and some wings. Always with a smile.

"In the 27-plus years that I have known Laurie you would think that she never had a bad day," said Mr. Kirchner, who has owned the Snug since 1988.

"No matter what was going on in her personal life, when she walked through the Snuggery doors, it was nothing but smiles. She knew everybody by name. Laurie London, but she always liked it and it kind of stuck," Ms. London said. "Many of her customers will drive a couple extra miles and maybe pay an extra dollar just so Laurie London can be their bartender. Bernie never had to have specials to attract customers. He always had Laurie. That was his gimmick.

Ms. London, who recently completed a second grueling, five-day chemotherapy session at Bethesda Hospital East that has caused her blond hair to fall out, has been overwhelmed by the support from her customers and friends (they are usually one and the same).

"I don't feel deserving of all the love and support I've been shown, but I'm certainly grateful for everything," Ms. London said. "It is going to be a long battle, but I will beat this thanks in a huge part to all the love I've gotten from everyone. It's amazing when the emotions you get from your friends is almost palpable.

Ms. London says she doesn't know the exact origin of when she started thanking her customers "very, very, very much." But it's become as much a part of her shift as serving cold beer and hot wings.

"I just started saying it one day, they all liked it and it kind of stuck," Ms. London said. "Some of them wait at the door for me to say it."

Now they're waiting for her to return.

Have ideas? The city wants to hear them

BY JANIS FONTAINE
jfonts@floridaweekly.com

The city of West Palm Beach will hold a community think tank to discuss the new "Flagler Shore" activities at 4 p.m. Dec. 16, and you're invited to bring your ideas. The Flagler Shore pilot project temporarily reduces traffic on Flagler Drive between Lakeview Avenue and Banyan Boulevard by closing it down to two lanes, space which is claimed for pedestrians, bicyclists, merchants and other programs on the waterfront.

Some of the current Flagler Shore programs include:
- Coffee Outside Bike Ride — 7-8 a.m. Mondays through Feb. 26. Meet at Centennial Fountain for a easy ride to a new location each week.
- Lunch on the Shore — Noon Wednesdays through Feb. 28, near 501 S. Flagler Drive. Bring your own lunch or pre-order food from a downtown restaurant and have it delivered to Flagler Shore, or check out the food trucks on the south end.
- Pedal/Run/Walk with Purpose — 6-9 p.m. the last Wednesday (Dec. 27, Jan. 31, Feb. 28). Meet at Datura Street and Flagler Drive, across from E.R. Bradley’s Saloon, to get in a run, walk or ride then stick around for music and food from trucks parked between Fern Street and Lakeview Avenue or local eateries. Free.
- Sunrise Wellness — 9-10 a.m. Saturdays at the Waterfront Pier, 101 N. Flagler Drive. Free yoga, tai chi, or guided meditations by local instructors and co-hosted by Spotlight Yoga Shala.

What would you like to see the city do with this extra space that would make the West Palm Beach Waterfront a go-to spot for residents and tourists? Bring your ideas for Flagler Shore to the forum in the public space located in front of E.R. Bradley’s at the intersection of Clematis Street and Flagler Drive.

Following the community think tank, stick around for Flagler Shore’s Music on the Shore event featuring live music, vendors, artists and more along the waterfront from 6 to 10 p.m. Performers include KIDS (Indie, folk alternative rock), Rivers (cool indie pop), Mike Dunn (folk). Guests are welcome to take a turn at the open mic.

Palm Beach Friends of AFMDA

Celebrate Life Gala

Sunday, March 11, 2018
The Breakers Palm Beach

2018 GALA CHAIRS

Lorraine & Herbert Podell

For more information on the Palm Beach Gala, call 561.835.0510 or email palmbeach@afmda.org.
Sheryl pored over the online profiles, and sent another flirty, enthusiastic wink. She tried not to be too discouraged as she reached out to yet another potential suitor. Sheryl hated that she was now back on the online apps. After the previous humiliating round of dead-end dates, she had sworn she would never go through the excruciating break-up with Ryan. Sheryl had met Ryan after a long series of getting her hopes up and heart broken. She had promised her all kinds of exciting plans and trips. Sheryl dared to think that he could be ‘The One.” As if designed, though, Ryan had become sarcastic and critical. The ultimate blow was the night he got drunk and made a pass at Sheryl’s best friend at Sheryl’s company’s holiday party. Shortly after that night, Ryan “ghosted” Sheryl and stopped calling, without an explanation. How could she have misjudged him so egregiously?

For so many people, the prospect of looking for love can be very demoralizing. While potentially exciting, in actuality the dating arena is often rife with deception and rejection — certainly not for the faint of heart.

While most single people profess to be seeking a life partner who would offer love, security and emotional support, many discover that they will inevitably repeat a discouraging pattern of picking partners who hurt and disappoint them. Many of us who have been single for any length of time can commiserate first hand with the frustrations and humiliations that Sheryl, in the fictionalized vignette above, went through. Just like with Sheryl, we may feel victimized by callous suitors or believe we’re the unluckiest people on the planet. However, in some instances, we may unwittingly contribute to the circumstances that bring about the hurts and heartaches, whether it be through unrealistic expectations or a subconscious attraction to the wrong people.

Meeting the “right person” can certainly require a bit of luck and happenstance— for example, missing a train, and starting a conversation with a special stranger while waiting for the next one, or a meeting at work getting cancelled which enables us to attend the party where we meet our latest beau.

Many of us have had idealized notions—from the time we were quite young—about the appearance and personality traits of our prospective life partners. We may have envisioned glorified qualities—very Possibly a compilation of superficial traits extolled by the media, our culture and/or our peers—of looks, power and success. Furthermore, we’re often drawn to partners for subtler, not always conscious reasons—a compilation of familiar, powerful qualities that were present in our formative years. We also have deeply rooted belief systems about what we are yearning for in a life partner, and our comfort level in showing and receiving emotional closeness. We often gravitate to an emotional field that feels familiar, even if, paradoxically, the experience had been painful or made us feel badly about ourselves. We bring these vulnerabilities to a new relationship, and these will understandably contribute to the ebb and flow of the relationship.

We know that the complexities of life that have made us who we are as people may be the very factors that influence who we look for in a partner and provide the lens through which we look at ourselves. After a rejection, many people become self-critical and tend to second-guess themselves. We may become insecure about how to approach prospective relationships and may shy away from encouraging possibilities. Of course, those of us who have a strong, positive self-image may be better able to take disappointments in stride, not taking rejections so personally. So, how do we go about improving the chance of going forward? It’s always valuable to spend time getting to know ourselves, gaining insight from past hurts and successes. It’s helpful to write down a history of our previous relationships—noting the positive and negative traits of each person we’ve been involved with—and attempting to identify any repetitive patterns of behaviors or character flaws. Have we gravitated towards others who have a history of substance abuse? Have our partners shown aloof or critical behaviors? Are they so self-centered they’re not emotionally available to us? If we notice a disturbing trend, we can hopefully take conscious steps to change our path. We can also identify the ways that we may have emotionally handled the ups and downs of relationships that will inevitably come up in a relationship—e.g., disappointments when plans change, or our partner overlooking something that matters to us. Have we been flexible, and open to feedback? Are we easily triggered, with an escalation of emotions that preclude resolution? Do we hold grudges or make spiteful digs?

We can also take steps to identify personal attributes consistent with our values. While each of us have different qualities we deem important, we can usually agree on the importance of honesty, reliability and straightforwardness. Figuring out why we may have gotten close to a person who would blatantly eschew these values can be tricky. Many of us, too often, will tolerate demeaning treatment because of deep-seated vulnerabilities. In other instances, we may look past a person who possesses the very qualities we claim are important to us, asserting this individual is boring or unattractive.

If we’re able to identify the patterns of how we’ve historically handled our upssets, we can perhaps work on managing our emotions and behaviors more effectively. We can vow to approach relationships, not only with our hearts, but with our heads. We can deliberately attempt to reach out to a person who may carry attributes that we’ve defined as consistent with the qualities we hold dear. If we find ourselves embarking on a familiar dead-end course, we can put on the brakes to head off another demoralizing outcome.

And, yes, now would be a good time to work on bringing out the best in ourselves. Filling our lives with affirming people, activities and pursuits, so we’re feeling as fulfilled as we can, should help us feel our best in our own right.

If, on our own, we’re not able to gain insight, or rein in the negative behaviors that are in our way, it might be valuable to seek the support of a mental health professional. Importantly, it’s helpful when we reach for our inner resilience to stay patient, and positive, learning to trust our own judgment. Sometimes we’re so eager to pursue certain relationships we don’t listen to an inner warning voice that points out glaring red flags. We may overlook subtle and not so subtle cues that are right in front of us, revealing our date’s troubling character flaws. Of course, it’s disappointing to admit that a person who seemed to have such good potential is not a good choice. However, it’s far better to learn this early on, rather than to invest our emotions, and to find out the truth after it’s too late.
The holiday season is for anything but the birds this year, especially for kids.

Arthur R. Marshall Loxahatchee National Wildlife Refuge has announced its first ever Christmas Bird Count for Kids, which will be held 9 a.m.-noon Dec. 30.

The Christmas Bird Count, which began over 100 years ago, is one of the oldest wildlife surveys in the world. Kids and families around Palm Beach County can become citizen scientists by taking part in this old tradition.

A binocular boot camp will kick off the event in the visitor center auditorium, after which kids will divide into teams and head out into the field with volunteer experts to count and record the species of birds they locate.

You may bring your own binoculars or borrow some from the refuge.

This event is designed for families to have fun outdoors and learn more about local birds.

Kids of all birding abilities are encouraged to participate. Participants should come dressed for spending time outdoors. Children must be accompanied by their parents.

Registration is requested, but not required. For more information or to register, contact Veronica Kelly at 561-735-6020 or by email at Veronica_Kelly@fws.gov.

The refuge is off U.S. 441/State Road 7, two miles south of State Road 804 (Boynton Beach Boulevard) and three miles north of SR 806 (Delray Beach’s Atlantic Avenue). The refuge is open from 5 a.m. to 10 p.m., seven days a week.

Refuge hours change seasonally and are posted at each entrance. The Visitor Center hours are 9:00 a.m. to 4:00 p.m., seven days a week.

An entrance fee of $5 per vehicle or $1 per pedestrian or bicyclist is charged. A variety of annual passes, including a $12 refuge-specific annual pass, are available. Visit the refuge website at www.fws.gov/refuge/arm_loxahatchee/.
SOCIETY

Groundbreaking for Jupiter Medical Center’s Mastroianni Family Pediatric Emergency Department and the James J. Felcyn & Louise Brien Felcyn Observation Unit

1. Barbara Nicklaus, Ryan Epstein, Remda Gagnon and Jack Nicklaus
2. Janeen Boylan, Nick Mastroianni and Joanie Connors
3. Audrey Mastroianni, Sara Mastroianni, Anthony Mastroianni, Gemma Mastroianni, Jessica Mastroianni, Nick Mastroianni, Gabriella Mastroianni and Giuliana Mastroianni
4. Patti Hamilton and Joe Steranka
5. Ken Kennerly, Liv Vesely and Todd Wodraska
6. Bob Stilley, Maggie Taddeo, Joe Taddeo and Patty McDonald
7. Jeffrey Ingeman, Timothy Allison and Noxen Zeidy
8. Colette Deeds-Conner, Kent Conner and Zina Hoover
9. Timothy Allison and Marlene Goodwin-Escola
10. Liv Vesely, Joe Taddeo, Steve Seeley, Louise Felcyn, James Felcyn, Bob Stilley and Todd Wodraska
11. Raymond Galtich and Peter Gloggner
12. Ron Chesnos, Penny Heidtke and Terry Duffy
13. Jennifer Genoa, Giuliana Mastroianni, Anthony Mastroianni and Gabriella Mastroianni

Florida Weekly welcomes submissions for the Society pages from charity galas and fundraising events, club meetings and other to-dos around town. We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@floridaweekly.com.
Local rib king
Dean Lavallee
opens eatery at
The Gardens Mall

Friends of the Mounts Botanical Gar-
den have appointed five new board
members.

- **Gretta Curry** is a retired human
  services professional who worked more
  than 20 years in educational, physical
  rehab and child welfare programs and
  administrative roles in Massachusetts.
  She earned her bachelor's degree from
  Emmanuel College in Boston and her
doctorate in education from the Uni-
versity of Massachusetts. Ms. Curry is a
member of the board of the Friends
of MacArthur Beach State Park and is
a 10-year board member of the North
Palm Beach Rowing Club. She also
served on the advisory board of FAU
Honors College in Jupiter for 12 years.

- **Rebecca Doane** founded the law
  firm Doane & Doane P.A. in 2003. She
  earned her Juris Doctorate from the
  University of South Carolina, and is a
  Certified Public Accountant and mem-
  ber of both the Florida Institute of
  Certified Accountants and the Ameri-
can Association of Attorney-CPAs. Ms.
  Doane is the co-chair and founder of
  the Guardianship Education Committee
  of the Palm Beach County Bar Associa-
tion, and is past president of the Cen-
ter for Children in Crisis and the Girl
  Scouts of Southeast Florida. She is a
  current board member and past presi-
dent of the West Palm Beach Kiwanis
  Club and past president of the Friends
  of MacArthur Beach State Park.

- **Tara Duhy** is an executive share-
holder in the law firm of Lewis, Long-
man and Walker in West Palm Beach,
where she chairs the land use practice
area with a specialty in environment
and water and land use. She earned her
bachelor's degree from Northwestern
University and a Juris Doctorate from
the University of Colorado. Ms. Duhy
is an active member of the Associa-
tion of Community Developers and the
Northern Palm Beach County Chamber
of Commerce. She currently chairs the
Healthy Mothers Health Babies Coal-
tion of Palm Beach County. Super Law-
yers listed her as a Rising Star, a peer
designation awarded to only 2.5 percent
of all lawyers, and the Daily Business
Review also recognized her in its list of
outstanding lawyers younger than 40.

- **Jackie Kingston** is a developer
  for Florida Power & Light, where she
  has worked for more than 10 years on
  the permitting of natural gas power
  plants, gas pipelines and transmission
  power lines. She earned her bachelor's
degree in biological science from the
  Florida Institute of Technology and her
  master's degree in the study area
  from Florida Atlantic University. She is
  the founder of Sea Turtle Adventures,
a nonprofit dedicated to conservation,
  research and public education.

- **Ilene Passler** is a human resources
  professional with more than 15 years of
  management and leadership experience,
serving as a human resources director
  for a specialty contractor. She earned
  her bachelor's degree from the Univer-
sity of Texas at Austin and her MBA
  from Wake Forest College. A member of
  the Junior League of the Palm Beaches,
  Ms. Passler has served on its executive
team and board of directors.

By Jan Norris
jnorris@floridaweekly.com

Dean Lavallee says diners won't rec-
ognize his new Park Avenue BBQ in The
Gardens Mall as one of his typical barbe-
cue eateries.

“It's so pretty,” he said. It's even got
chandeliers — a centerpiece for the new
store.

There are many other differences in
the store.

“We're taking the food a little more to
a gastropub menu,” he said. “It's a little
more upscale but still within reach of
everybody.

“It’s all changes I’ve wanted to do for
some time. Years ago, I wanted a bigger
system with lots of PA BBQs all identical.
Now, I want a smaller number that are
individual. I'd like to see each be a little
more chef-driven within the footprint of
the PA brand,” he said.

He thinks his customers have changed
along with him. “We have to do some
stuff that's edgier for a different customer
today. That's thanks to the food chan-
nels, I firmly believe. The customer is
too knowledgeable now not to wow them
with something a little left of center.”

See PA BBQ, A14

Photos by Scott Simmons/Florida Weekly

Park Avenue BBQ founder Dean Lavallee (left), with business partner Craig Williamson, at their new Gardens Mall restaurant.

A chandelier found at a Habitat for Humanity
ReStore was painted and given shades made
from beer bottles.
PA BBQ

From page 13

He knows he has a number of potential new customers. “I’m sure there are mall customers, particularly women, who’ve never eaten at PA because they won’t go to a barbecue restaurant. But I think once they see how nice this is, they might just be encouraged by the people I’ve met and the culture here, especially the strength of the physicians and the expertise they come with,” said Ms. McCoy.

She only took the reins of Good Samaritan Medical Center as its new CEO on Oct. 1, but already Tara McCoy is inspired by what she finds.

“More than anything, I’m encouraged by the people I’ve met and the culture here,” she said. “I’m invested in the strength of the physicians and the expertise they come with,” said Ms. McCoy. The 333-bed West Palm Beach hospital has more than 900 employees and 502 physicians.

A healthcare executive with a background in strategic development and physician recruitment, Ms. McCoy is responsible for overseeing all strategic, operational and clinical activities at the hospital.

“When you’re new to an organization, the first-year goal is to get in touch with the hospital, meet the team here, the employees, build that level of trust and respect,” she said. “Overall, the most important thing is that the hospital has been here for nearly 100 years, 97 years, and we want to focus on continuing to provide high quality care and innovating and evolving with the needs of the community.”

Ms. McCoy spent the past five years as a senior service line administrator for Tenet’s Florida Region, now part of the Coastal Division. In that role, she developed the heart and vascular network and achieved interdisciplinary cooperation between the region’s hospitals.

A New Jersey native, Ms. McCoy said she has always been good at math and science.

“I was always interested in healthcare and for the longest time I thought that I wanted to be a doctor,” she said. “When I spent time volunteering at a hospital, I was struck by the inefficiencies — from long wait times in the emergency department to poor communication between specialists and departments.”

“Think about it,” she said. “There are so many potential cases they could do to remove those frustrations and ultimately improve care,” she explained. “I went to graduate school for industrial engineering, which is the science of process improvement and measuring and enhancing business operations. I did all of my internships in research and work in healthcare while in school and started my career after working on process improvement in emergency departments and operating rooms.”

Good Samaritan offers her a first chance at being a CEO.

“It’s exciting for me,” she said. “I think it’s the culmination of a lot of work that I’ve put in. It’s exciting to get the opportunity: Meeting the people here and seeing the potential is energizing, as well. “Our challenge in healthcare is to keep up with the demand to provide the best possible care for what is needed,” she said. “We need to educate the community about the physicians who are here, what we’re able to provide and how we can meet their needs. Bringing that information to the community, the challenge, and, of course, the evolving dynamics of healthcare in the country.”

Tara McCoy

Age: 38
Where I grew up: Shrewsbury, N.J.
Where I live now: Fort Lauderdale

Education: B.S. in psychology from Tulane University and M.S. in industrial engineering from the University of South Florida.

What brought me to Florida: My husband, Ryan, and I moved to Tampa after college in New Orleans. That was where we started our professional careers.

My first job and what it taught me:

Working at an ice cream shop on Harvard Street and learning what it means to work hard but have a great time doing it. We would have lines around the building. The culture was energetic and fun.

A career highlight:

Developing the heart and vascular network for our 10 Florida hospitals. It was incredibly rewarding to develop it from scratch and see it evolve — from the recruitment and identification of our physician leaders, to the determination on what advanced programs the community needed and where they should be, to the coordination of physicians and hospitals across three counties. I really feel we built something special and different. It took on aspects of both private and academic medicine, and enhanced care across the region.

Hobbies:

Spending time with my family (two children ages 7 and 4), trying new restaurants — I’m a foodie and love wine, enjoying live music, spending time at the beach, reading, jogging and traveling to new places.

Best advice for someone looking to make it in my field:

Healthcare is a team sport and nothing is done in a silo. Work collaboratively with other business units or peers. Focus on team dynamics and how to develop each member.

About mentors: Marsha Powers, the senior vice president and chief strategy officer for Tenet Healthcare, is my mentor. Marsha taught me how to look not at what something is today but what it could be. She is incredibly strategic and forward thinking. She taught me the value of persistence and the refusal to back down when you know something is needed for the community or our patients. I watched her time and again face challenge after challenge head on for sometimes years until she got what she knew was needed for our hospitals and, ultimately, the community.

Name: Tara McCoy
Title: Chief executive officer, Good Samaritan Medical Center
City of business: West Palm Beach

MTHURWACHTER@FLORIDaweekly.com

PHOTOS BY SCOTT SIMMONS / FLORIDA WEEKLY

LEFT: More than 43,000 pennies were used to create the chevron design that covers soffits in the new Park Avenue BBQ at The Gardens Mall. Above: An Ed Hardy-inspired design covers the ceiling over the bar.

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MOVING ON UP

“I’m encouraged by the people I’ve met and the culture here, especially the strength of the physicians and the expertise they come with.”

— Tara McCoy

By Mary Thurwachter
BEHIND THE WHEEL

The forever Mercedes returns

The Mercedes E-Class coupe blends timeless styling elements and great features. And because it doesn’t come cheap, this is the car that you buy with an eye for the long term.

The 2018 coupe is a simpler design than in previous years. Gone is a heavy rear-wheel lift, the sloping sheetmetal and in its place, there is a much sleeker and understated style. That makes the new coupe feel less like a BMW competitor and more like a Mercedes that is trying to connect with its subtler predecesors.

It has a charisma like the CE coupes of the 1970s and ’80s. Mercedes people know enthusiasts who take pride in keeping those on the road, and so the new E-Class coupe feels like one of those “forever” Benzes, too.

Part of the alluring style is rooted in the tradition of the pillar-less hardtop. American car companies had to abandon this practice in the 1970s because of safety concerns, but Mercedes has always provided robust enough designs that they continued to offer a coupe without a B-post. And there’s just something great about rolling down all the windows and giving the world an unobstructed view of the premium interior.

Mercedes offers one of the best-look-}

EARL ON CARS

How can I learn the dealer’s cost on a car?

It’s almost impossible for you to determine the true cost of a new car. This might sound crazy, but many dealers don’t know the true cost of their cars. The manufacturers and distributors invoice their dealers for an amount when they ship them a car that is almost always several thousands of dollars more than the true cost. It’s fair to say that in virtually every case the “invoice” for a new car is much higher than the true cost. By true cost, I am referring to cost as defined by GAP; generally accepted accounting principles.

You probably have heard about “holdback.” That is an amount of money added into the invoice of a car ranging from 1 percent to 3 percent of the MSRP which is kicked back to the dealer after he has paid the invoice.

In some cases, there are two holdbacks… one from the manufacturer and one from the dealer.

Some manufacturers include the cost of regional advertising in the invoice which offsets the dealer’s advertising costs. Another common charge included in invoices is “floor plan assistance.” This goes to offset the dealer’s cost of financing the new cars in his inventory. Another is “PDI,” or pre-delivery inspection expense, which reimburses the dealer for preparing the car for delivery to you. I could name several more, depending on the manufacturer or distributor. Some of these monies that are returned to the dealer are not shown as profit on dealers’ financial statement and some are. Technically a dealer could say that the cost he showed you reflected all the profit (by definition of his financial statement), but the fact would remain that more money would come to back to him after he sold you the car. To me (and the IRS) that’s called profit.

Besides holdbacks and reimbursements for expenses, you must contend with customer and dealer incentives (usually referred to as customer cash or dealer cash) when trying to figure out the cost of that new car. You will probably be aware of the customer incentives, but not the dealer incentives. Most dealers prefer and lobby the manufacturers for dealer rather than customer incentives just for that reason. Also, performance incentives are paid to dealers for selling a certain number of cars during a given time frame. These usually expire at the end of a month and are one reason why it really is smart to buy a new car on the last day of the month.

Last, but not least, remember the “dealer fee,” “dealer prep fee,” “doc fee,” “dealer inspection fee,” “electronic filing fee,” “tag agency fee,” etc. which is added to the price you quoted by the salesman. It is printed on the buyer’s order and is lumped into the real fees such as Florida sales tax and tag and registration fees. Most states in Florida (it is illegal in many states) charge this fee, which ranges from $500 to $3,000.

If you are making your buying decision based on your perceived cost of the car, even if you were right, here is up to $3,000 more in profit to the dealer.

Hopefully you can now understand why it is virtually impossible to precisely know the cost of the new car you are contemplating buying. Most often the salesman and sales manager is not completely versed on the cost and the style will remain elegant for generations.

Checking the cost on a good inter-net site like www.kbb.com or www. edmunds.com is about the best you can do. Consumer Reports is another good source. One reason that Internet sites don’t always have the right invoice price is that different distributors for cars invoice their dealers at different prices. Do not decide to buy a car because the dealer has agreed to sell it to you for “X dollars above his cost/invoice.” This statement is virtually meaningless. You are playing into the dealer’s advertising game and will always offer to buy or he offers to sell his car at a certain amount above his cost.

As I have advised you in an earlier column, you can only be assured of getting the best price by shopping several dealers for the exact same car them offer an “out the door” price plus tax and tag only.

— The opinions of this columnist do not necessarily reflect the opinions of Florida Weekly.
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express.EarlStewartToyota.com
A stunning location

980 N. Ocean Blvd.,
Palm Beach

With a blend of traditional Bermuda-style architecture, this home has 12,062 square feet of living space, inside and out. The house was designed by noted society architect Marion Sims Wyeth for Phillip Danforth Armour III. The layout is centered around a courtyard with a huge swimming pool.

The traditional-style interiors present floors of marble and tile, metalwork details and pecky cypress ceilings. Expansive windows offer sea and garden views. The property's appeal lies in its stunning location. Depending on the buyer's preference, a renovation might be in order, or the grand old mansion could face the prospect of a tear-down.

The proceeds of the sale go to the Hulitar Family Foundation, which supports the Preservation Foundation of Palm Beach, Society of the Four Arts, and the Hospice Foundation of Palm Beach, among other causes.

There's no overstating the opportunity this property offers to a buyer wanting prime, direct, oceanfront living on Palm Beach.

**Price:** $41,900,000, listed by Douglas Elliman Real Estate.

The agent is Ashley McIntosh
561-653-6160, 561-685-0861
Ashley.Mcintosh@elliman.com

**COURTESY PHOTOS**
3BR/2BA - Great value, nicely maintained first floor unit.
$199,000
TIFFANY ARCARO  561-889-4112

3BR/2.1BA - Beautiful lightly used townhouse in manned gated community. $165,000
MICHELLE RINALDI  561-371-6224

3BR/2.1BA - Full Miami/Dade code Hurricane Impact sliders/windows. Remodeled kitchen. $234,000
SCOTT WARNER  561-385-0938

3BR/2.1BA – Beautifully updated townhouse. Travertine on main level. New A/C. $243,000
SUSAN HYTE  561-543-8831

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Featured Listing
Beautiful 5 bedroom plus den, 4.5 Bath two story home set on pie shaped lot on a private cul-de-sac with panoramic lake and golf views. Outdoor living is amazing with a southeast exposure, salt water pool and summer kitchen surrounded by phantom screens. $25,000 worth of landscaping improvements including plantings, stones and gardens. Outdoor living has been redone with LED fixtures and timers. Upgraded floor on diagonal, wood floors in den. Formal living room with gas fireplace and custom window treatments throughout. Kitchen has stainless steel appliances new Bosch dishwasher and reverse water osmosis filtration system for home.
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Boca Raton
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West Boca Raton
Delray Beach
East Boca Raton
Manalapan
Boca West Country Club
Cold bronze technique lost

BY TERRY KOVELAND KIM KOVEL

Bronze figures usually are signed by artists, who sometimes use initials or strange names that are hard to find in the important art listings. Nam Greb was an artist who made detailed, colorful cold painted bronze figures in Austria during the early 1900s. Some of his work was easy to identify. He favored tablettop scenes of Oriental life with colorful tents, figures in Arab garb, market stalls and animals. Some were even small lamps. But some figures of men had cloaks that opened to show erotic scenes or women who, when the cloaks opened, were naked. The strange name “Nam Greb” was the reverse spelling of Bergman, the name of a well-known Austrian artist who also made conservative figures for his regular customers. Franz Bergman (or Bergmann, 1861-1936) lived in Vienna, Austria. In about 1900, he inherited a bronze factory from his father. Bergman developed cold bronze decorations. They were made of several layers of paint that were not fired. Unfortunately, his technique has been lost.

Q: Years ago, my father brought home an autographed color photo of Emmett Kelly. It was made out to me personally. I still have it. Is this of Emmett Kelly? It was made out to home an autographed color photo has been lost.
A: Emmett Kelly (1898-1979), who is considered the world’s most famous clown, was born in Kansas. At an early age, his mother enrolled him in a correspondence school for cartooning. He later gave “chalk talks” and entertained in schools. He created his signature character, Weary Willie, in the early 1920s while working for a film company. In 1937, he performed that character for the first time. Kelly worked for Ringling Brothers Barnum and Bailey from 1942 until it closed in 1956. He also worked in night clubs. There are collectors of Emmett Kelly memorabilia as well as collectors of clown items. Autographed photos of Kelly have sold from $50 to about $200. Your name in the autograph will lower the value. Collectors pay less for personalized autographs.

Q: I have been researching a cabinet that looks like it was made for cocktails. It’s wood with carved panels of Asian scenes. The top opens and the front drops down to reveal a mirrored bar. The sides open for storage and the corners have fitted stemware racks. I was told it might be by George Zee. I like it and won’t sell it, but what is it worth?
A: Your liquor/bar cabinet sounds like it was made by George Zee & Co. George Zee studied at the Princeton Seminary, then went into the furniture business in Shanghai in the 1930s. He was good at attracting Western clients, and his company became one of the leading Chinese furniture makers in Shanghai. Just before the communists took over in 1949, Zee left Shanghai for Hong Kong, where he re-established his business. Zee died in 1967 and the business was left to his widow. It closed in 2010. George Zee cocktail cabinets have sold at auction for $300 to $700.

Q: I was given a set of Poppytrail by Metlox dinner service for four. It includes plates, cups and saucers, bowls and a small creamer and sugar bowl, and they are in perfect condition. What is the set worth?
A: Metlox Pottery was founded by Theodore C. Prouty and his son, Willis, in Manhattan Beach, Calif., in 1927. The company was sold to Evan K. Shaw in 1946. Poppytrail was a division of Metlox from 1946 to 1989, when the pottery closed. Several hundred Poppytrail patterns were made. Prices depend on the desirability of the pattern. A five-piece place setting of Sculptured Grape, including two plates, bowl, and cup and saucer, was offered for sale for $36. A sugar in that pattern sold for $16, and a creamer sold for $20.

Q: I’d like information about a National Cash Register I have. The serial number is 4473484. How old is it and what is it worth?
A: National Cash Register was founded in Dayton, Ohio, in 1884. Brass cash registers were made from the 1890s to about 1918. Metal cases stamped and painted to look like wood were made beginning about 1918. The serial number indicates your cash register was made in 1948. Old ornate brass and marble cash registers sell for high prices, from hundreds to over $1,000. Newer models like yours that are not brass sell for much less.

Tip: Don’t wrap Christmas ornaments in newspaper. The ink may rub off. Don’t store them in plastic bags. Moisture may condense and cause problems.

— Terry Kovel and Kim Kovel answer questions sent to the column. Write to Kovels, Florida weekly, King Features Syndicate, 628 Virginia Dr., Orlando, FL 32803.
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www.WalkerRealEstateGroup.com
Matt Cahur is the man behind the sound of Guanabanas

BY BILL AMBERNITH
Florida Weekly Correspondent

Sound engineer, talent buyer, guitarist, recording label head, band manager, consultant and promoter are all descriptions of Matt Cahur best known since 2008 as the man behind the music at Guanabanas, the popular restaurant and live music venue in Jupiter.

FLORIDA WEEKLY STAFF

Loggerhead Marinelife Center is in Juno Beach.

But once a year, its supporters descend upon Palm Beach for sea turtle hospital and research center’s annual Beach Bash. That takes place 8 p.m. midnight Dec. 28.

The 2017 Beach Bash Palm Beach offers a theme inspired by the Providen-cia, a Spanish ship loaded with 20,000 coconuts that ran aground off the Palm Beach coast in 1878.

One account of the shipwreck reads: “I was greeted... With a bottle of wine and a box of cigars... There were 20,000 coconuts, and they seemed like a god-send to the people. For several weeks, everyone was eating coconuts and drinking wine.”

Now, that sounds like a party.

The Beach Bash, presented by resort-wear icon Lilly Pulitzer, will invite more than 700 guests to step back in time aboard the Providencia.

In addition to the usual libations and bites, there will be entertainment, an Anshika pop-up salon, Tito’s juice stand and a Kendra Scott buried treasure jewelry pull.

“We are thrilled to return for our second year partnering with resort-wear powerhouse Lilly Pulitzer for this amazing event,” Jack E. Lighton, I.M.C. presi-dent & CEO, said in a statement. “This event celebrates the iconic island life and style of Lilly Pulitzer while showcasing Palm Beach’s most treasured environmental assets: sea turtles, magnifi-cient beaches and azure blue ocean waters.”

Beach Bash Palm Beach tickets start at $250 per person prior to event; $300 at the door.

For more information or for sponsor-ships, visit www.marinelife.org/beachbash or contact Veronica Clin-ton, development manager, at vclinton@marinelife.org.

Marinelife Center goes coconuts with Beach Bash

Players can tee off along the Intracoastal Waterway with nine holes of glow-in-the-dark miniature golf.

Free mini golf comes to the fore on the Waterfront

BY JANIS FONTAINE
palmnews@floridaweekly.com

Thanks to a gift from the city of West Palm Beach in partnership with JFK Medical Center Main Campus, JFK Medical Center North Campus and Palms West Hospital, the fees to play a round of golf at the GLOW Fore It mini-golf course are paid for you Monday through Wednesday.

If you haven’t played a round this year, the new Sandi Land course has kicked things up a notch with black light paint. You’ll find peace signs, smiley faces and hearts painted around the course, and the holes are better lit for nighttime play. Players especially like the new “tunnel of lights” at hole five. The cost to play Thursday through Sunday is still at bargain at $2.50 per person, per round. Hours are 6 to 10 p.m. Monday-Friday and noon to 10 p.m. Saturday and Sunday.

Don’t forget to stop by and see Sandi and her new four-legged best friend, Duke, a rescued rescue dog!

For more information on what’s happen-ing downtown, visit wwwwpbg.org.

Kiezmmer returns to Art After Dark

Aaron Kula & the Kiezmmer Com-pany Jazz Orchestra returns to Art After Dark at the Norton Museum of Art on Dec. 21. This popular seven-piece group will perform Yiddish and klezmer tunes from 1920 to 1960, including Abi Gratz, Shein Vi Di Tvech, Ba Mir Biri Shein and Yiddish Momma. The concert begins at 7 p.m., but there’s plenty to do and see before the show.

From 5:30 to 6 p.m., join the exhibi-tion tour of the new exhibition, “Miss Lucy’s 3 Day Dollhouse Party.” These incredibly detailed houses of miniature art owned by Lucy Bassett Andrews and curated by Cy Twombly, a family friend, are a snapshot of the 1990s art world.

At 6:30 p.m., a tour of the exhibition “Earth Works: Mapping the Anthropo-cene” is planned. The stunning pho-tos of melting glaciers are beautiful and terrifying for what they portend. A screening of the climate change docu-mentary “Time to Choose,” by Academy Award-Winning documentary filmmak-er Charles Ferguson, follows at 7 p.m.

Do not miss the Cookie Decorating Workshop from 6 to 8 p.m. All the edible materials and decorating instructions needed to create your masterpiece are...
Holidays stir memories and inspire hope

Scott Simmons
ssimmons@floridaweekly.com

Some holiday seasons are better than others. Some are downright tragic. It has weighed on me as one friend recently lost her mother and I learned that a wonderful former neighbor lost her son, whom I remember as a lad.

To them, I say this: I hope memories help you heal. My bête noire was 2005. That was the year lung cancer took my dad from us, inch by excruciating inch.

His death that Dec. 31 capped a year that included the devastation of Hurricane Wilma and the continued mental decline of my dear grandmother. I was in no mood to celebrate the December holidays as work deadlines loomed and my dad continued his final descent.

But I think we all knew there was something out there far greater than our misery.

What was it? I’d like to think it was love, backed by a hearty helping of hope. They sustain us by reminding us of the joy we took in trimming the tree with which she and I had grown up. Those traditions and that fragrant fir hold the same Madame Alexander bride doll.

For me, the turning point came when I was in no mood to celebrate the holiday. I spent a week with my dad, taking him to doctor appointments and to final visits with friends. We spent a lot of time together talking and a lot of time simply saying nothing. I’m glad we had the time.

That’s how my grandmother, Kathryn Bolender, viewed Christmas 1948. Like my dad, Grandma Bolender died too young — she was only 58 when she died unexpectedly in September 1949. My mother, also named Martha, and aunt, Georganne, were 9 and 7 respectively, and have little memory of their grandmother.

Sometimes, last times are the best times.

But the Christmas before she died was one of celebration — everyone in the family was there. Grandma Bolender splurged, buying my mother and aunt 20-inch Madame Alexander bride dolls, which cost about $25 each at a time when minimum wage was 40 cents an hour and the average annual salary was around $3,600.

As the family’s long home movies reveal, the girls reveled in their dolls. Georganne gave hers away, but Martha, now Martha Bolender Simmons, kept hers and it now serves as a bookend to one of the finest collections of antique dolls in Florida.

The first Martha Bolender had a blast that holiday, and everyone remembered it as the magical Christmas that turned out to be her last.

Grandma would sigh and shake her head at the loss, but smile at the memory — thank goodness for memories.

I’m grateful we have the home movies to validate and continue Grandma’s memories.

As you may have noticed, much of my collecting and much of my writing are tied to memories. That’s because the value we often assign to objects is related to the memories they evoke. Marcel Proust wrote a whole book on the notion.

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As you may have noticed, much of my collecting and much of my writing are tied to memories.

But those objects are just things. So, while the toys and the trinkets we share may fade, the memories of a better time endure.

They sustain us by reminding us of what we’ve had and they offer us the hope better times will return.

For we have nothing without hope.
LET’S TALK FOOD: The one thing guaranteed to bring us together during the holiday season is food, and Midtown offers you **SEVEN** choices for making mouths merry...

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‘Little Shop’ keeps tongue firmly in cheek

BY BILL HIRSCHMAN

Vivacious and violent, “Little Shop of Horrors” is a musical that’s been around for a few decades and has remained a favorite among theater-goers. It’s a story about a blood-sucking carnivorous plant named Audrey II, which has a penchant for human blood. In exchange for such sustenance, Seymour, a simple-minded flower shop employee, is esteemed as a loyal employee.

The musical is based on a low-budget black-and-white film by Roger Corman, but it is even funnier when the plant’s preferred sustenance is fresh human blood. In exchange for such sustenance, Seymour, a simple-minded flower shop employee, is esteemed as a loyal employee.

The musical follows the 1960 low-budget black-and-white film by Roger Corman, but it is even funnier when the plant’s preferred sustenance is fresh human blood. In exchange for such sustenance, Seymour, a simple-minded flower shop employee, is esteemed as a loyal employee.

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THEATER REVIEW

Extra! Extra! ‘Newsies’ at the Maltz is newsworthy

BY MICHELLE F. SOLomon
Floridatheaternotions.com

"Papers! Get your papers!" The newsboys of “Newsies” shout it out. It’s 1899, and they are selling newspapers on the streets of Manhattan. This is when a newspaper headline wasn’t fake news, and when the news of the day could only be gotten from a street vendor, not on an electronic device. "Extra! Extra! Trolley Strike Enters Third Week" is what matters to the newsboys of the early 19th century, and to New York World readers in “Newsies.” Dare we say, daily news wasn’t tweeted back then?

The Maltz Jupiter Theatre gives the Disney Broadway musical something to shout about with its energetic, acrobatic, tap-dancing, choreographic eye-popper. “Newsies” got its start, however, as a 1992 Walt Disney Pictures movie, which starred Christian Bale as Jack Kelly, the teenage runaway who leads the pack. The musical features a score by Alan Menken (“Beauty and the Beast,” “Aladdin,” “Sister Act”) and lyricist Jack Feldman, along with projection designs by Joseph Pultizer, whose upper twentysomething was that it was difficult to believe this upper twentysomething was a teen, mostly because of his beefy build. Standouts in the newsboy ensemble included Adante Carter as the soft-spoken Davey and the brains behind the strike movement, and little brother, Les (11-year-old Blake McCall, who stole more than a few scenes with his cute flirtations), and Tyler Jones as the disabused Crutchie. As for the adults in the room, Joseph Delger played his Pulitzer as a wolf of Wall Street, avoiding the caricature that can sometimes befall a Disney villain.

Ms. Cox as Katherine Plumber gave the difficult, Sondheim-esque “Watch What Happens” a workout, but her projection was lost in the higher registers. And Tanesha Gary’s burlesque number “That’s Rich” faced the same sound difficulty. While it should have been a rousing pick-me-up, the sound got lost within the stage; it almost seemed like she wasn’t miked at all. The projection in both instances could use more oomph.

Yet, the little things never overshadowed this glorious production, where it was apparent from every step, every song, every stage piece, costume, and light, that there was a commitment from every single person involved in the show. And that’s not fake news. “Newsies: The Musical” runs through Dec. 17 at the Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets from $58. Call 561-579-2223 or visit www.jupitertheatre.org.

Christmas Day – Monday, December 25th 1pm-8:30pm

Celebrate the holidays with a festive Christmas dinner of homemade dishes, traditional desserts and lively libations.

S$85 PER ADULT
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S$30 PER CHILD
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Christmas Holiday Buffet – Menu Highlights

Winter Squash Soup | Baby Kale & Pomegranate Salad | Cranberry, Apple & Pecan Wild Rice Salad | Charcuterie & Artisan Cheese Board | Raw Bar and Seafood | Virginia Smoked Leg of Lamb | Herb Roasted Prime Rib | Butter Basted Tom Turkey | Baked Fresh Cobia | Fire Roasted Cornish Hens | Risotto Prepared with Your Choice of Fixings | Breads & Spreads | Traditional Sides | Decadent Desserts

Book the 4pm or Earlier Reservation and receive a bottle of Chef’s Choice Wine with our compliments. For reservations call 561-627-4852 or visit OpenTable.com.
**THURSDAY 12/14**


**Art After Dark** — 5-9 p.m. At Norton Museum of Art, 1651 S. Olive Ave., West Palm Beach. Free. Norton Museum events, art activities. 832-5310; www.norton.org


**Clematis by Night** — 6-9 p.m. at the West Palm Beach Waterfront, Flagler Drive between Acacia Road and Banyan Boulevard, West Palm Beach. Live music, food and drink, vendors. Info: clematisbynight.com.

**Sundays On the Waterfront** — Noon to 5 p.m. West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Free. wine tasting by The French Wine Merchant. $10, benefits the Historical Society of Palm Beach County. 561-935-9533; www.harboursideplace.com.

**Sunday on the Waterfront featuring Aloha Islanders Holiday Spectacular** — 6-7 p.m. Dec. 17, on the Palm Stage at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. Live music, a beautiful tree and authentic Polynesian show features pulsating drums, hula dancers and Samoan fire knife dancers. BYU blankets and lawn chairs. Free. www.wpb.org/events.

**AT THE COLONY**


**Monthly First Fridays with Memory Lane** — 9 p.m. to midnight. After Party with Raquel Williams — 9 p.m. to midnight.

**AT DRÉFYFOOS**

Dreyfoos School of the Arts, 501 S. Sapólla Ave., West Palm Beach. 561-802-6600; www.soaf.org/events.

**AT CHAMBER**

**Chamber Winds Concert** — Dec. 14, Strand. D. Williams. $25, $15 seniors and students; $10 members.

**Hairy Details Improv Troupe** — Dec. 15, Brandt Black Box.

**Holiday Chorus Concert** — Dec. 16, Meyer Hall.


**AT THE GARDENS**

The Gardens Mall, 301 PGA Blvd., Palm Beach Gardens. 561-779-7799; www.thegardensmall.com

**Holiday Musical Extravaganza** — Dec. 16. Students from the Palm Beach State College perform seasonal music on piano, violin, voice, flute, and guitar in Bloomingdale's atrium. The event benefits Camp VITAS, a bereavement camp for children and teens who have lost a loved one.

**Holiday Gift Wrap Suite** — Through Dec. 24. Free gift wrap, charge your cellphone and catch a favorite holiday movie. Stop in from 11 a.m. to 7 p.m. on the upper level near the food court. Donations will benefit The Arc of Palm Beach County.

**Salvation Army Angel Tree** — Through Christmas Eve. Buy a gift for a kid in this worthy program.


**AT DREAMWORKS**

Palm Beach Dramaworks, Ann & Don Brown Theatre, 201 Clematis St., West Palm Beach. 561-404-2226; ext. 1; pbdrama-work.org


**DREAMFOOS**

Dreyfoos School of the Arts, 501 S. Sapólla Ave., West Palm Beach. 561-802-6600; www.soaf.org/events.

**HARBOURSIDE FOOD AND WINE FESTIVAL**

Palm Beach Waterfront, Flagler Drive at Clematis St., West Palm Beach. Live music, food and drink, vendors. Info: clematisbynight.com.

**LIVE MUSIC ON THE WATERFRONT**

Flagler Drive at Clematis St., West Palm Beach. Live music, food and drink, vendors. Info: clematisbynight.com.

**AT LAKESIDE**

**Locally Grown Art Auction** — Through Dec. 10. Art Auction, 8301 Lantana Road, Boynton Beach, off U.S. 441 between Atlantic Avenue and Boynton Beach Bou-levard. Entry fee $5/vehicle. www.lakesidehatcheries.com; 560-734-8303.
CALENDAR

AT THE KELSEY

The Kelsey Theater, 700 Park Ave., Lake Park. Info: 561-328-7800; www.kelseytheater.org or www.holdmyticket.com/tickets

A Holiday Cabaret — 2 and 7:30 p.m. Dec. 16. Seasonal classics and modern pop standards and more performed by local talent hosted by Wayne Felber. https://tickets.holdmyticket.com/tickets


AT THE KRAVIS

Kravis Center for the Performing Arts, 701 Okeechobee Blvd., West Palm Beach. Info: 561-832-4000; www.kravis.org


Steve Solomon’s My Mother’s Italian, My Father’s Jewish & I’m in Therapy — Dec. 19-23. Tickets $35.

AT THE LIGHTHOUSE


Holiday hours: Closed Dec. 25. Early closings: Dec. 24 at 3 p.m. and Dec. 31 at 4 p.m.


Lighthouse Moonrise Tour — Offered monthly, weather permitting. Spectacular sunset views and an inside look at the nuts & bolts of a working lighthouse watchroom. Tour time: 75 minutes. $20 nonmembers. RSVP required.

Twilight Yoga at the Light — 6-7 p.m. Dec. 18.

AT THE MALTZ

Malitz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. 561-575-2223; www.jupitertheatre.org.

“Disney Newsies The Musical” — Through Dec. 17. Inspired by the 1899 newsboys’ strike, this romp is a David and Goliath tale of plucky kids versus big media. Tickets: $58, $25 for students age 18 and younger in the mezzanine.

Cabaret in the Club Level: “Disney’s The Newsies The Musical” — Dec. 15. Arrive by 6 p.m. for an extra-special holiday reception with Santa Claus and mezzanine tickets for only $25.

Christmas Cabaret in the Club Level — Dec. 19. Showtimes are 6 p.m. and 8 p.m. Tickets: $25.


AT THE JCC

The Mandel JCC, 5251 Hood Road, Palm Beach Gardens. Info: 561-649-7700; www.jcconline.com/bpg

Dec. 15: Duplicate bridge

Dec. 17: The Gross Family Center presents “The Dreyfus Affair” with Dr. Claudia Dunleavy

Dec. 18: Timely Topics discussion group, mah jongg and canasta, duplicate bridge

Dec. 19: Duplicate bridge

Dec. 20: Mah jongg and canasta, duplicate bridge

Dec. 21: Duplicate bridge

Dec. 22: Duplicate bridge

AT MOUNTS


Yoga in the Garden: Sunday Serenity — 8 a.m. Dec. 17. $10 members; $15 nonmembers.

Photography Workshop — 9 a.m. to noon Dec. 17. Award-winning photographer Matt Stock will teach techniques for photographing the wetlands and will speak about his current project, Abandoned Vehicles of the Everglades. $30 members; $40 nonmembers.

Cooking in the Garden: Community Making Kimchi — 9:30-7 p.m. Dec. 21. Chef and urban farmer Nina Kauder teaches a hands-on presentation in making kimchi. $20 for members; $30 for nonmembers, plus a $5 material fee for members; $10 for nonmembers.

AT THE PLAYHOUSE


AT PGA ARTS CENTER

PGA Arts Center, 4076 PGA Blvd., Palm Beach Gardens. 888-264-1788; www.pgacenter.com.


AT THE IMPROV

Palm Beach Improv at CityPlace, 590 S. Rosemary Ave., Suite 250, West Palm Beach. Info: 561-835-1812; www.palmbeachimprov.com

John Caparulo — Dec. 14-17

DL Hughley — Dec. 21-23

Bret Kreischer — Dec. 29-31

AT THE FAIRGROUNDS

The South Florida Fairgrounds, 9010 Southern Blvd., West Palm Beach. 561-793-0333; www.southfloridafair.com

Holiday Spectacular — 4-7 p.m. Dec. 17 on the Palm Stage at the West Palm Beach Waterfront, 101 N. Flagler Drive, West Palm Beach. BYO blankets and lawn chairs. Free. www.wpbf.com/events

Sunday on the Waterfront featuring Aloha Islanders — Holiday Spectacular — 4-7 p.m. Dec. 17 on the Palm Stage.

AT THE SCIENCE CENTER

The South Florida Science Center and Aquarium, 4801 Dreher Park Road, West Palm Beach. Hours: 9 a.m.-5 p.m. Monday-Friday, 10 a.m.-6 p.m. Saturday and Sunday. Info: 561-832-1988; www.sfsciencecenter.org.

Silver Science Days — 2-5 p.m. the second Wednesday. Guests 60 and older can enjoy an afternoon of science designed just for them. $10.

GEMS Club @ STEM Studio Jupiter — 5-7 p.m. the second Tuesday of the month at the STEM Studio, 112 Main St., Jupiter. Girls in grades 3-8 explore the worlds of math, science, engineering and technology. $10 fee includes dinner and refreshments. Pre-register at www.sfsciencecenter.org/STEM-studio-gems.

AT FOUR ARTS

The Society of the Four Arts, 2401 South County Road, Palm Beach. Call 561-655-7237; www.fourarts.org.

In the Mary Alice Forcht Children’s Art Gallery:

• “Illustrating Words: The Wondrous Fantasy World of Robert L. Forbes and Ronald Searle.”

In the Esther B. O’Keefe Gallery: Hours: Monday through Saturday 10 a.m. to 5 p.m. and Sunday 1 to 5 p.m. Admission: $5; no charge for Four Arts members and children age 14 and younger.

“Man for All Seasons: The Art of Winston Churchill” — Through Sunday Jan. 14. This intensely personal exhibition includes 28 paintings and a range of rare printed ephemera, film clips, artist’s portraits and historical memorabilia.


DATE NIGHT PAINT CLASS

Friday, December 15: Jill and Rich Switzer (7pm)  |  Saturday, December 16: Wildfire Fridays & Saturdays | 6pm – 10pm to paint! Cost: $60 per couple.

Register: active.com (Search: Jupiter Jingle Jog).


B& Mrs. Clause! After, strut your pet down the red carpet in a Christmas fashion show (2pm). Get a free photo of you & your dog with Mr.

December 16 | 12pm–2pm
Santa! Special menu and photos will be available. Get info and register at www.loxfltrail.org.

■ Mountain Bike and Bird Walk — 7:30 a.m. to noon Dec. 16. Join a 3-mile nature walk. New adventurers are welcome. Leader: Chuck Weber.


The Gallery at Center for Creative Education — 425 24th St., West Palm Beach. Info: www.ccflorida.org.


The Cultural Council of Palm Beach County — 601 Lake Ave., Lake Worth. Hours: 10 a.m.-5 p.m. Tuesday-Saturday. Free for members; $3 adults; $10 youth (13-17) with adult; $3 child (6-12) with adult; younger than 6 free. Info: 561-655-2833; www.flaglermuseum.us.


■ Okeeheelee Park Walk — 7:30 a.m. Dec. 16. 7775 Forest Hill Blvd., West Palm Beach. Bike 4 miles in the south area of the park. Call Margaret at 561-324-3853.


■ “Shipwreck: Discovering Lost Treasures!” Through June 30.


The Lighthouse ArtCenter — Gallery Square North, 873 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday. Admission is $5; $5 Monday-Friday is free the first Saturday of the month and for members and exhibiting artists. Info: 561-266-3001; www.LighthouseArts.org.


■ Third Thursday Holiday Reception and Exhibition Opening — 5:30-7:30 p.m. Dec. 21 and the third Thursday of the month. Wine and passed hors d’oeuvres.

Loggerhead Marinelife Center — 4450 U.S. 1, Juno Beach. 561-627- 8280; www.marinelife.org.

■ STA-1E — 7:30 a.m. to noon Dec. 17. An easy tour, mainly from your car. Advance registration required. See website for details. Leader: Rick Schofield.


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A Season of Smiles at the Kravis Center!

THE TEN TENORS HOME FOR THE HOLIDAYS*

Sunday, December 17 at 7 pm
Dreyfoos Hall • Tickets start at $25
Join Australia’s charismatic rock stars of opera as they ring in the holidays with resounding festive favorites.
With support from THE TEN TENORS!

STEVE SOLOMON’S MY MOTHER’S ITALIAN, MY FATHER’S JEWISH & I’M IN THERAPY

Tuesday through Saturday, December 19-23
Tues. through Fri. at 7:30 pm
Sat. at 1:30 pm and 7:30 pm
Rinker Playhouse • Tickets $35
It doesn’t get any funnier than this three-time award-winning one-man show of dialects, riotous sound effects and an army of lovable, laughable characters.

CANADIAN BRASS HOLIDAY**
FEATURING JOEL BACON ON ORGAN

Joel Bacon will play the Kravis Center’s George W. Mergens Memorial Organ.

Thursday, December 21 at 8 pm
Dreyfoos Hall • Tickets start at $15
One of the most popular brass ensembles in the world, this Grammy-nominated quintet brings in the Holidays with virtually and showmanship in a festive performance.

FORBIDDEN BROADWAY

Wednesday through Sunday, December 27-31
Wednesday, Thursday and Friday at 7:30 pm
Saturday at 1:30 pm and 7:00 pm
Sunday at 7 pm and 10 pm* (New Year’s Eve)
Rinker Playhouse • Tickets start at $35
Crazy costumes, riotous revues, music and hilarious madcap impressions make this audience favorite a long-running tribute.
*Includes New Year’s Eve champagne toast

**Visit kravis.org/beyondthestage for information on free musical presentations and talks.

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Endless Magic
HOLIDAY MUSIC AND LIGHT SHOW
Every night through the New Year
6, 7, 8 & 9pm - Centre Court

DOWNTOWN EXPRESS HOLIDAY TRAIN RIDES
Monday-Thursday: 11am-7pm
Friday & Saturday: 11am-9pm
Sunday: Noon-6pm
Departs from Carousel Court

Sponsored By

DOWNTOWN at the gardens
DowntownAtTheGardens.com

300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@FloridaWeekly.com.
HAPPENINGS

From page 1

provided, after which you can eat your work, but you may not want to!

Page dimensions: 792.0x1188.0

The Norton Museum of Art is at 1451 S. Olive Ave, West Palm Beach. Admission to the museum and Art After Dark, held Thursdays from 5 to 9 p.m, is free. 561-832-7469 or online at www.kravis.org

The library expands its programs

The West Palm Beach Library Foun-
dation received a grant from the Palm Beach Arts & Entertainment District (A&E) to support the many popular arts programs at the Council Public Library of West Palm Beach.

A&E District in partnership with the West Palm Beach Downtown Devel-

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Here are a few of the special events tak-
ing place at the library throughout December. For a complete schedule of classes and programs, visit www.wpbcpl.org or call 561-987-7760.

MUSIC

From page 1

With a nod to the late, great James Brown, one can sum it all up by calling Mr. Cahur the hardest-working man in every aspect of show business — at least on the local level.

The 49-year-old Ohio native moved to Florida to attend college in Mel-
bourne in 1986, and has lived in Jupiter since 1995. Tall and thin, Mr. Cahur looks like the surfer guy next door, and for good reason. He’s exactly that to neighbors in Jupiter, where he lives with his wife, Carly, and their children Luke (age 7) and Sadie (age 6).

“I make it a priority to get in the water,” Mr. Cahur says. “I love it as much as music. But my family is first priority. Nothing makes me happier than spending time with my wife and kids. They are my life blood.”

Mr. Cahur’s customary current eve-

ning spot at Guanabanas is behind the soundboard on the east end of the covered patio stage he designed, where his expert ear guides mixes for bands through a PA system he also where his expert ears guide mixes for the organization sometime in 2018. Guanabanas has featured acts that have gone on to gain national status (like Georgia jam band Passafive), and the venue features recurring showcases like the Jerry Garcia tribute “Jerry Fest” and a showcase of Miami bands called “Noche Latina.”

“I’ll continue to build on Noche Lati-

na as we celebrate its upcoming second anniversary,” says Mr. Cahur. “We’re actually doing a huge Afro-Roof festi-

val in January that spans from Palm Beach County to Monroe County over six months. I’ll finish in June with a large event in Miami featuring Afro-

Black music and Latin music from all over.”

Upcoming shows at Guanabanas include gifted regional rock/jazz singer/

guiterist Bobby Lee Rodgers (9 p.m. Dec. 15), Treasure Coast roots music duo the Nouveau Honkies (4 p.m. Dec. 16), Moska Project (9 p.m. Dec. 16), local blues by singer/guitarist Micah Scott (4 p.m. Dec. 23) and pop by Girlfriend Material (9 p.m. Dec. 23), and area reg-

gue icons Spred the Dub (9 p.m. New Year’s Eve).

“Mr. Cahur is an amazing talent that has super potential. Deep roots and alt-reggae vibes. We have great things cooking for them in 2018.”

In the current South Florida climate of open-air live music venues and the inevitable sound ordinances that have followed in recent years, Mr. Cahur also played a significant role, helping Guanabanas become a rare nightspot that spent money to remedy the problem rather than putting the onus on bands to turn down their volume or get fired. Instead, Guanabanas invested several thousand dollars on sound baffles that aren’t even noticeable along the east walkway and around the stage, plus Apex Hera and Argos sound controllers and limiters that further reduce decibels waiting from the stage toward multiple nearby residential areas — all result-

ing in it becoming the town of Jupiter’s first officially approved outdoor music venue.

“We worked in conjunction with the town, and designed a system that would fit their needs and ours,” says Mr. Cahur. “It was a difficult four or five years, but we got it done. I think the inlet district is better for it, as we can enjoy live music within the respectful boundaries of our neighbors and community.”

A dancing family affair

The Kravis Center announced the return of the Chmerkovskiy brothers, Val-

A dancing family affair

en and Maks, and they’re bringing along Maks’ better half, his lovely bride, Peta Maks and Val toured with their first show, “Our Way” last year. This year, Maks says they’ve got the stage even bigger. Peta says the show is the next chapter in the story. In the grand tradition of the Chmerkovskiy family, they will reveal their secrets, hopes and dreams and express all those emotions through the forms they love.

Maks, Val and Peta Live on Tour: Confi-

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LATEST FILMS

‘Wonder Wheel’

Kate Winslet is a fine actress, but she can’t do it alone. Writer/director Woody Allen’s “Wonder Wheel” showcases her talent for the plum role of an emotionally frail 1950s waitress whose prospects for happiness are quickly dwindling. However, neither the story nor her cast mates is worthy of her abilities. This is a visually splendid yet often mundane movie that’s neither funny nor dramatically interesting.

Winslet’s Ginny once aspired to be an actress, and is now a waitress at Ruby’s Clam Shack on the Coney Island boardwalk. She’s married to Humpty (Jim Belushi), an insensitive brute who runs the merry-go-round and loves fishing. Ginny hates fishing. In fact, she doesn’t seem to have much in common with Humpty at all.

It’s no surprise, then, that Ginny takes a liking to Mickey (Justin Timberlake), a lifeguard on the beach who’s studying for a master’s degree in drama. An affair begins and she sees a future for them, while Mickey … just wants to spend time with Humpty’s daughter from another marriage, Carolina (Juno Temple). Subplots abound, including Carolina being wanted by mobsters (“The Sopranos’” Steve Schirripa and Tony Sirico) and Ginny’s son from another marriage, Richie (Jack Gore), setting fire to everything. The problem is none of it adds up to much. At the end of 101 minutes you’re left with a shoulder shrug and disappointment rather than the adrenaline rush of great drama.

Allen’s first mistake was making Mickey the narrator. He’s the least interesting character, and Timberlake doesn’t have the dramatic chops to play the role convincingly. It has the same downer effect as Nick Carraway narrating “The Great Gatsby” — why have someone so dull telling the salacious tale? Even when he’s expressing emotions, Timberlake’s Mickey is a blank slate. And his yearning for Carolina, which we’re supposed to believe is genuine, renders movies aren’t often visually interesting, so if you find yourself taken by the lighting, cinematography (by Vittorio Storaro) and/or production design (Santo Loquasto), you will not be alone. This is probably the most visually accomplished film Allen has made.

Unfortunately, the visuals aren’t enough. “Wonder Wheel” tries to engage you in its heart-wrenching drama but never succeeds. Only Allen die-hards should bother with this one, and even they should proceed with caution.

“Show us how you do haiku”

BY CINDY PIERCE
cpierce@floridaweekly.com

We had such success (250-plus short stories) and fun with this year’s Florida Weekly Writing Challenge that we don’t want to wait until next summer to tap back into our readers’ collective gift with WordPress. So we’ve come up with an end-of-the-year exercise we hope you’ll be inspired to try.

Here’s how you can play.

Think about your year and then set it to haiku.

Those three lines aren’t exactly a stel- lar example, but they were written on deadline and they do conform to the basic rules of the ancient form of Japanese poetry: three lines written in 5/7/5 syllable count.

Although Wikipedia’s entry for haiku goes deeper and references “the juxtaposition of two images or ideas … and the manner in which the juxtaposed elements are related,” we like the Academy of American Poetry’s observation that haiku “emphasizes simplicity, intensity and directness of expression.”

Five, seven and five.
Seventeen syllables. Done.
Yes, you can haiku.

Our only other requirement is that your haiku hint at something about 2017 that stands out for you, whether it’s a milestone or one small moment, a natural disaster or a personal dilemma. And because we’re all hopeful about 2018, you can also compose a forward-looking haiku if you choose.

Send your haiku or two (but no more) in the body of an email (no attachments) to haiku@floridaweekly.com. Be sure to include your full name, the town where you live and a phone number where we can reach/text you should we want to know more about your ditty.

We’ll print as many of our favorites as space allows in the final Florida Weekly of 2017.

So what are you waiting for?
Florida Weekly welcomes submissions for the Society pages from charity galas and fundraising events, club meetings and other to-dos around town.

We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@floridaweekly.com.

Society

Sandi tree lighting, downtown West Palm Beach

1. Andre Tremblay, Celine Croteau, Syndra LeBlanc, Richard Vernet and Lisa Tremblay
2. Cory Neering, Paula Ryan, Shannon Materio, Sylvia Mulet, Jen Mauer and Keith James
3. Ashley Alcena and Darrenette Nazario
4. Ramina Landivar, Patricia Landivar and Mario Landivar
5. Tristan Stafford, Grace Zarca, David Greene, Jolene Greene, Jovan Jardine, Guy Zarz and Lisa Greene
6. Kurt Hirsteif and Tania Martinez
7. Lorie Thompson, Ed Thompson and Linda Stein
8. MJ Freeman, Cayden Roca, Lisandra Delgado and Mike Roca
9. Richard Tulchin, Giovanna Tulchin, Skyler Tulchin and Jenna Tulchin
10. Nazareth Oftemores, Gilia Chaparro, Sunida Ortiz, Luis Ortiz and Mason Ortiz
11. Anna Vlandienc, Laylah Worley, Landan Worley and Stephanie Sterling

ANDY SPILIOS/FLORIDA WEEKLY
HOLIDAY EVENTS

Happy holidays! Looking for something special to do? We have ideas!


- **Young Friends of the Palm Beach Symphony Sip & Shop** – 6 p.m. Dec. 14, Vineyard Vines, 305 Worth Ave., Palm Beach. Call 561-655-2667 or email yfpsb@palmbeachsymphony.org.


- **Handel’s “Messiah”** – 7 p.m. Dec. 15 at Benjamin Hall, Benjamin Upper School Campus, 4875 Grandiflora Road, Palm Beach Gardens. Performed by Masterworks Chorus of The Palm Beaches. 561-645-9696; www.masterworkspb.org.


- **Holiday Chorus Concert** – Dec. 16, Meyer Hall, Dreyfoos School of the Arts, 501 S. Sapodilla Ave., West Palm Beach. 561-802-6000; www.awdsoa.org.


- **Dance Theater of Florida presents “Bell”** – 5:30 p.m. Dec. 17, Royal Poinciana Chapel, 60 Cocanooter Road, Palm Beach. Perform by Masterworks Chorus of The Palm Beaches. 561-845-9696; www.masterworkspb.org.

- **A Many But One Christmas** – 2 and 6 p.m. Old School Square, Delray Beach. Excerpts from “The Nutcracker” and other ballets. $15-$35. 561-655-2223; www.JupiterTheatre.com


- **Handel’s “Messiah”** – 7 p.m. Dec. 17, First Presbyterian Church, 482 Tequesta Drive, Tequesta. Hear the Christmas Story told on the front lawn and stay after to pet the live animals and enjoy cookies and hot cocoa. Bring a chair. www.tequestatapas.org; 746-516, Ext. 101.


- **The Gay Men’s Chorus of South Florida’s — Deck the Halls!** – Saturday, 7 p.m. Dec. 17, Tequesta Drive, Tequesta. The service includes hymns and the Chancel Choir. A traditional worship service will be held at 10 a.m. 10 a.m. with the Bell Choir, www.tequestatapas.org; 746-516, Ext. 101. www.kravis.org.

- **Christmas Cabaret in the Club Level** – 6 and 8 p.m. Dec. 19, Maltz Jupiter Theatre, 100 E. Indiantown Road, Jupiter. This is a popular Christmas sing-a-long featuring three special guest soloists and the choir from the Goldner Conservatory of Performing Arts. Tickets: $25, 561-575-2223; www.jupitertheatre.org.

- **Holiday Evening Tours** – Dec. 19-23, Flagler Museum, 1 Whitehall Way, Palm Beach. Reception: 6:30 p.m. Tours at 6:50, 7:05, 7:15 and 7:25 p.m. $25 adults, $18 younger than age 18. Present your ticket to receive 15 percent off at Sant Ambrose, Palm Beach, good through Jan. 31. 561-655-2833; www.flaglermuseum.us.

- **Steve Solomon’s “My Mother’s Italian, My Father’s Jewish & I’m in Therapy”** – Dec. 19-23, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets are $35. 561-832-7469; www.kravis.org.

- **Canadian Brass Holiday** – Dec. 21, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Performance takes place Saturday at 6:30 p.m. Tours at 6:50, 7:05, 7:15 and 7:25 p.m. $25 adults, $18 younger than age 18. Present your ticket to receive 15 percent off at Sant Ambrose, Palm Beach, good through Jan. 31. 561-655-2833; www.flaglermuseum.us.


- **A Motown Christmas** – 7 p.m. Dec. 22, First Presbyterian Church, 701 Okeechobee Blvd., West Palm Beach. Tickets start at $25. 561-832-7469; www.kravis.org.


- **Broadway Christmas Wonderland The Holiday Show** – Dec. 22, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets start at $25. 561-832-7469; www.kravis.org.


- **Live Nativity** – 6 p.m. Dec. 17, First Presbyterian Church, 482 Tequesta Drive, Tequesta. The service includes hymns and the Chancel Choir. A traditional worship service will be held at 10 a.m. 10 a.m. with the Bell Choir, www.tequestatapas.org; 746-516, Ext. 101. www.kravis.org.

A Musical Tribute and Patriotic Holiday Celebration. Irving Berlin Salutes America is a celebration of the music of the greatest composer in American history!

**HIT SHOWS IN PALM BEACH GARDENS!**

**HURRY! FINAL WEEKS! MUST CLOSE DECEMBER 24**

**A Musical Comedy**

**“LAUGH OUT LOUD FUNNY!”**

**- A Musical Comedy**

Hilarity, delicious dishes and two over-the-top plus-size Italian Sisters from Brooklyn take you on a Tour de Force of Italian, pop & show tunes and cuisine as they sing, dance, joke, and laugh through a very special cooking lesson!

**PGA ARTS CENTER**

(Formerly P.G. Cinema & Sherman’s Plaza)

4076 PGA Boulevard
Palm Beach Gardens, FL 33410

For Tickets:

1-855-HIT-SHOW

(1-855-444-7469)

Groups (10+): 561-808-3446

PGAartsCenter.com

Also Join Us for our New Year’s Eve Champagne Toast Song & Dance Celebration of Broadway!

(Dec. 31st, 7pm & 9:30pm)
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We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@floridaweekly.com.

Salute 2 Puerto Rico Hurricane Relief at Salute Market & Restaurant in Palm Beach Gardens

1. Alejandra Colon, Edith Echevarria and Christy Dunne
2. Michelle Lebowitz, Jane Garcia-Deale, Linnsey Bruce and Cheryl Cannon
3. Barbara Black, Maria Mammouk and Sarita Burns
4. Chris Klein and Judy Abbey
5. Ricardo Diaz and Alexa Diaz
6. Jasmin Ortiz, Sandra Ortiz, Ashley Ortiz, Bernice Gardian, Katie Gardian, Rosie Ortiz and Arturo Sanchez
7. Clifford Hogan and Carla Hogan
8. Tony Campanella and Angela Campanella
9. Courtney Berry, Victor Conception, and Cheryl Cannon
10. Jane Garcia-Deale, Carlos Castillo and Luz Medina
11. Ignatius Buda, Terri Buda, Sandy Gullickson and Bill Gullickson
12. Rico Medina
13. Deria Foman and Bill Foman
14. Armielle Alvarez

Carol Stringer and Jason Stringer
SAGITTARIUS (November 22 to December 21) While the current round of holiday revels has your social life on the fast track, someone special might want to keep pace with you next year, as well.

CAPRICORN (December 22 to January 19) Enjoy all the fun you deserve at this holiday time. However, don’t lose sight of the need to check out some of the changes the new year is expected to bring.

AQUARIUS (January 20 to February 18) What happens during this holiday time can help clear up some of the confusion jeopardizing a once-stable relationship. Follow your instincts on what to do next.

PISCES (February 19 to March 20) Your holidays are brightened by new friends eager to become part of your life. But don’t forget to spend time with that one special person. (You know who.)

ARIES (March 21 to April 19) An old adversary wants to make amends over the holidays. The decision is yours. But wouldn’t it be nice to share the upcoming new year with another friend?

TAURUS (April 20 to May 20) As news of your work gets around, expect to receive a special holiday “gift” from influential contacts who could help you launch your new projects in the new year.

GEMINI (May 21 to June 20) Instead of fussing over what you didn’t do to prepare for the holidays, relax and enjoy the kudos for a job truly well done. A happy surprise awaits you early next year.

CANCER (June 21 to July 22) The best way to shake off lingering holiday blues is to join loved ones in the fun and festivities of this special time. A confusing situation starts to make sense in upcoming weeks.

LEO (July 23 to August 22) Special emotional rewards mark this holiday time for Leos and Leonas who are able to open up to new relationships and the possibilities they offer in the upcoming year.

VIRGO (August 23 to September 22) Your efforts to make the holidays especially memorable for some people will be rewarded in some unexpected (but very welcome) ways in the upcoming year.

LIBRA (September 23 to October 22) Be assured that your efforts to make this holiday special for everyone won’t go unnoticed by those who could make some important changes in your life.

SCORPIO (October 23 to November 21) Lots of folks want you to light up their holiday parties. But try to take some quiet time ‘twixt those glittering galas to spend with some very special people.

BORN THIS WEEK: You have the ability to encourage people to reach their potential by setting an example with your own efforts.

**SUDOKU**

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.

By Linda Thistle
Florida Weekly welcomes submissions for the Society pages from charity galas and fundraising events, club meetings and other to-dos around town.

We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email society@floridaweekly.com.

SOCIETY

Tree lighting, Flagler Museum, Palm Beach

1. Angela Budano, Betty Budano, Fatima Kheral, Kelly Weaver and Ishrat Sultana
2. Chorale of Bak Middle School for the Arts
3. Gilles Cote, Johanne Remillard, Sylvie Laranche and Andre Pelletier
4. Alice Lonnquist, Santa Thom Druard, Victoria Lonnquist
5. Anne Akerson
6. Erin Manning, Connie Drosakis and Jorge Valls
7. Carolyn Hensel and Richard Nelson
8. Donna Tennant, Kevin Litchfield and Patricia Litchfield
9. Jasmine David, Jason David and Trinity David
10. Peggy Cook, Brian McGrath and Melissa Cook
11. Joanne Burnham, Wayne Burnham, Neil Cameron and Marlene Murdock
12. Michelle Wagner and Janet Wagner
13. Christopher Gonzalez
VINO

When it comes to wine, it’s all about the glass

Editor's Note: In the spirit of holiday entertaining, we're reprinting Jerry Greenfield's excellent piece on wine glasses. Cheers!

I confess that I don't need a lesson in how the type of glass affects the taste of wine. My wife, Debi, and I have been to enough tastings and sipped from dozens of different glasses.

Plus, at the Wine Experience a few years ago, Georg Riedel and Maximilian Riedel demonstrated the difference to about 1,500 of us. We tasted a wine out of a plastic cup, then out of several differently-shaped Riedel glasses, and the variation in the aromas and flavors was obvious to everyone in the room.

So the glass makes a difference — and quite often a major one.

The Riedel name has been synonymous with fine wine glasses since the 1750s. (By the way, it rhymes with “needle.”)

In 1973, Claus Riedel (the ninth generation of the glassmaking family) introduced the “Sommelier Series,” the first mouth-blown glasses made to pair wines with a specific bowl shape.

He was also the first designer to discover that the bouquet and flavors of a wine were affected by the shape of the bowl.

The company conducts extensive research to determine what shapes are best for different wines.

Company president Georg Riedel told me that the process involves “a series of trial and error tastings,” something I’d very much like to participate in.

“Working with winemakers and sommeliers, we tweak the bowl shape and rim diameter to deliver wine in a fashion that best accentuates the properties of the given varietal on the taster’s palate,” he says. “Within each glassware series, there are shapes for the world’s best for different wines.

“My son Maximilian and I conduct extensive workshops before a varietal-specific shape can make it to market. We follow the Bauhaus principle: form follows function.”

But surely, differences in the way individuals experience a wine must play a part? “Yes,” says Georg Riedel. “There is a degree of individuality to each person’s interpretation of a wine, but most sensory responses are directly affected by the vessel. This doesn’t erase personal preference; there are those who simply prefer Pinot Noir to Cabernet Sauvignon. But we firmly believe that each varietal will taste its absolute best when served in a Riedel glass.”

At our house, we conduct numerous side-by-side tastings. Every night, in fact.

It’s hard to disagree with Georg.


THE DISH: Highlights from local menus

The Dish: Beer Battered Shrimp
The Place: Thirsty Turtle Seagrill & Tiki Bar, 19961 U.S. Highway 1, Juno Beach; 561-627-8991 or www.thirstyturtlefl.com.
The Price: $14.95
The Details: What is it about grease and salt that they seem to make everything taste so much better?

I'm not sure. But there are few things that taste better than fresh, plump shrimp fried up in a crispy batter and served piping hot with cool creamy coleslaw.

Fortunately, the Thirsty Turtle delivered on both. Also tasty: the grilled fish tacos.

— Scott Simmons

SCOTT’S THREE FOR 3 Places for seafood
A trio worth noting

1 COD & CAPERS SEAFOOD MARKET & CAFÉ
1201 U.S. 1, North Palm Beach; 561-622-0963 or www.codandcapers.com.
Cod & Capers offers some of the freshest seafood in one of the most attractive settings anywhere — it’s a pleasure to shop the market, which offers an array of fish, shellfish and utensils with which to serve them. It’s even more of a pleasure to have a seat in the café and chow down on your choice of chowders or sweet stone crab claws.

2 CAPTAIN CHARLIE’S REEF GRILL
12846 U.S. 1, Juno Beach; 561-624-9924.
Before the well regarded Little Moir’s Food Shack and Spoto’s came along, Reef Grill was one of the first local establishments to offer a fresh take on seafood. Try the smoked fish dip or chow down on the fresh seafood curry. The shrimp and grits hits the spot at lunch, and Reef Grill also has a nice wine list, when you’re ready to savor dinner.

3 SEAFOOD BAR AT THE BREAKERS
One South County Road, Palm Beach; 877-724-3188 or www.thebreakers.com/dining/seafood-bar/.
This is lunch or dinner with a view — even the bar is swimming with saltwater fish.
You’ll want to try the crab cakes here. They’re packed with large lumps of sweet crabmeat with minimal filler. Some evenings, it’s nice just to sit at the bar, have a cocktail and contemplate the ocean beyond.

— Scott Simmons

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LIST WITH A LUXURY LEADER

CLARIDGE 2-N, JUPITER ISLAND
Ocean to ICW Views | 3BR/3.1BA | 3,500 SF | $3.2M

TRUMP NATIONAL, JUPITER
Overlooking 5th Hole | 5BR/6.2BA | 5,858 SF | $2.75M

BEACH FRONT 407, SINGER ISLAND
Directly on the Sand | 3BR/3.1BA | 3,950 SF | $2.199M

TRUMP NATIONAL, JUPITER
Overlooking 8th Hole | 6BR/6.2BA | 5,614 SF | $2.69M

OCEANFRONT 902, JUNO BEACH
Largest Condo Avail in Juno Beach | 3,995 SF | $1.95M

LAKE POINT TOWER, OLD PORT COVE
Panoramic Ocean to ICW Views | 3BR/3.1BA | 3,475 SF | $1.495M

ALTON, PBG
New Construction | 5BR/5.1BA | 4,923 SF | $1.234M

BAY HILL ESTATES, WPB
Golf & Water Views | 4BR/4BA | 4,501 SF | $1.049M

EASTPOINTE 18-C, SINGER ISLAND
Updated and Open Kitchen | 2BR/2BA | 1,710 SF | $595,000

MARTINIQUE II, SINGER ISLAND
Newly Renovated | 2BR/3.1BA | 2,011 SF | $525,000

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INTERNATIONAL
The holiday season is all about family, fun, and food! Eating heart-healthy during the holidays takes effort. The following strategies will help you navigate this holiday season in a healthy way.

1. **Prioritize protein.** Begin each meal by eating the very lean proteins, like white turkey breast, before beginning any side dishes. Protein has a stabilizing effect on blood sugar, so you tend to feel “full” more quickly, and it increases the metabolic rate because it has a higher cost of digestion than carbohydrates or fat.

2. **Use your resources!** Search the internet for healthier versions of your favorite recipes.

3. **Eat before you EAT!** To prevent a drop in metabolic rate during the day, don’t skip meals when planning to eat one larger sized meal in the evening. Keep healthy snacks on hand in the car or purse to munch on. This also prevents from overeating when you do sit down to enjoy your holiday meal.

5. **Stay hydrated.** Drink one full glass of water before eating to help with satiety. This strategy helps lessen the desire to overindulge. Alcohol, most mixed drinks, and soft drinks contain an abundance of empty calories and should be avoided.

6. **Give the metabolic rate a boost.** Try hitting an extra session of cardio the day before or the day after the holiday meal. Go for a brisk walk after your holiday dinner to aid the digestion process.

7. **Exercise with a friend.** Stay active by planning workout sessions with friends or family members. Ask friends to meet at least once a week for a walk around the neighborhood or a session at the gym. When you commit to meet a friend, exercise becomes more fun!

Get a new smile for the Holidays!

Are you suffering from missing teeth, damaged teeth, failing dental work or ill-fitting dentures? Does your poor dental health keep you from smiling, socializing and enjoying the foods you love? Have you undergone dental work that you keep having to redo every few years or are experiencing ongoing dental issues? Stop suffering from the endless cycle of root canals, gum surgery, dental infections, toothless smiles and embarrassment. With Teeth Next Day, you can have the smile you’ve always dreamed of, and you can do so in time for that New Year’s Eve party. Teeth Next Day is a solution designed to give you a brand new smile that looks, feels and functions like your natural teeth in just ONE DAY. Imagine coming into our state of the art facility designed for Teeth Next Day procedures and leaving the very next day with a brand new smile. Teeth Next Day is a life changing treatment that gives you a permanent and natural smile in just ONE DAY. Dr. Jay Ajmo is a certified implant dentist with over 25 years of experience in cosmetic and restorative dentistry. He is one of only 400 dentists worldwide to hold a Diplomate Certification with the American Board of Oral Implantologists and is the exclusive South Florida provider of Teeth Next Day. All procedures are performed utilizing the most advanced tools and techniques in modern dentistry including 3D CT Scans for precision implant placement. Dr. Ajmo is supported by his dedicated team in his state of the art facility, designed for the utmost in patient comfort along with optimum cosmetic and functional results for the restoration of your smile.

How it works
The Teeth Next Day solution is a zirconia implant bridge as the final product attached to five or six dental implants. These implants act like the roots of natural teeth and permanently anchor the bridge to the jaw bone. The permanent implant bridge used in the Teeth Next Day solution is made from zirconia, the most durable and longest lasting dental material available. Unlike acrylic options that are offered in most dental implant centers, zirconia will NEVER chip, crack or stain. Teeth Next Day replicates the look, feel and function of natural teeth making it the strongest and most naturally beautiful implant supported smile treatment available in modern dentistry.

The latest technology
Not only is the Teeth Next Day solution made from one of the most advanced dental materials available, the procedure utilizes the latest technologies for precision fit and optimum design. Dr. Ajmo’s team uses 3D CT scans to precisely place your dental implants below the gum line. Each zirconia implant bridge is created using computer aided design and CAD/CAM milling for a precise fit. Every Teeth Next Day implant bridge is hand-stained to provide the most natural looking color possible. Each of these innovations makes Teeth Next Day the most state-of-the-art option for the replacement of missing teeth, damaged teeth, failing dental work or ill-fitting dentures.

Patients who have undergone Teeth Next Day have transformed their appearance and their quality of life. No longer do they hide their toothless smile or struggle to chew a meal. Now, they have regained confidence to smile and eat the foods they love. Are you ready for a comfortable, healthy smile to start the New Year? Change your smile and change your life. Call today to schedule your complimentary consultation: 561-627-8666.

The Teeth Next Day procedure creates beautiful, permanent smiles in one day.

BEFORE
AFTER

Call 855.773.3693 to register to attend one of our FREE Bone Density Screenings or for a complimentary physician referral.
3360 Burns Road | Palm Beach Gardens, FL 33410 | PBGMC.com
Hand washing: A simple, effective way to combat germs

PALM BEACH GARDENS MEDICAL CENTER

It’s that time of year again…people with coughs, sneezes and runny noses seem to be lurking around every corner. Each year, kids miss an estimated 22 million days of school due to the common cold. One of the best ways you can prevent against illnesses such as cold and flu is by washing your hands. December 4th-11th is Hand Washing Awareness Week. Practicing hand hygiene is a simple yet effective way to prevent infections.

According to the Centers for Disease Control and Prevention (CDC), the single most important thing you can do to keep from getting sick and spreading illness to others is to wash your hands. It seems simple, but cleaning your hands regularly can get rid of the germs you pick up from other people, or even everyday objects that you touch. Germs can enter the body through the eyes, nose and mouth – all areas that we often touch without even realizing it. You are also at risk of picking up or spreading germs if you eat or prepare food without washing your hands. The CDC notes that germs can multiply under certain conditions in some foods – meaning more people are at risk of getting sick. Germs can even get on objects that you regularly touch: hand rails, door knobs, countertops, etc.

When to wash

To gain the maximum protection from hand hygiene, the CDC recommends washing your hands at the following times using either soap and water or a hand sanitizer that contains at least 60 percent alcohol:

• Before, during and after preparing food
• Before eating food
• Before and after caring for someone who is sick
• Before and after treating a cut or wound
• After using the toilet
• After blowing your nose, coughing or sneezing
• After touching an animal, animal feed or animal waste
• After handling pet food or pet treats
• After touching garbage

How you wash your hands is just as important as the act itself. When using soap and water:

• Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
• Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
• Scrub your hands for at least 20 seconds. Tip from the CDC: Humming the “Happy Birthday” song twice, from beginning to end, while scrubbing.
• Rinse your hands well under clean, running water.
• Dry your hands using a clean towel or air-dry them.

When using a hand sanitizer:

• Apply the product to the palm of one hand. Make sure to check the label for the correct amount.
• Rub your hands together.
• Rub the product over all surfaces of your hands and fingers until your hands are dry.

If you do end up getting sick this holiday season, remember we’re always here for you at Palm Beach Gardens Medical Center.
Chinese medicine is an individualized natural healing system that has been around for thousands of years. This form of original medicine encompasses various techniques all specifically designed, to balance and restore health. Chinese medicine integrates a greater understanding of how the human body works on a physical, mental and emotional level. By developing these skill sets your Acupuncture physicians are able to address imbalances within the body. Chinese medicine takes a holistic approach by treating the root cause in addition to relieving the symptoms caused by the underlying imbalance; this truly enables the body to achieve health and healing in a natural way.

What is acupuncture?

Acupuncture is one of several techniques that your acupuncture physician may employ to help facilitate the body’s innate healing abilities. This involves thin single use filiform needles being inserted into the body at specialized points known as acu-points. The stimulation of the acu-points triggers the body’s immune system and releases endorphins, the “feel-good” hormone. This creates a calming effect and at the same time activates the immune system to address the underlying problem.

What does acupuncture treat?

Studies have shown that acupuncture is effective for many conditions; chronic pain in muscles and joints, sciatica, digestive issues, nerve pain, stress, anxiety and depression. Acupuncture has also been proven effective in cases of infertility by increasing blood flow to reproductive organs thereby improving egg quality. Menstrual irregularities and PMS are also among the many women’s health conditions acupuncture helps. Irritable bowel, GERD and autoimmune conditions have also benefited from this therapy. New studies have shown that acupuncture used adjunctively with conventional methods may be effective in treating those with Autism Spectrum Disorder (ASD). Results have shown improved language comprehension skills, behavioral, social and motor skills, as well as an improvement in sleep patterns in those with ASD.

Herbal medicines and cupping

Herbal medicines are another incredibly crucial tool in the Chinese medicine toolbox. While not as popularized in Western culture as Acupuncture, herbal remedies have been used for thousands of years in Asia. They are a more bioavailable form of natural medicine customized for each patient’s specific needs. There are herbal formulas for a wide range of illness such as the flu and bacterial infections to chronic and acute injury pain as well as digestive conditions, hypertension, anxiety and depression remedies.

Cupping is another technique in our Chinese medicine arsenal. Cupping has been newly popularized thanks to Michael Phelps and the summer Olympic swim team as a therapy used primarily for pain but not limited to it. During a Cupping therapy session glass or plastic cups are placed on the skin creating suction. The suction in the cups causes the skin and superficial muscle layer to be lightly drawn into the cup. Cupping is similar to a deep tissue massage, rather than applying pressure to muscles, it uses gentle pressure to pull them upward. For most patients, this is a particularly relaxing and relieving sensation.

What does a typical appointment look like at Acu-Wellness?

After you schedule your first appointment, you will meet with your physician at our Jupiter office. Expect to spend about 90 minutes with us, as we will conduct a detailed health history. Dress comfortably, as we may need to access your arms, legs, feet, abdomen or back for treatment. Your physician will determine which combination of therapies will be appropriate for you. We look forward to assisting you on your journey to health and healing!

— AcuWellness Group, Downtown Abacoa, 1209 Main St., #104, Jupiter; 561-557-6556 or www.acuwellnessgroup.com.
Give the gift of respite care this holiday season

Are you a family caregiver who feels that the stress of taking care of your aging parent or a loved one is taking its toll on your patience and perseverance? Perhaps even harming your health?

Are you a spouse who has watched your heart’s love constantly take time off from work due to the health needs of another family member? Is their absence affecting your household or their ability to function effectively in business?

Family caregivers are familiar with feelings of resentment, sadness, frustration, guilt, anxiety and anger. These are all common, we are after all, only human. Sometimes we can figure out what triggers these emotions and how to address them, like feeling unappreciated—but often the root of the problem is sheer exhaustion or just the need for time alone or a chance to do something for yourself? Don’t feel guilty. If you are like most people, you want to do all you can to help your Senior spouse, parent or elderly loved one ease their pain, and be there always to help them deal with their daily difficulties. But we all have limits. Remind yourself the loved one you are caring for does not want to be a burden—and that maybe the holidays are a good time to consider the gift of respite care.

What is respite care? “Respite” care means to temporarily take a break from caring for someone with special needs. Ideally it should be a few hours, a few days a week, and can easily be arranged for in the home. Your loved one can be cared for by an experienced professional able to assist them with the Activities of Daily Living (bathing, dressing, transferring, etc.) as well as prepare their meals, provide medication reminders, and handle any light housekeeping necessary. You have the option of arranging for respite care short term, or as needed.

Respite care is temporary relief care designed so that spouses, siblings, and adult children can attend to important business, resolve personal issues, or just join their families for a vacation or lifestyle events like a wedding.

It is not always easy to arrange for another family member or a nearby friend to jump in and help when you need it. Expect to be frustrated when you can’t get the support you need, but don’t let this frustration translate into resentment towards your loved one. It is most helpful to arrange for respite care before you become totally exhausted and overwhelmed by caregiving responsibilities. Respite can be beneficial and enjoyable for both the caregiver and the “care-receiver!”

If you know of a family caregiver that could use a break, or if you yourself are a family caregiver, remember the gift of respite care. Respite care is an essential part of the overall support system that can ensure an ill or aging family member can remain at home. Respite care enables you to recharge and refresh, so that you can be a better caregiver, and improve your relationship with your loved one. A home care agency can arrange for a day, a half day, even a few hours away that can keep things positive and in perspective, while providing a chance for the caregiver to take care of themselves physically, emotionally, and psychologically!

Visiting Angels of the Palm Beaches has an award winning approach to home care. Let our “angels” help you or a loved one recover from illness, accident or surgery, or assist with the care and companionship needed to remain comfortably and safely at home while you are in place or dealing with the daily demands of Alzheimer’s or Parkinson’s. Call 561-328-7611 or visit VisitingAngels.com/PalmBeaches.

Irv Seldin, Owner and CEO, Visiting Angels of the Palm Beaches

Article not intended as medical advice

Visiting Angels offers implant alternative for Afib patients

With the new Watchman Left Atrial Appendage Closure (LAAC) Implant now offered at Palm Beach Gardens Medical Center, patients with nonvalvular atrial fibrillation (Afib) have an alternative option designed to help reduce their risk of stroke with no warfarin or similar blood-thinning medications with potentially serious side effects. For those who have medical reasons to seek a non-drug alternative, the Watchman LAAC device works by closing off an area of the heart called the left atrial appendage (LAA). By doing so, harmful blood clots that may form due to Afib are kept from entering the bloodstream and potentially causing a stroke. Over time, patients may be able to stop taking blood-thinning medications.

“Watchman is just one of several cutting-edge procedures we have started performing in recent years to provide the advanced care for our cardiovascular patients,” said Dianne Goldenberg, hospital CEO. “The combination of our sophisticated tools and technology and the experience of our cardiac team is what helps us achieve positive outcomes.”

Implanting the Watchman Device is a one-time procedure that usually takes about an hour. Following the procedure, patients typically need to stay in the hospital for 24 hours.

For more information about the cardiac services offered at Palm Beach Gardens Medical Center, visit www.pbgmc.com/our-services/heart.

— Irv Seldin, Owner and CEO, Visiting Angels of the Palm Beaches

Gardens Medical Center offers implant alternative for Afib patients
A nonsurgical procedure to improve orgasms and decrease urinary incontinence

up to 25 percent of women have an organic dysfunction, which is defined as the persistent or recurrent delay or absence of orgasm following a normal sexual excitement phase. The list of reasons this might happen is long and includes medications, hormone issues, medical problems or relationship issues.

The O-Shot® is not a drug. It’s a procedure performed at Youthful Balance Medical Center in which your own blood platelets are injected into vaginal tissue. The theory proposed by the inventor, Dr. Charles Runels, is that platelets naturally occur in your own stem cells to the injected area, therefore generate healthier and more functional tissue in the areas of sexual response in the vagina.

This rejuvenation process helps women experience orgasms with sexual intercourse and increases the strength of the orgasms. This not only helps women feel empowered and confident in their sexual identity, but when women reach climax, a substance known as Oxytocin, is released in the body, which reduces stress and gives an enhanced sense of well-being.

The O-Shot® also treats urinary incontinence. Administered through the O-Shot®, PRP triggers the release of growth and healing factors that stimulate the tissue to rejuvenate. Relief is typically experienced within one to two weeks following the O-Shot®, and improvement continues over several weeks. Many patients have even had success resulting in reduced or eliminated need for medications used for treatment for urinary incontinence. Some have reported that they have completely stopped leaking urine after the O-Shot®.

With the O-Shot®, you can expect:
- Stronger and more frequent orgasms
- Increased sexual desire
- Improved climatic stimulation
- Increased natural lubrication
- Increased ability to have a vaginal orgasm
- Decreased urinary incontinence
- Younger, smoother skin of the vulva (lips of the vagina)
- Decreased pain for those with dyspareunia (painful intercourse)
- Increased natural lubrication
- Women suffer silently when it comes to sexual problems. Reluctant to talk about it often their condition goes untreated. There are many contributing factors to loss of sexual pleasure like menopause, childbirth, and even the natural aging process may result in incontinence. Women suffer silently when it comes to sexual problems. Reluctant to talk about it often their condition goes untreated. There are many contributing factors to loss of sexual pleasure like menopause, childbirth, and even the natural aging process may result in incontinence.

Are you suitable for this treatment? It is estimated that as many as 1 in 20 women suffer from Female Sexual Arousal Disorder, which means that, while they may want to have sex, they find it difficult to get aroused, experience pleasure or achieve orgasm. Around 5 percent of women are also thought to suffer from Female Orgasmic Disorder, where they can become aroused but have difficulty achieving orgasm. Some women also suffer with pain during and after sex, which is not from decreased lubrication or vaginal spasm, some suffer from stress urinary incontinence.

If you have any of these problems then the O-Shot® could be a solution for you. As with any treatment, you will need to have a consultation first in order to assess your suitability and rule out any contraindications.

Does it hurt? As a nonsurgical solution, there is minimal pain and discomfort associated with the O-Shot® treatment with some patients reporting experiencing no pain at all. The procedure is performed under local anesthetic to minimize any pain.

Is there any downtime/recovery time? One of the big advantages of the O-Shot® treatment is that you can return to your normal activities immediately after treatment. Sexual intercourse can even be resumed the same day.

Call Youthful Balance Medical Center for your complimentary consultation today!

Good Samaritan receives award for commitment to high quality stroke care

Good Samaritan Medical Center, part of the Advanced Neuroscience Network (ANN), earns the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target: Stroke/Honor Roll-Elite. The award recognizes the hospital’s commitment to providing the most appropriate stroke treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Hospitals must achieve 85 percent or higher adherence to all Get With The Guidelines—Stroke achievement indicators for two or more consecutive 12-month periods and achieve 75 percent or higher compliance with five of eight Get With The Guidelines—Stroke Quality measures to receive the Gold Plus Quality Achievement Award.

To qualify for the Target: Stroke Honor Roll-Elite, hospitals must meet quality measures developed to reduce the time between the patient’s arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reduce the effects of stroke and lessen the chance of permanent disability.

Good Samaritan’s achievement of the Target: Stroke Honor Roll-Elite means the stroke team treated 75 percent or more of acute ischemic stroke patients with IV tPA within 60 minutes of their arrival to the hospital.

“Ts this prestigious award is a reflection of our outstanding clinical staff,” said Tara McCoy, hospital CEO. “Our focus will continue to be on improving our treatment times and providing our stroke patients with the fastest and safest care possible.”

Get With The Guidelines®-S puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping hospital care teams ensure the care provided to patients is aligned with the latest research-based guidelines. Developed with the goal to save lives and improve recovery time, Get With The Guidelines®-S has impacted more than 3 million patients since 2003.

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, someone dies of a stroke every four minutes, and nearly 800,000 people suffer a new or recurrent stroke each year. ANN stroke centers have saved many lives due to their talented neuroscience teams and access to some of the most advanced diagnostic and interventional technology available to date. One of the most important factors in positive stroke outcomes is recognizing the warning signs and getting the patient to a hospital dedicated to treating stroke patients as quickly as possible.

For more information about the Primary Stroke Center at Good Samaritan Medical Center, visit www.goodsamaritanm.com/our-services/neuroscience-primary-stroke-center.
Ask your doctor if you need a screening colonoscopy

Upon turning the age of 50, both men and women are usually aware that the five-decade celebration comes the dreaded procedure known as the colonoscopy. A colonoscopy is a screening test used to look for colorectal cancer (also known as colon cancer). The screening also searches for growths on the lining of the colon called polyps. Over time these small growths can become cancer, so it’s important to see any early signs. Removing polyps can help prevent colorectal cancer from ever starting.

Preparing for a colonoscopy is probably the most difficult part, as one needs to plan accordingly when scheduling their procedure. The patient needs to begin preparations the day before. This means following a special diet. Typically, no solid foods can be eaten, and drinks are often limited to only clear liquids such as water, and coffee and tea without cream or milk, and broth. If on medications, the doctor may adjust the dosage or have the patient stop taking them temporarily. A special liquid laxative will be given to drink throughout the day or an enema kit may be suggested to use the night before. It’s just important to stay near a facility since your colon needs to be completely empty for the best possible screening.

The procedure is performed using a thin, flexible, hollow, lighted tube, called a colonoscope, which has a tiny video camera on the end. The four-foot long tube is gently placed up inside the colon through the anus, and sends images to a television monitor.

The colon is the large intestine and the last part of the digestive system. The colon is responsible for drying, processing, and eliminating the waste after the small intestine absorbs the nutrients in food. Colon cancer is one of the most successful ways to ever start.

If during the test a small polyp is found, the doctor will most likely remove it. If the doctor sees a large polyp, a tumor, or any other abnormalities, the polyp, or abnormal area will be taken out through the colonoscope and sent to a lab where a biopsy will be done. As with any medical tests, complications may occur. For instance, bleeding and a puncture of the colon is a serious circumstance, but it’s extremely rare.

Besides screening for cancer, a doctor may order a colonoscopy to investigate many other different digestive problems of the colon. These could be anything from bleeding, pain, bowel issues, and inflammation which could be the result of other diseases, and not cancer. Individuals with a previous history of polyps, colon cancer, or a family history may be advised to have periodic colonoscopies because of their greater risk.

The widely accepted recommendation has been that healthy people with a normal risk for colon cancer should undergo their first colonoscopy at the age of 50 and every 10 years thereafter. It’s encouraged to discuss with your doctor the guidelines for testing, the risks of colon cancer, and whether the screening needs to start before the age of 50 if a higher risk for cancer is noted.

Regular colorectal cancer screenings are one of the most successful ways to prevent colorectal cancer or find it early when it’s small and easier to treat. It saves lives. ■
Dr. Jay Ajmo has been changing many people's lives with Cosmetic, Restorative and Implant Dentistry since 1987. He is one of only 400 dentists worldwide and the only cosmetic dentist in Northern Palm Beach County to become Board Certified by the American Board of Oral Implantology. Dr. Ajmo is also certified in IV Sedation allowing him to treat patients who are fearful of the dental treatment or who have significant dental problems.

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