Greyhound races in Florida must stop by the end of next year. Thousands of dogs will need homes. Their fates lie with the industry and non-profits.

Icon, client share spotlight at Dress for Success lunch

By Mary Thurwachter
mthurwachter@floridaweekly.com

During its Style of Hope luncheon on March 8, Dress for Success Palm Beaches will award its newly created Style Icon Award to Iris Apfel, a woman who embodies dressing for success and a study in the empowerment of women. The nonagenarian — and part-time Palm Beach resident — had a successful career in textile design and manufacturing and continues to display her business acumen through numerous partnerships with leading consumer brands.

SEE WHERE, A12

Greyhounds run at the Naples-Fort Myers Greyhound Track in Bonita Springs, which plans to end racing on May 3, 2020. The dogs’ futures are in question.

Greyhound races in Florida must stop by the end of next year. Thousands of dogs will need homes. Their fates lie with the industry and non-profits.

Business

Debate about raising the minimum wage has grown louder in Florida.

By Evan Williams
ewilliams@floridaweekly.com

It’s in its final lap, but greyhound racing is not over yet in Florida. That won’t happen until races must legally stop at the end of 2020, as approved by voters last year under Amendment 13. Between now and then, and with a potential flood of dogs available starting on Jan. 1, 2021, thousands of dogs will need homes. Their fates lie with the industry and non-profits.

Cuisine

Couple opens vegan restaurant in Northwood Village.

By Evan Williams
ewilliams@floridaweekly.com

Greyhound races in Florida must stop by the end of next year. Thousands of dogs will need homes. Their fates lie with the industry and non-profits.

INSIDE: How to adopt a greyhound. A13

Tour ‘Downton’

Exhibit offers costumes, sets from TV series. B1

Golf tourney begins

What you need to know to attend the Honda Classic. A7

Download our free App today

Available on the iTunes and Android App Store.

Style for Hope honoree Iris Apfel meets Heidi Matheny, a Dress for Success client who will speak at the March 8 Style of Hope luncheon.

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The problem with columnists

The problem with columnists in today’s temperamental media environment is not their prose. It’s their poetry. There isn’t any.

So, let me change that on behalf of my fellow opinionators and me — the paid hot-air bags, the remunerated big mouths, the pro-prose prognosticators. Let me slap some language into the breech freighted with wisdom and power. Poetry, after all, is simply wise muscle, the leanest, most powerful language. Fit as the proverbial fiddle, devoid of fat, swollen with music, done right it is mighty and dreadful, “Mighty and dreadful,” said our fellow opinionator and me — the pro-prose prognosticators.

 Fitzgerald. And dost with poison, war and sickness dwell / And poppy or charms can make us sleep as well / And better than thy stroke; why swell’st thou, then? / One short sleep past we wake eternal / And death shall be no more; Death, though shalt die.”

That pretty much sums it up, too. And then there’s War, a thing so ridiculous for human beings nothing can sum it up. As the British poet Wilfred Owen said, “All a poet can do is warn.” But it isn’t true, some poets (and some “patriots”) glorify even in their grief, like Alfred, Lord Tennyson: “The Light Brigade!” Was there a man dismayed? / Not though the slaughter knelt, nor ground / as blood from … blood? / Blood all over and / hot, burning pain. / Blood that made you sick to your stomach. / pain that made you grit your teeth. / But now they were gone. / They wouldn’t come again / to charge / like hideous monsters / bent on destruction. / Eyes gleaming, mouths snarling / they had come. Ten, Twenty, Thirty / with guns / to kill. Run! Legs won’t work. / Charge! Cannot / We, shivering, cold — / war. / Screared! / Raise your rifle. / They were only men / of flesh and / blood / and would die. / But / they had rifles, too, / that spurted flame / and noise / and …”

Pain, / Searing…? / Throbbing…? / Pain. / And blood / And home. / And pain. / And noise. / And Mary. / Train waiting … / Flame spurting … / Mary, home, dinner.”

But I’ve learned from another poet there’s a fourth great subject — a more cerebral, more heartfelt, more singular experience equally as powerful as Love, War and Death: the thing commonly known as prayer, beaten and bloodied by misuses and abuses of its energy and purpose (that’s its perspective on my part, based on what I see).

This is the last stanza of an extraordinarily powerful poem by Sidney Burrus, who taught me this. “Dream Cargo,” he calls it; wise muscle.

“Could it be dreaming’s all that’s left of prayer?/May our dreams then proliferate/and drift away where we cannot / get at them, and savage them / May they drift upward without us,/you and I, soul’s husked, hunkered down/here on this blue-orphan earth, for better/ or worse, our sapphire in the star-field.”

You can find the full seven stanzas in the online journal, Blackbird, just as you can find the other poems online in an instant.

If you have need, you best take a look.
MARCH

COMMUNITY EVENTS & LECTURES

Smoking Cessation Classes
Wednesday, Feb. 20, 27 and March 6, 13, 20, 27 @ 5:30 - 6:30 p.m.
Palm Beach Gardens Medical Center // Classroom 3
PBGMC 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.
Please call 855.387.5864 to make a reservation. Reservations are required.

Legal Rights For Those With Epilepsy – Epilepsy Florida
Representative from Epilepsy Florida, Sol Camanzo, Social Services Case Manager
Monday, March 4 @ 6 - 8:30 p.m.
Palm Beach Gardens Medical Center // Classroom 3
Palm Beach Gardens Medical Center is teaming up with Epilepsy Florida to give patients and families the opportunity to engage with others living with seizures and dealing with the obstacles that come along with epilepsy. Attendees are encouraged to share their experiences and will be educated by guest speakers in the medical field.
Please call 855.387.5864 to make a reservation. Reservations are required.

Hands-Only CPR Class
Tuesday, March 19 @ 6:30 - 7:30 p.m.
Palm Beach Gardens Fire Rescue // Station 1
PBGMC has teamed up with PBG 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. Reservations are required.

Free Community Chair Yoga Class
Class taught by Sara Chambers, RN, BSN, CYT
Wednesday, March 6 or 20 @ 6 - 7 p.m.
Palm Beach Gardens Medical Center // Classroom 4
We now offer 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. Reservations are required.

Mended Hearts Program – Support Cardiac Group
Monday, March 18 @ 10 - 11 a.m.
Palm Beach Gardens Outpatient Rehab Center
2503 Burns Road, Palm Beach Gardens
PBGMC is teaming up with The Mended Hearts Program to provide support for heart disease patients and their families. A small fee will be collected by the Mended Hearts Program for registration.
*$50.00 per year will be collected solely by the local Mended Hearts Program to provide educational materials for members.
*$20.00 per year will be collected solely by the Mended Hearts Program if participants would like to become a national member.

Free Community Screenings
Gardens GreenMarket Blood Pressure Screenings
Sunday, March 3, 10, 17, 24, 31 @ 8 a.m. - 1 p.m.
10500 N. Military Trail, Palm Beach Gardens
Free Heart Attack Assessment Screenings (blood pressure, BMI, glucose and cholesterol)
Wednesday, March 13 @ 7 - 11 a.m.
Palm Beach Gardens Medical Center // Classroom 3
Osteoporosis Screenings
Thursday, March 21 @ 9 a.m. - 1 p.m.
Palm Beach Gardens Medical Center // Outpatient Entrance

FOR RESERVATIONS, PLEASE CALL 855.857.9610.

Palm Beach Gardens Medical Center | 3360 Burns Road | Palm Beach Gardens | PBGMC.com
It’s already begun. With the first seri-
ous discussion of “Medicare-for-all,”
which currently means government-
financed health care, and with the intro-
duction of the so-called Green New Deal,
those on the right, and even those who get away with describing themselves as moderates, are flinging around the S-word like it’s the ultimate pejorative.

Oh F-word it, let’s be clear: They’re bray-
ing about — gosh — “SOCIALISM.” To borrow from “The Music Man,” it starts with an “S” and that rhymes with “mess.” So, what is this scourge? My online dictionary defines “socialism” as “a system of social organization that advocates the vesting of the ownership and control of the means of production and distribution, of capital, land, etc., in the community as a whole.”

In the U.S., socialism is mostly con-
founded by demagogues with the C-word, “communism,” or the M-word, “Marxism.” They are used as nouns or turned into phrases like “commie plot” or “commie perverts” (sometimes pronounced “preverts”). So, a departure from economic Darwinism is tarred as the road to ruin. Less government, in this rendering, is always better. It’s the American way.

Any proposal to have the government participate in social services or eco-
nomic regulation, such as would be the case in a “Medicare-for-all,” the Green New Deal or raising taxes on the super-

rich, is immediately attacked as “class warfare.” It’s also vilified as incredibly expensive, a cost that would be borne by well-paying people, all of us. Never mind that we pay private insurers exor-
bitant amounts for their unsatisfactory protections. Even if the charges are hid-
 den as an employer benefit, part of our compensation in lieu of higher salaries.

Additionally, the opener proposals are just that: openers. There are a vari-
ety of revisions possible. For instance, the insurance companies could keep
their hands in the pot in the same way that they do with Medicare for senior
citizens. Another approach would be Medicare as an option, where the fed-
eral government would compete for coverage with private insurers. The cus-
tomer could decide which choice to make.

The defenders of the dismal status quo sniff something like, “Do you want a bureaucrat to come between you and your doctor?” Folks, they already do. The bureaucrats in this case work for the profit-driven insurance companies. They’ll decide what they’ll pay for — or more often NOT pay for.

Getting to the fundamental question of government taking over private ser-

vices, we already have such socialism. Law enforcement is handled by the gov-

erment. Theirs and other transportation

needs are too. Our public educa-
tion system is paid for by taxes. Unfor-
tunately, there are widespread problems with our public schools, partly because those who can afford to send their kids to private school, the ones who might have the most power due to their eco-

nomics, opt out.

So it is with the various climate and tax policies that are being proposed. The energy companies are quick to label
every efforts to fix global warming “pie in the sky.” They’ll do so perhaps until our skies burn up. Same with higher taxes on the wealthy. “Ridiculous,” say the wealthy; “socialism,” say the politicians who get campaign contributions from them.

It’s just a word, actually an S-word is. It’s inaccurate, or worse, the BS-words, which stands for bovine-something.

— Bob Franken is an Emmy Award-

winning reporter who covered Wash-

ington for more than 30 years with CNN.

Sherron Brown is not an idiot

The day has arrived in the Demo-
cratic Party when Sherron Brown is a kind of moderate.

The impeccably progressive Ohio senator who has long occupied a spot on the left flank of the Democratic caucus is declining to sign up for the fashion-

able radical causes of the hour.

He’s managed to thrive in an increas-
ingly red state. In 2016, Donald Trump

handed Ohio. The state is not

 Alabama, but it’s not New York or Cali-

fornia either, where a Democrat can dis-
count any need to appeal to culturally conserva-

tive voters.

Finally, Brown’s base is unions which have no patience for pie-in-the-sky envi-

ronmental schemes that threaten their jobs, or radical schemes to overturn current health care arrangements when many of them have gold-plated plans they want to protect.

All of this means that Brown has the sense to steer clear of proposals that will almost certainly diminish a Demo-
crat’s chances of beating Trump.

On paper, Brown looks like a strong general election candidate, and not just because he’s avoiding ridiculous exces-
s. The natural play for Democrats in 2020 would be to nominate someone, like Brown, who has a good chance of winning back the Blue Wall states and therefore putting away the election (barring some unforeseen event that opens up Hillary states to Trump).
Florida Weekly editor to speak at NPB library

Florida Weekly’s Palm Beach County editor, Scott Simmons, will speak on a range of topics starting at 6 p.m. March 4 at the North Palm Beach Library, after the library’s annual meeting.

Mr. Simmons, who joined the Florida Weekly team as a staff writer in 2010, became editor in 2016.

He is a native of Palm Beach County who has had a 33-year journalism career that included stints at The Boca Raton News and The Palm Beach Post, where he was assistant entertainment editor and creator of the “Look What We Found” column on antiques and collectibles.

In addition to directing editorial content for the newspaper, he continues to write about a range of topics at Florida Weekly, including antiques in his popular “Collector’s Corner” column, which appears in Florida Weekly’s east and west coast editions.

The presentation is free; all are welcome.

The North Palm Beach Public Library is at 303 Anchorage Drive, North Palm Beach; 561-841-3380 or www.npblibrary.org.

Get food for thought with a conversational evening

The West Palm Beach Library Foundation presents a dinner party with local luminaries and conversation in the Grand Reading Room on April 6. From 6:30-9:30 p.m., guests can select a table host from authors, foodies, historians, artists, physicians, media and community leaders, and enjoy a dinner and discussion with these experts. Proceeds benefit community programs at the Mandel Public Library of West Palm Beach. Tickets are $350 each; for details visit www.wpbfl.org or call 561-868-7715.

Toolkit available for growing nonprofits

Nonprofits First has released 50lcPro Toolkit, an online self-assessment resource to guide nonprofits through their growth.

The toolkit contains administrative standards, tools, templates and real-world advice to help nonprofits meet core legal requirements and put in place best practices of importance to staff, clients and donors, said the West Palm Beach company.

“The 50lcPro Toolkit we have developed here at Nonprofits First helps organizations self-evaluate their organizational structure and review policies against established benchmarks,” said Jessica Cecere, CEO of Nonprofits First, a resource for nonprofits for more than 10 years. “This toolkit helps nonprofit organizations find and fill the gaps, while ensuring they’re staying current with changes and trends in the nonprofit sector.”

The toolkit covers management topics such as governing documents, board governance, strategic planning, risk management, fundraising, human resources, volunteer and intern management, financial management and reporting, contractors and consultants, and debt and credit cards.

The toolkit also includes HR and financial manuals at no extra cost, and one year of access to email helpline support.

The toolkit is available on the Nonprofits First website at www.nonprofitsfirst.org for $750 for nonmembers and $650 for members.

Event celebrates Seminole culture

Families can celebrate Seminole culture with educational activities from 10 a.m.-1 p.m. March 16 at the Jupiter Inlet Lighthouse & Museum, 500 Captain Armour’s Way. The event rounds out the season’s three-part “Family Adventure Days” series.

The event offers a chance to learn about the life and ways of Florida’s early people and expand their culture. Throughout the morning, attendees will be joined by friends from the Ah-Tah-Thi-Ki Museum, on the Big Cypress Seminole Indian Reservation.

Plans call for a morning of storytelling, Seminole arts and crafts, demonstrations and displays, and games and activities at the museum.

At noon, all will break for a seaside, bring-your-own picnic lunch.

Admission is free for children and $10 per adult. Tickets can be had at www.jupiterlighthouse.org/special-events-tickets/family-adventure-days.
BY KIM CAMPBELL THORNTON
Andrews McMeel Syndication

Cats are carnivores, but they have a green side, too. We often see them delicately nibbling on grasses, plants and blossoms. Sometimes they throw up their greenery, but more often than not, they seem to enjoy it simply for the taste and not because they’re trying to vomit on the carpet just for the pleasure of watching you clean it up.

Growing an indoor garden for house cats is a way to enhance their environment and bring the outdoors inside. And some plants have entertaining effects for cats and humans alike. Who doesn’t love watching cats under the influence of a hit of ‘nip or silver vine? Here are some plants to try growing for your cat.

■ Catnip. This is the most well-known of the plants cats love, but interestingly, not all cats respond to it. Approximately one-third are immune to the harmless “high” the plant brings. A member of the mint family, catnip has a stimulating effect caused by nepetalactone, a compound that mimics the scent of a cat’s sex pheromones. It’s no wonder that cats roll and yowl in response to it.

To grow catnip, fill one or more 4-inch pots with potting soil, plant 10 to 15 seeds in each pot, and water to moisten the soil. Store the wheat berries in the dark, at room temperature, and moisten them with water once or twice a day until they take root. Once wheatgrass is about an inch high, give it plenty of sunlight. With a warm, dark area for a few days until the plants begin to germinate. Place in a sunny spot and protect from feline predation until there’s enough for your cat to begin to nibble.

■ Wheatgrass. Lots of people grow this vitamin-packed superfood for use in their smoothies and juices, but cats appreciate it, too, although they probably don’t care about the health benefits. Put potting soil in a planting tray and top it with presoaked wheat berries, available at grocery stores or online. Store the wheat berries in the dark, at room temperature, and moisten them with water once or twice a day until they take root. Once wheatgrass is about an inch high, give it plenty of sunlight. With in a week, it will be ready for your cat to nosh on.

■ Silver vine. This climbing vine has similar effects on felines as catnip — to nosh on. A study published in March 2017 found that nearly 80 percent of the domestic cats exposed to it responded to silver vine. Cats are usually given silver vine in powdered form, but they can be attracted to the plant, too.

Growing silver vine indoors is best done by placing it in a hanging basket — near your cat’s tail kitty condo if you have one — allowing the vines to dangle onto it. Prune as needed. If your cat has access to a catio, you could also train the vines onto a trellis or one of the surrounding walls. The fruit is edible by cats and humans alike.

■ Lemongrass. If you love to cook or make cocktails, you are probably familiar with and fond of lemongrass, but did you know that cats like it, too? Simply purchase a plant and keep it in a warm, sunny spot for your cat’s sniffing and tasting pleasure. Be aware that lemongrass essential oil is toxic to cats, but if you keep that powdered form, but they can be eaten with this plant. Cats also enjoy sniffing dried sprigs of the slow-growing plant, too.

■ Cat thyme. Not a true thyme, this odorous herb does best in good soil with full sun and plenty of drainage. Try growing it in a container large enough for your cat to roll around or nap in it, often their preferred ways of interacting with this plant. Cats also enjoy sniffing dried foliage. The fruit is edible by cats and humans alike.

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Honda Classic

>> When:
- Thursday, Feb. 28 — The Honda Classic — First Round
- Friday, March 1 — The Honda Classic — Second Round
- Saturday, March 2 — The Honda Classic — Third Round
- Sunday, March 3 — The Honda Classic — Final Round

Special events
- After Play Concert Series (begins at last putt drop, around 6 p.m.):
  - Vinyl — 6-10 p.m. Feb. 28, Michelob ULTRA Terrace
  - Fusion — 6-10 p.m. March 1, Michelob ULTRA Terrace
  - Skratch Bastid — 6-10 p.m. March 2, Michelob ULTRA Terrace

>> Tire Kingdom Family Day:
- Honda Classic Kids Zone is open noon-8 p.m. March 2 in the Honda Pavilion, where there will be high-energy, interactive fun and games, contests and lots of prizes. Kids must be accompanied by a parent while participating in the Kids Zone. Fireworks Spectacular is at 7:30 p.m.

>> Where:
- PGA National Resort & Spa, 400 Avenue of Champions, Palm Beach Gardens.

>> Parking:
- General parking cost is $10 per day or can be purchased in advance for $50 for the week. General parking is located at Dyer Park on Haverhill Road North at Beeline Highway. All Honda and Acura vehicles park for free in general parking.
- BallenIsles Parking is $25 per day drive-up ($20 per day or $80 for the week with advance purchase). The BallenIsles lot is adjacent to the entrance of BallenIsles Country Club (eastbound side of PGA Boulevard east of Florida’s Turnpike).
- Preferred Parking is next to the Mirasol Elementary School (Mirasol Parkway) 1 mile north of PGA Boulevard on Jog Road (first entrance to Mirasol). (Preferred parking pass required.)
- Valet parking is at PGA National Resort & Spa, 400 Avenue of Champions, Palm Beach Gardens. (Valet parking pass required.)

>> Cost:
- Ticket prices vary. $50 for Rounds 1, 2, 3 and final round, Feb. 28-March 3; $55 for any single day. Gate prices for individual daily passes are an additional $15 per day Thursday through Sunday.

>> Info: www.thehondaclassic.com or call 1-844-8Honda8.

FLORIDA WEEKLY STAFF

The Honda Classic continues through March 3.

The nationally televised event enters its 13th year in Palm Beach Gardens and is expected to set attendance records at the resort. It also is expected to set fund-raising records for The Honda Classic Cares, a charitable entity that gives back to more than 130 organizations in the area, including The First Tee of The Palm Beaches.

Last year’s winner, Justin Thomas, will return to defend his title.

During The Honda Classic’s 38-year history, it has generated nearly $40 million for charity.

Here’s what attendees at this year’s Honda can expect:

- Four new venues — for a total of 17 — will expand the tournament’s hospitality space to 250,000 square feet.
- Wright’s Way, sponsored by Wright’s Impact Window & Door, will pop up between the 11th and 17th holes, offering a built-in concession stand and a video board.
- Garden of Life presents the Oasis, on the 17th hole, with unobstructed views, covered seating and wines from around the world.
- The Legends Club, which is now in its third year, will grow again.
- Organizers expect Goslings Bear Trap to serve 4,500-plus guests per day. It will receive a 5,000-square-foot upgrade, transforming it into a 40,000-square-foot stadium on three of the toughest holes in the game.
- The Lilly Pulitzer Lounge, on the 10th hole, returns for its second year, treating patrons to nibbles, sips and shopping.

38th Honda Classic gets underway

The 38th Honda Classic gets underway.

COURTESY PHOTO

THANKS 4.55 MILLION, SOUTH FLORIDA.

This year, more than 50,000 children and their families in South Florida will benefit from the record-breaking 4.55 million dollars in grants from The Honda Classic Cares initiative. To donate or to learn more about the impact of The Honda Classic Cares, visit HCCares.org.

HONDA

COURTESY PHOTO
Healthy Living

Desperately seeking to snooze?

A change in sleeping habits or medical intervention can help you get a good night’s sleep.

1. **Obesity**
2. A compromised immune system, making it easier for you to get sick after being exposed to infectious diseases
3. Diminished sex drive due to reduced levels of testosterone

While many people may voluntarily deprive themselves of sleep to accomplish more tasks, others lose sleep as a result of sleep disorders, such as sleep apnea and insomnia. Up to one in five men and one in 10 premenopausal women have sleep apnea, which occurs when a person’s breathing is interrupted during sleep. It is frequently associated with loud snoring and pauses in breathing patterns, frequently punctuated by choking and gasping.

Common symptoms of sleep apnea include daytime fatigue, sleepiness, and the tendency to fall asleep almost anywhere, even while driving. People with untreated sleep apnea stop breathing repeatedly during sleep — sometimes hundreds of times — meaning they may not be getting enough oxygen. Two longstanding treatments for sleep apnea include CPAP (continuous positive airway pressure) and BiPAP (bilevel positive airway pressure) machines, which deliver pressurized air through a mask to your mouth. The air pressure keeps the throat muscles from collapsing, making it easier to breathe regularly throughout the night. Other treatment options also are available.

People with insomnia may have fitful sleep or have trouble falling asleep. They also may wake numerous times during the night and have difficulty going back to sleep, resulting in daytime drowsiness because they don’t get a good night’s rest.

If your sleepless nights are more related to bad habits than to a sleep disorder, I recommend you adopt the seven habits of highly efficient sleepers. These include:

1. Manage your stress — Meditation, deep breathing, yoga and other forms of relaxation techniques can help you get more sleep.
2. Control your stimuli — Reserve your bedroom for “rest and romance” only. Remove the phone and computer from your bedroom and limit bedtime reading to light, positive topics.
3. Develop a nightly ritual — Create consistent bedtime behaviors, such as meditation or sipping a cup of chamomile tea, to perform each night at the same time before going to bed. This helps to train your brain to expect to sleep at about the same time, every day.
4. Prepare your environment — Keep your bedroom dark and cool, but not cold; make sure your bed is comfortable; send pets to another room; use aromatherapy to soothe you into a nice slumber.
5. Adjust your internal clock — Spend about 30 minutes in bright light at the same time every morning; keep your house dark in the evenings, use dimmers where needed; get out of bed at the same time every day.
6. Get physical — The more active you are during the day, the more sleep you will have at night, but don’t exercise too close to bedtime, if you’ve been sedentary for a while, speak to your doctor before beginning an exercise routine.
7. Assess your sleep — A change of habits will not always help. Loud snoring accompanied by snoring or gasping may be a sign of obstructive sleep apnea, a potentially deadly sleep disorder. Discuss this with your doctor immediately.

If these habits don’t bring relief, your doctor may prescribe a sleep study to help diagnose the problem. The Jupiter Medical Center Sleep Center — the first in Palm Beach County — is fully accredited by the Accreditation Commission for Health Care and the staff is board certified in sleep medicine and sleep technology. We are here to help.

To learn more, join me for a talk titled “Desperately Seeking Snoozing” at 6 p.m. Thursday, March 14, at Jupiter Medical Center. I’ll share information on treatment and therapies for sleep apnea. I’ll also be the guest speaker at the Gardens Mall Walking Club at 8:30 a.m. on Tuesday, March 26. For more information about these events, as well as the Jupiter Medical Center Sleep Center, visit www.jupitermed.com/sleep.
100 Palm Beach crowdfunds for charitable groups

With a goal of bringing together 100 people, each having pledged $100 to a local charity each quarter, 100 Palm Beach said it offers local charitable organizations an opportunity to receive $10,000 by telling people what they do. Charitable organizations that have been recipients of funding so far include:

- Pediatric Oncology Support Team: Helping local children and their families fight cancer by giving them hope, help and healing
- Pandora’s Kids: Where kids come together to make friends and support each other in the journey of life after loss

Palm Beach gather to hear presentations by representatives of three local charities, then vote on which of the three should receive that quarter’s funding. Participants agree to contribute $100 even if they are not able to attend the presentations. More than a dozen charities have registered for the opportunity to be one of the three presenters. The selection process at the quarterly gathering is public.

The next quarterly meeting is May 6 at 5:30 p.m., with wine and hors d’oeuvres, followed by presentations beginning at 6 p.m.

People interested in joining the effort can register at www.100palmbeach.org or call Alison Pruitt at 561-758-0627.

Cancer care focused around you.

Genetic and cancer screening.
Experienced medical oncology team.
The latest advances in cancer diagnosis and treatment.
Access to clinical trials.

At Good Samaritan Cancer Institute, our experienced team is continuously working at the forefront of research and technology within the medical field to bring patients new and innovative research capabilities, treatment methods, and access to clinical trials. Find hope in the Good Sam circle of care.
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

Groundbreaking at Peggy Adams Animal Rescue League

1. Gregg Weiss, Sam Hunt and Robert Weinroth
2. Margi Picotte and Nellie Benoit
3. Arlette Gordon and Peter Rock
4. Beth Kigel and Maria Antuna
5. Linda Miller, Virginia Burke and Ginger
6. Carol Harvey and Danielle Moore
7. Krista Henley and Jonathan Henley
8. Julie Connors and Mike Connors
9. Christina Dennis and Laurie Raber Gottlieb
10. Joanie Van der Grift and Fritz Van der Grift

Lisa Fentress, Ben Coulter and Mary Llew Coulter
Programs tackle dearth of workforce housing

As Palm Beach County grapples with workforce housing for professions such as teachers, nurses and firefighters whose wages don’t keep pace with home price appreciation, Community Partners of South Florida is deploying solutions, services and funding to make homeownership possible.

Since 1995, Community Partners has helped more than 1,200 people realize homeownership, creating economic mobility and self-sustaining families and neighborhoods, the organization said.

Coaching, financial counseling, purchasing guidance and first-time buyer loans are provided to offer a hand up on the pathway to homeownership for the workforce in the 80 percent to 120 percent of area median incomes ($60,000-$90,000 household income per year).

“Community Partners is making it possible for our local workforce to become homeowners, strengthen their financial stability, and contribute to our economy, all measures of strong, sustainable families and communities,” said Scott Hansel, CEO. “It is one of the many ways our organization is driving comprehensive community development through housing and financial empowerment, child and family mental health services and other community services to create systemic change.”

New services and programs helping to combat the problem include:

First-time home buyer down payment assistance.

- Community Partners is the local affiliate for NeighborWorks America, which manages The Wells Fargo NeighborhoodLIFT Program to deliver down payment assistance and financial education to homebuyers. Community Partners is prepared to provide 80 loans of $5,000 each to first-time homebuyers.

Providing tools for homeownership in Riviera Beach.

- Community Partners has partnered with the Riviera Beach Community Redevelopment Organization to create a “Homebuyers Club.” The six-month training program from February-June provides homebuyer education, a down payment savings and $2,000 matching program, and is inspiring civic engagement through community ownership.

Additionally, Community Partners will host a housing fair, in partnership with the Riviera Beach Community Redevelopment Organization, on March 9 from 10 a.m.-3 p.m. at the Riviera Beach Marina at 200 East 13th St.

Agencies, banks, developers and Realtors will be on hand to offer guidance on pathways to home ownership, credit counseling, qualifying for a home loan or refinancing, and guidance on tax filing.

The first 15 through the door will receive a free credit report and be entered into a raffle for $1,000 toward closing costs.

To learn more, visit www.cp-cto.org.

Florida Weekly's news staff is exploring the prevalence of loneliness in today's society and is looking for your input. Please take a moment and answer the following questions:

1. Do you describe yourself as lonely?
2. If you would describe yourself as lonely, does your loneliness feel constant or fleeting?
3. What do you feel is the main cause of your loneliness?
4. Do you live alone?
5. How do you combat feelings of loneliness?

Please feel free to add any other information along with your answers.

Send your name, age, town, answers to these questions, email address and a daytime phone number to:

ARE YOU LONELY?

LONELY: Florida Weekly
4300 Ford Street, #105
Fort Myers, FL 33916
Or email to lonely@floridaweekly.com

Florida Weekly is for everyone in the town.
of dogs will need homes as Florida tracks phase out racing.

Amendment 13 specified no plan for finding dogs homes as the sport ends. And the Florida Department of Business and Professional Regulation, although charged with overseeing the dogs’ safety while they are still racing, is providing little oversight on their post-racing life.

That leaves the fate of greyhound racers almost entirely to the industry and its partners, including dog breeders, dog owners and kennel operators, who must work with nonprofit adoption groups to find homes for the greyhounds although Amendment 13 passed on arguments that the industry and its partners often mistreated or failed to protect greyhounds. (The track owners themselves support adoption groups but otherwise don’t oversee finding homes for the dogs.)

Racing advocates argue those reports were grossly exaggerated and that most racing dogs had a good life, typically from their early years on a farm to a one-to-three year racing career and finally to a long, lazy postracing life with an adoptive family.

Industry professionals say there may be 3,500 to 7,000 racing greyhounds at Florida kennels at the seven of 11 tracks that still hold live races. It’s virtually impossible to know how many dogs are still racing in the state since only kennel operators know how many dogs they have. The Number of dogs in Florida also shifts depending on the season.

It’s a business

There were 11 tracks holding live dog races in Florida in the 1990s and had been forced by state law to close, and the unprofitable U.S. capital of greyhound racing, with only seven tracks holding races regularly. Only four tracks — Orlando, Arkansas, Iowa, Texas and Alabama. Florida is the first state to make greyhound racing legal and taxable in 1931.

As it stands now, four Florida tracks have stopped races already. Two more plan to stop next year, and another five plan to keep holding races until the end of 2020. Amendement 13 requires racetrack operators assured Florida Weekly there will not be a problem finding homes for these dogs.

Greyhound breeders, owners and kennel operators assured Florida Weekly they had the necessary means to care for the dogs, and even, yes, even sweet smelling. Many of the top performing dogs are also expected to be hauled to kennels at races in other states. Some may be sent back to breeding farms.

Right now adoption groups are having no problem finding a home for greyhounds. But some animal advocates are concerned about this scenario: What will happen when a track closes and there are suddenly hundreds or thousands of dogs remaining in kennels? They could need costly care at the kennel or go for adoption. Some may do whatever they want.

As for the Hecht family’s own property, the Naples-Port Myers Track in Bonita, built in 1955, is slated to be demolished as a smaller one that includes a poker room, simulcast center and restaurant.

WHERE

From page 1

Racing to finish

Under Amendment 13 all greyhound racing in Florida must stop by the end of 2020. Below is a list of Florida greyhound tracks and their schedule for completing.

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ENDINGS AT THE END OF 2020

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Adopting a greyhound: Karen’s experience

Ms. Feldman has been adopting greyhounds since 1989. In all, she finds them easy to care for. “They’re calm, don’t shed much — and are even known for smelling good and not getting that typical ‘dog smell.’” Ms. Feldman remembered rolling her eyes when an adoption agency once told her that years ago, but she found it to be true.

Their teeth can get grungy and they like to kiss, she said, so keep their mouth clean. And don’t let them off the leash outside of a dog park or your property or they might enjoy a chase.

“If they are a squealer you cannot catch them,” she said.

Ms. Feldman lives with cats, who get along fine with her greyhounds. It is, however, a good idea to introduce your cat and check out the dog’s expression: “Do they get the sushi look?” she asked. “... Does it look like they want to eat that thing?”

She found that greyhounds tend not to make good guard dogs and bark rarely, though they may appear intimidating to some. Former racers may have minor quirks when it comes to getting used to a house instead of a kennel. For instance, they often don’t know how to climb stairs and might run in to a clear glass door.

“They’re super sweet,” Ms. Feldman said. “There are some who are a little bit shy at first. All of my men have been like politicians. They’ll work the crowd anywhere they go.”
“There were eight states that increased their minimum wage in January 2019, and of those, the $8.46 is the lowest, while California was the highest, at $11.”

— Jim Wall, spokesperson for the Southwest Florida Workforce Development Board

Debate about raising the rate has grown louder in the Sunshine State

BY ROGER WILLIAMS
rwilliams@floridaweekly.com

OR DECADES, THE DEBATE ABOUT MINIMUM WAGE — SHOULD there be one, and how much? — has been a consistent theme in labor and wage policy in the United States. Now the debate has grown louder in the Sunshine State, as local governments in South Florida moved to boost minimum hourly wages well above the state mandate, and found themselves sued by the state, in the case of Miami Beach.

Many businesses, business leaders and economists resist the notion of minimum wage — and some don’t. “There has long been a debate about minimum wage, and raising it,” said Monica Escaleras, associate professor of economics in the College of Business at Florida Atlantic University. “There are pros and cons to raising it, and the question is which is greater when minimum wage goes up: the mitigation businesses have to do (like charging consumers more), or the benefit to workers?”

As of Jan. 1, the state legislature has established a new hourly rate of $8.46, up from $8.25, a 2.5 percent boost that falls short of Florida’s

Meeting minutes from the Fed spark Wall Street speculation

When most people think of the Federal Reserve, they think of interest rates. While setting its target interest rate is an important role of the Fed, an equally critical job of the organization is managing the amount of U.S. currency circulating throughout the world. It accomplishes this mostly through the buying and selling of bonds from its massive balance sheet. The size of this bond portfolio can dramatically affect the U.S. economy and is very closely watched by analysts and investors. So, last week when the Fed released the minutes from its latest meeting, the surprise discussion regarding the future of the Fed’s trillion-dollar bond portfolio grabbed Wall Street’s attention and has significant ramifications for the market.

The Fed has a dual mandate to maximize employment while keeping inflation in check. It can accomplish both through either growing or shrinking the U.S. money supply. If the Fed wanted to increase the money supply, it would simply buy various bonds from banks in exchange for cash. The banks could then use these funds to lend money to individuals and corporations which would stimulate the economy and hopefully lead to jobs being created. It also would have the side effect of pushing inflation higher and interest rates lower. Conversely, if the Fed wanted to decrease the money supply, it could sell bonds to banks in exchange for cash. This cash would be out of circulation and would leave banks fewer dollars to lend to customers. The result would be fewer loans, less economic growth, fewer jobs, higher interest rates and lower inflation.

After the financial crisis and Great Recession of the last decade, the Fed saw the need to dramatically increase the money supply to stimulate economic activity; prop up financial asset prices and push interest rates lower. It did so by undertaking the largest bond-buying program in its history, called quantitative easing.

Before 2008, the Fed’s balance sheet stood at under $1 trillion. By 2014, it had grown to a mind-boggling $4.5 trillion. But as the economy has recovered, the Fed has started to slowly shrink this bond portfolio. It has done so slowly and carefully so as not to upset the financial markets or shift the money supply too dramatically. Instead of selling the bonds, the Fed has simply not repurchased some bonds that have matured and instead

SEE WAGES, A16

SEE INVEST, A16
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.

NETWORKING
Palm Beach Chamber of Commerce meeting, Kravis Center

1. Beth Wagmeister, Karen Daivison, Kathy Spencer, Jeri Musso and Keith Kennedy
2. Caroline Fraser and Carol Anderson
3. Rick Aoyagi, Susan MacManus and Adam Goodman
4. Michael Reinert, Susan Kaplan and Morgan Pines
5. Caroline Harless, Brad Hurlburt and Mark LaTour
6. Danar Woodward, Grady Giles and Amy Brunjes
7. Donna Goldfarb, Bob Goldfarb and Amy Alex
8. Joseph Talavera, Adam Ross, Victorio Piroso and Michael Varga
9. Cory Lyon and Melissa Landis
10. Michele Dargan and Janis Snyder

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3 percent-plus-cost-of-living increase. In addition, wait staff receiving tips are now getting $5.44 per hour, 21 cents more than before.

“There were eight states that increased their minimum wage in January, 2019, and of those, the $8.46 is the lowest increase,” said Harold Balink, chef and distinguished Professor of Free Enterprise at Florida Gulf Coast University, minimum wage is a big problem for those it’s supposed to help the most, when businesses are forced into much higher minimum wages.

“In most markets buyers and sellers are free to negotiate the price, but we get it and I don’t think that when the start talking about individuals” in effect, the price of low-paid income earners is said.

“I can tell you what every undergraduate student in economics learns about this: That minimum wage drives a wedge between workers who would love to do jobs at a wage that happens to be lower than minimum wage, and employers who would love to have them.”

Many people who earn minimum wage or wages or wages not far above it are second-income-earners in a family, or students, or young people taking on their first-ever jobs, economists and state statistics suggest — so they usually aren’t living on that wage alone.

First, if you jump minimum wage $5, you’ll have people jumping into the black market, with employers paying workers under the table to work at below minimum wage.

“And finally,” he said, “the whole idea (of raising minimum wage) is to get young inexperienced workers to have a little more in their paychecks every week. But employers are going to cut those hours or adjust the hours or adjust the days or cut the days that employees work so that they need it more than anybody else.”

Those arguments existed decades ago and the same minimum wage exists. It is poor for them, they’re echoing by the Florida Chamber of Commerce, now.

“Some people think it’s important to Flori- da’s business community than economic prosperity for all Floridians,” said Ed Oswald, president of local business affairs.

“Raising it is a good thing. I don’t think they’re going to panic and want to avoid an encore reaction in December when it started in 2016,” Mr. Oswald told news reporters.

“Rather than adding another new mandate on local businesses, we should come together to ensure there’s a universal path to prosperity through job training — (training) that creates 50,000 careers the 14 percent Floridians earning a minimum wage full time.”

“Florida currently includes almost $500 million employed workers, according to the state Bureau of Labor Statistics. That means roughly 140,000 workers working full-time earn $8.46 per hour or about $18,000 per year,” Oswald said. Statistics are not available from the BLS that show how many people who work part time get to set minimum wage to support themselves.

No one of that’s who has a lot of conversation or a lot of conversation in some sectors.

“The first I’ve heard anything about this was from you,” said Dave Gammon, interim director of Charlotte County’s Economic Development Office.

“Why you see a lot of workers in the minimum wage full-time, part-time or working for their wages, we do not see it in the numbers,“ Gammon said.

“If I was $8.46 an hour, I would get $18,000 a year. If you multiply the hours by $15, it’s $30,000. I don’t know if that’s self-sufficient either.”

While many business owners may see this as a necessity in boosting minimum wages, Harold Balink is not one of them. Considered one of the premier chefs and restaurateurs in the region or the state, Mr. Balink downedized from his celebrated restaurant Cru, where he had 40 employees, and opened Harold’s in south Lee County two years ago, where he has four employees (on busy days) and serves locally sourced, farm-to-table American fare.

“A quintessential small-business owner, he views the minimum wage debate from the side of the workers his workers, for example.

“Raising it is a good thing. I don’t know if it’s good for small business, but it’s good for the state, and it’s good for the country.

“The lower- and middle-class wage scales have been in place for so long, they’ve kept up with the growth of the economy.”

In his mind, that’s a problem.

“When you have such low unemployment (about 3.3 percent in Florida in December, according to the Bureau of Labor Statistics) but people are still struggling to pay rent and buy groceries, that’s not a wage problem, that’s a job problem.”

— Harold Balink, chef and owner of Harold’s
I receive a lot of inquiries from victims of car dealers who were taken advantage of in buying, leasing and servicing their cars. They mostly call to ask what they can do to get all or some of their money back. These “victims” fall into different categories:

- The elderly (often widows)
- The very young, usually buying their first car
- Those who don’t read, write, speak English at all, or have marginal English skills
- People with no or bad credit
- Everybody else

1. The elderly, especially widows, are the most victimized. The reasons for this are that Florida, especially South Florida, is a “retirement” state. Baby boomers and prebaby boomers make up a disproportionately large percent-age of Florida’s population. Not only that, but life expectancies have soared up a disproportionately large percent-age of Florida’s population. Not only that, but life expectancies have soared up a disproportionately large percent-age of Florida’s population. Not only that, but life expectancies have soared up a disproportionately large percent-age of Florida’s population. Not only that, but life expectancies have soared up a disproportionately large percent-age of Florida’s population. Not only that, but life expectancies have soared up a disproportionately large percent-age of Florida’s population. Not only that, but life expectancies have soared up a disproportionately large percent-age of Florida’s population. 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2. What chance does a teenager or a young person in his 20s have when negotiating with a car salesman and his manager to buy a car? Usually it’s the parents who call me to tell me how their son or daughter was taken advantage of. I’m thinking, “Why didn’t they accompany them to the car dealership to advise them?”

3. South Florida is a haven for immigrants from Cuba, Haiti and South and Central America. Many of these are first-generation Americans who have an almost overwhelming foreign accent. Are they likely to buy a car in South Florida, and if they do, is it likely they would be taken advantage of in the purchase? I see no reason why they wouldn’t be given an honest price. These people are easy prey for unscrupulous car dealers. Imagine how difficult it would be for you to get a fair price on a car you were buying in a foreign country where you did not speak the language?

4. Too many Americans who have never had the benefit of a proper education. We have too many high school dropouts and too many high school graduates who still can’t read or write as well as they must to function in our society.

5. Lack of a good education is one of America’s most serious problems and we’re seeing other countries like China, Japan, Germany and India pass us by in educating their children. It’s almost criminal how the uneducated are exploited by car dealers’ advertising and sales tactics. How many car dealers’ TV advertisements have you seen that tell you laugh at, knowing that they are totally untrue, “bait and switch” to lure you into the dealership? The reason that car dealers keep running those ads is because they work.

6. There are always people with bad, marginal or no credit who must buy a car. In Florida, without an efficient mass transit system, a car is virtually a necessity to get to your job or find a job, not to mention the doctor, school or the pharmacy. People with bad credit almost always pay dealers a higher profit than those with good credit.

6. Who should be held responsible for rip-ping off customers? For cate-gories one through five, the answer is the same: Mother and our lawmakers. But for the last category, “Everybody else,” it’s the government, not just the car dealers who do this are responsible, too. But most car dealers do business this way.

I received an email from a woman who fell in none of the five critical categories. She was terribly victimized by a very unethical car dealer from whom she bought two used cars on the same night. She asked me for advice. She did not ask for or receive a car loan. If they wouldn’t sell her a car because she did not have a car loan, she did not take either car to her mechan-ic for approval. She didn’t investigate the dealer for reputation or check any sources like Consumer Reports. She didn’t shop and compare prices for similar cars. If you don’t do your due diligence when you buy a car you are equally culpable with the dealer who took advantage of you. Some resources: My book “Confessions of a Recovering Car Dealer” is available at www.EarlOnCars.com and the book was just published. You can stream this show live at www. Facebook.com/EarlOnCars or at www. StreamEarlOnCars.com.

BEHIND THE WHEEL

Ram’s new 1500 truck can break loyalties

Trucks are one of the last frontiers where brand loyalty runs deep. The auto-manufacturers are in a constant competition to build a better pickup that not only satisfies loyal customers, but also lures new ones to the herd. The new 2019 Ram 1500 is a demonstration in how to appeal to them all.

One of the biggest parts of this rede-sign is the face. Gone is the extra tall grille, inspired by big rigs, that has been a hallmark of Dodge/Ram pickups for a quarter-century. It first showed up in 1979 when trucks were flat and utilitarian, but now they’ve moved up in the world to premium status. The competition is a bit more streamlined, and so the Ram’s face is more modern and intricate, too.

Inside is where this truck is most like-ly to win over new fans. Our Crew Cab tester had the kind of room that would normally deploying running boards and an air ride suspension that will lower for easier entry/exit. Paying for this luxury-level amenities rises to a luxury-level price. Our truck was $48,800 as tested.

One feature that we would have liked to try was the new eTorque system. It’s a milder hybrid that is more efficient and will save you more MPGs to any trip. The real useful-ness comes from additional torque avail-able to a standard system. The eTorque sys-tem would have added another $1,250 on top of our V8 upgrade. That’s not cheap, but those who need low-end torque might find it quite handy (and there are many Floridians who visit the boat ramp).

Our truck’s 5.7-liter V8 is the mid-point between the standard V6 and the eCortana V8. Its 395 horsepower and 410 lb-ft is enough to get the job done. The eight-speed automatic transmission has an electronic brain that determines the best gear is for every situation. Occa-sionally there’s a moment of thinking time between prodding the accelerator and the explosion of Hemi power, but it results in the ideal gear every time.

The chassis is one of the best out there for those who use their truck on the commute. The rear ride on coil springs, there’s more use of aluminum and Ram developed active vibration can-celling modules to work against any harsh frequencies that might be running loose. It’s a conscious effort to make a strong and quiet freeway cruiser, and it really pays off as you drive.

The new Ram 1500 has all the little extras that show they’re out to capture drivers like you. A mild electric hybrid that can add a few miles per gallon to try was the new eTorque system. It’s a milder hybrid that is more efficient and will save you more MPGs to any trip. The real useful-ness comes from additional torque avail-able to a standard system. The eTorque sys-tem would have added another $1,250 on top of our V8 upgrade. That’s not cheap, but those who need low-end torque might find it quite handy (and there are many Floridians who visit the boat ramp.)
This brand-new construction estate was just completed by the award-winning builder, Chris Allen Homes. This home, at 1200 Bimini Lane on Singer Island, sits on an 11,000-square-foot lot and is every boater or water enthusiast’s dream, with 100 feet of water frontage that can accommodate up to an 80-foot yacht because of the deep water and width of the channel.

Homes on Bimini Lane come with deeded access to the beach for your pleasure.

Walk through your oversized entry doors and experience true luxury throughout an open floor plan.

If you look out your rear sliding glass doors, you will look past your pool and vanishing edge spa and you will see the water view that you have been dreaming of.

The home features over 4,200 square feet of air-conditioned living space and over 6,000 square feet of total living area, with five bedrooms and 5.5 bathrooms.

The first floor features a master suite, a formal dining area, a laundry room, a powder bath and a private cabana suite and a covered lanai. There also is a secondary master suite, wet-bar area, two guest suites, a media loft, covered lanai and a washer/dryer unit on the second floor. You can choose to take the stairs or your own private elevator between floors.

This home was furnished with all high-end plumbing and electrical fixtures throughout every room and bathroom and a Sub-Zero appliance package, with oversized refrigerator and a natural gas cooktop in the kitchen. Enjoy your outdoor kitchen while entertaining your guests and grilling on your natural gas grill. Come see the craftsmanship that wins awards and make this home your private oasis.

Singer Island is paradise to many families and can soon be yours as well.

This property is offered by Chris Allen Homes at $2.85 million.

For information, call 561-718-7578 or email Chris@chrisallenhomes.com.
DRESS

From page 1

A highlight of the event will be when WPTV news anchor and event emcee Kel-ley Dunn has a “Conversation with Iris Apfel,” giving guests a chance to hear from the style maven about her fascinating jour-ney during the past 97 years.

Ms. Matheny said, “There’s not, but the jobs that I had were much different than that. The thought of ever becoming anything cred-ible in the office world was so far from my train of thought.” When she arrived at the Dress for Suc-cess boutique in LaRanna, there were a half-dozen women catering to her. “I went in there feeling like a troll, very much less than lower than low,” she said. “So, I get there and there are these women that are holding up outfits, they had been picking things out. They were so kind, so nice. I put on a suit again, and it had been a lot of years since I had done that. They weren’t judging me the way I was judging myself on the inside for where I had been and things I had done during alcohol and drug addiction. It was like they looked right through that and they treated me so kind and important and special.”

She put down her own judgment and ex-perienced a moment of hope. “In that experience, I learned how to not beat myself up and judge myself so harshly for where I had been, all the things that I had done. They didn’t treat me like I felt on the inside. The things that I had done are not who I am. And they didn’t look at me with any judgment. I felt like I my self, but it started melting away all that self-worth. Our clients, like Heidi, have come here...”

Ms. Matheny, who has an associate’s degree in accounting and hopes to go to Keiser University to earn a bachelor’s degree, got the job and came back to the boutique for five more outfits. “The way that they had treated me gave me the con-fidence I took to the interview,” she said. The road ahead had its challenges. In late November, she was diagnosed with breast cancer and had to take unpaid medical leave. In January, she had a bilateral mas-tectomy. Her doctors recently cleared her to return to work and, armed with the hope and confidence she gained from Dress for Success — including the nonprofit’s New Directions program, Ms. Matheny is look-ing for a new job that includes health in- surance and paid medical leave. “I’ve been going out on interviews and I’ve had a few promising opportunities and it’s amazing,” she said. “Today I have choices. I’m not a hostage to a paycheck, although I can’t go without a paycheck. But I have confidence that I’m going to get another job. I have options. I’ve been offered...”

Mary Hart, executive director of Dress for Success Palm Beaches, said while most people are aware the organization pro-vides work appropriate attire to women who are job seeking, more assistance is provided, as well. “What most don’t realize, however, is that in addition to that interview outfit, we give a full week’s worth of clothing to women once they become employed, we also offer several job readiness courses for women who are unemployed or under-employed in order to further enhance their chance of success,” Ms. Hart said. “Every-day we do, including the clothing, is de-signed to help strengthen a woman’s sense of self-worth. Our clients, like Heidi, have so much to offer. We need them to real-ize this first, and then they will be able to convince potential employers of that fact.” Appropriately, the Style for Hope luncheon on March 8 coincides with Inter-national Women’s Day, when worldwide attention is focused on women’s rights.

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Sotheby’s
INTERNATIONAL REALTY
Norton director to bid farewell at Art After Dark

By Janis Fontaine

Art After Dark, the ultrapopular way droves of people spent Thursday nights, has been — like the Norton Museum — revamped and reimagined and, drumroll, moved to Friday nights from 5 to 10 p.m. This week is momentous because the museum will bid goodbye to Hope Als-wang, director of the Norton since 2010. Ms. Alswang will say goodbye with a director’s farewell conversation from 6-7 p.m. Friday, March 1. Artist Pae White also will speak. She’ll talk about her approach to her large-scale works, which are on display in the Shapiro Great Hall. The popular 15-minute Spotlight Talks return at 5:30 and 6:30 p.m. and a new express tour lasting 30 minutes takes place at 7:30 p.m. The DIY/art class Open Studio from 6-9 p.m. will focus on still life painting. And it would not be AAD without some tunes. The Neil Bacher & Peter Bockius Quartet will perform from 7 to 9 p.m., and they kick off a monthly musical offerings called “Jazz Fridays.” Admission to Art After Dark is free.

The Norton Museum of Art will hold a farewell conversation with director Hope Alswang, who is stepping down in March after leading the museum on a $100 million transformation.

Welcome to ‘A Doll’s House,’ 15 years later

By John Thomason

Florida Weekly Correspondent

Henrik Ibsen’s 1879 masterpiece "A Doll’s House" ends with closure of the most literal kind. Nora Helmer, the once-obedient wife and mother of three in an archetypal Norwegian household, upset her status quo — and legions of theatergoers worldwide — by abandoning everything with the unequivocal slam of the front door.

"Not only did ['A Doll’s House'] change the direction of theater from being very staid and traditional into this naturalistic quality, but the implication was one of a prisoner finally removing her shackles, in the first dramatic flourish of a self-actualized life."

Still, the climax beggared extrapolation. Would Nora’s extreme — for the time, anyway — position on gender equity manifest in an influential career?

"I would stress that this exhibit is fuller and more complete ... not that the New York version was inferior. We just had to modify the exhibit to fit that space."

— Dominic Burns, NBCUniversal’s senior vice president of brand management

Photography in the American Galleries

By Janis Fontaine

American, we are resolutely proud that we don’t have a royal family, but we’re also a little jealous of their wealth and breeding and the pomp and pageantry that goes along with it. British music, film and television have always been popular imports, but the

Photo by Jacek Gancarz / Courtesy Photo

"A Doll’s House Part 2."

See Happenings, B7

See House, B11

See Downton Abbey, B11

Welcome to ‘A Doll’s House,’ 15 years later

HENRIK IBSEN'S 1879 masterpiece "A Doll's House" ends with closure of the most literal kind. Nora Helmer, the once-obedient wife and mother of three in an archetypal Norwegian household, upset her status quo — and legions of theatergoers worldwide — by abandoning everything with the unequivocal slam of the front door.

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Yet the climax beggared extrapolation. Would Nora’s extreme — for the time, anyway — position on gender equity manifest in an influential career?
Collecting is part of breathing and walking for me.

Some days, I live to do it.

Oh, that doesn’t mean I have to buy something, but simply seeing objects and valuing the history that’s associated with them gives me pleasure.

That scratch there, the worn spot there, the rosy glow of old brass or the patina of silver — that’s part of an object’s history.

Maybe we know the story of that well-earned rub on the arm of a chair.

Or perhaps we can conjecture — speculating on the history of an item is part of the thrill of the hunt and part of what makes something either workday or beautifully crafted all the more special.

The common lament I hear these days is that nobody wants our heirlooms — that’s how they became heirlooms that were lovingly passed down — never mind that they’d been ordered from the Sears or Montgomery Ward catalogs or purchased from a department store.

— — — —

The Skinny: These cocktail napkins are far from perfect — there’s a worn spot on one and a small hole on another, but they are witty, offering mid-century American a taste of silent-film themes from between 1913 and 1915.

One napkin depicts a scene from “The Perils of Pauline,” a serialized set of silent films starring Pearl White in a telling of the travails of a damsel in distress. Another shows a woman tied up and abandoned on a railroad track as a train approaches. That was a scene from Mack Sennett’s film “Barney Oldfield’s Race for a Life,” starring Mabel Normand and Sennett himself.

At the time, the stars were household names; now, they’re relegated to history.

Novelty napkins and hand towels were all the rage in post-World War II America and Europe.

I’ve seen fingertip towels bearing images of poodles sporting collars with actual rhinestones, and there’s a whole series of bawdy towels showcasing women with padded derrieres and busts.

These probably were made around 1950 on the Portuguese isle of Madeira, famous for its linens.

It would be more convenient to use paper napkins, but these have humor.

And that’s something of which we do not have enough these days.

Here’s why that heirloom meant so much to Grandma

The common lament I hear these days is that nobody wants our heirlooms — that’s how they became heirlooms that were lovingly passed down — never mind that they’d been ordered from the Sears or Montgomery Ward catalogs or purchased from a department store.

— — — —

Don’t miss West Palm Beach Antiques Festival — March 1-3, South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach; 941-497-7475 or www.wpbapl.com.

After all, it is the stories that make things special to us.

That’s what we need to be sharing if we want those things to be special to others.

THE FIND: A set of six novelty cocktail napkins

The Place: West Palm Beach estate sale.

Paid: $8 for the set of six.

The Skinny: These cocktail napkins are far from perfect — there’s a worn spot on one and a small hole on another, but they are witty, offering mid-century American a taste of silent-film themes from between 1913 and 1915.

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**PUZZLE ANSWERS**

**SENSE HEALTH IMITATED**

AETNAIC TRENCH POLICY

ACOUSTIC ANIMALS SQUARE

AGENDA ISLANDS WAVE

ALPHABETIZE OMNIA

AMERICAN INDIANS

ANIMALIST IN HABIT

APPOINTED OYSTER

ARMY ON WHEELS

BEANS CHOCOLATE

BOOMS "THE BAY"

BREGNA IN TUNES

CABBAGE EAGLES

CANT TO WIN

CEREAL EMMER

CICERO ON TALLY

CLAY REGNOS

CONFUSED ON RIGS

CORRUPTED ON GLASS

CUTTING AT WEIGHTS

DIPLOMATIC KEEPS

DIXIE OXEN TIE

EAGLES IN OPEN

ELABORATE ON ORANGE

EMSETT CHEMICALS

EVERET OPENS

FAIRS IMPACTS

FAMILY IN DROPS

FOSSILS

FRISCO BASEBALL

FUR THYSELF

GARDEN ON WAVES

GEOLOGIST ON HARNESS

GHOSTS IN MENDS

GRISEO IN MENDS

HORSESHOE MEMORIES

HORSESHOES, EMEND

IMAGERY ON BOOKS

INCREASES ON LIMBS

JOSTLE IMAGERY

KNOCKED OUT IMPS

LAME VACUUMS

LINES IN SEALS

MAZES IN VACUUMS

MEDICAL IDEAS

MINTS ON WEATHER

MOIST "THE BAY"

MOSQUITO HEALS

MURKINESS ON LAMPS

MYSTERIOUS ON RIGS

NEW GAINS ON OPENS

OCCASION ON SEAS

OPAQUE ON LONDON

PERSEVES ON LAMPS

PICTURES ON BAY

PLUCKED ON KNOCKS

RANSOM ON LEAP

REBELS ON SWEETS

REGIONS ON LIMBS

RESERVE ON LIMBS

SHATTERED ON ONIONS

SHEDDING ON OASIS

SHEEP ON CLAY

SHOCKING ON SWEETS

SLIPPERY ON VACUUMS

SYMPATHIZE "THE BAY"

TONE IN VACUUMS

TREATING ON LOCATION

UPLANDS ON LAMPS

VACUUMS IN GAMES

VACUUMS ON LAMPS

WASTE IN MENDS

WATER ON LAMPS

WEIGHTS ON LAMPS

WHITE GUMS

WOPSY ON RUGS

YEASTS ON ACHES

ZAMBA "THE BAY"
CALENDAR

Music in the Courtyard — 5-7 p.m. Thursday, in the Courtyard at Royal Poinciana Plaza, 340 Royal Poinciana Way, West Palm Beach. Bring a blanket or find a seat on the patio. Also offered: Backgammon and Bubbles from 2-5 p.m. Saturday, at the Royal Poinciana Plaza, 340 Royal Poinciana Way, West Palm Beach.

Meet the Authors Open Forum — 6-9 p.m. Feb. 28, Jupiter Community Center, 200 Military Trail, Jupiter. Authors: Patricia Benedetto, Dave Mallegol, Lauren Fournier, Luciana Sabatino, PTI Perinn, Judy Lucas. 362-5007.

Clematis by Night — 9-10 p.m. Thursdays, at the West Palm Beach Waterfront, Clematis Street and Flagler Drive, West Palm Beach. A free family-friendly concert, food and drink specials, shopping at the Antique and Flea Market and a free South Florida sunset. Info: 561-822-1351; www.wpb.org.

Thursday Feb. 28

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FRIDAY FEB. 28

TGI Family: Superhero Salute — 6-8 p.m. March 1, CityPlace, West Palm Beach. West Palm Beach’s favorite crime-stopper for family-friendly activities and entertainment by Miss Amy at 6 p.m. and Mister Trombone & Friends from 7:30-10:30 p.m. www.cityplace.com

Let’s Move Countywide Pep Rally — 6-9 p.m. March 1, Old School Square, 5 N. Swinton Ave., Delray Beach. Kicks off the seventh annual Let’s Move! Commit to Change Physical Activity Challenge, Palm Beach County’s largest 30-day, month-long activity challenge. Features performances from dance and fitness groups. Free. Call Andrea Brunot at 561-444-9411.

Ballet Florida presents PULSE — March 1, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Ballet Florida’s newest favorite crime-stopper for family-friendly activities and entertainment by Miss Amy at 6 p.m. and Mister Trombone & Friends from 7:30-10:30 p.m. www.cityplace.com

SATURDAY FEB. 28

Tequesta Strawberry Festival — 10 a.m.-1 p.m. March 2, First Presbyterian Church, 482 Tequesta Drive, Tequesta. A jewelry boutique, triffles and treasures, books, a bakery and an silent auction and raffle, kids’ crafts and treats in the Strawberry Cafe. Strawberry shortcake, fresh strawberries and tomatoe’s, and famous strawberry jam. A bounce house and face painting are $5 each. Free admission. www.tequestasfestival.org or call 561-832-7466.


Saturday Historic Walking Tours — 10-11:30 a.m. March 2, 201 N. Clematis St., Palm Beach. Meet by the Banyan Tree adjacent to the Green Market. Led by architect and historian Rick Gonzalez. Tour ends at the historic 1960 Courthouse. $10, benefits the Historical Preservation Society. Reservations required. 561-832-4164, Ext. 2; cphistory.org.

The 40th Annual Afro Arts Festival — 11 a.m.-6 p.m. March 2, Lake Shore Civic Center, 1224 SW Avenue E, Place, Belle Glade. Let’s Move & Jam with Digital Vibez at this historic festival sponsored by the Glades Chapter of Zeta Phi Beta Sorority, Inc. Free. Call Will at 561-244-9983.

“Wild Ocean Science” — 5 p.m. March 2 at the PBSC Eyssey Campus Amphitheatre, 1001 E. Ocean Drive, West Palm Beach, SUNOCO Beach Gardens. A presentation by National Geographic photographer Brian Skerky, hosted by PBS Newshour journalist Miles O’Brien at 6:30 p.m. Dr. Denise Herzing, research director and founder of the Orca Project will sign her book at the Wild Dolphin Project (www.wilddolphinsproject.org), a local nonprofit scienific research organization. Tickets: 561-575-5660; www.wildoceanscience.ticketleap.com/209

Sunday March 3

Music at St. Paul’s — 5 p.m. March 3, St. Paul’s Church, 320 N. Dixie Hwy, West Palm Beach. Choral Evensong for the Last Sunday After Epiphany featuring the Choir and Orchestra of St. Paul’s with guest organists Joanne Nelson, and Ms. Laureice Campbell Buctton.

TUESDAY MAR. 4

The Happiness Club — 5:30 p.m. March 4, The Rice restaurant, 212 Pennavin Ave., Palm Beach. Reception at 5 p.m., speaker 5:30 to 6:30 p.m. www.happienessinbeach.com

Friends of the Library’s Annual Meeting & Program — 5:30 p.m. March 4, North Palm Beach Public Library, 303 Anchorage Drive, North Palm Beach. Guest speaker: Scott Simons, writer, editor at Florida Weekly, and author of its collectibles column. 561-848-3383; www.nbplibrary.org


American Regional Theatre: A Live Interview — 2 and 7 p.m. March 5, Palm Beach DramaWorks, 213 Stann St., West Palm Beach. Theme: “Our impact, our future!” Part of Dramalogue: Talking Theatre, a series that explores all aspects of theatre through conversations with or about the industry’s top professionals and master artists. 2 and 7 p.m. $25; www.pbdramaworks.org.

ONGOING

Cutting Corners: A Stickwork Exhibition — 10 a.m.-4 p.m. daily, Mounts Botanical Garden, 531 S. Military Trail, West Palm Beach. This interactive, environmental exhibit features an original, massive stickwork sculpture designed by acclaimed artist Patrick Dougherty. Free for members; $10 for nonmembers; $5 for children ages 5-12. www.mounts.org.

Actors, Filmmakers and Writers wanted — Meets monthly at Actor’s Rep. 1000 N. Dixie Hwy, West Palm Beach. Actors, writers, and filmmakers are invited to a free monthly event — the Alliance at Actor’s Rep — which will feature guest speakers or panels. Stage and screen actors, directors, and filmmakers from around the state are invited. Pros are invited. 561-833-7529; www.actorssrep.org/alliance/.

“Helmut Koller: Solo Exhibition” — Through March 17, The Palm Beach Center for the Arts, 211 Royal Poinciana Way, Palm Beach. Koller is best known for his vibrant large-scale canvases of the cityscape and the natural kingdom, rendered in a “New Pop” style. On display through March 17. RSVP to info@fitzgallery.com or 561-960-3317.

“The Spitfire Grill” — Extended through March 3, Palm Beach DramaWorks at the Don and Brown Anntheatre, 208 Clematis St., West Palm Beach. An emotionally charged coming of age parloe to start trying out in a little Wisconsin town. 561-514-4042; www. palmbeachdramaworks.com


LOOKING AHEAD

Clematis by Night — 6-9 p.m. March 7, Marjari’s & the Reggae Allstars.


The 31st annual Art Fest by the Sea — March 9-10, Juno Beach. www.artfestival.com

Fun Day in Boynton Beach — 10 a.m.-2 p.m. March 9, Intracoastal Park Club House, 2240 N. Federal Hwy, Boynton Beach. Crossfit challengess, activities for both kids and adults, healthy food and health screening. Free. Email Ricky Petty at ricky@hpbc.org.

Panhellenic Alumnae Annual Meeting & Luncheon — March 9, Abacoa Golf Club in Jupiter. Guest speaker is Ivy Larsen who will share her latest book, “Clean Cuisine.” Hosted by the Panhellenic Alumnae Chapter of Palm Beach County, Tickets are $50. Call Nancy McGowan at 561-766-8230.

Harmony: An Exhibition of the Arts — 4-6 p.m. March 9, Meyer Amphitheatre, 1-4 Datura, West Palm Beach. The Palm Beach Symphony and the Dreyfoos School of the Arts Dance Department perform. Free. www.DownTownWPBArt.com

Tropical Fruit Tree & Edible Plant Sale — 9 a.m.-2 p.m. March 9, South Florida Fairgrounds. 9067 Southern Blvd, West Palm Beach. Free Bring a plant wagon. Hosted by the Palm Beach Chapter of the Rare Fruit Council International. www.pbfrucerfcouncil.org.

AT DRAMAWORKS

Palm Beach DramaWorks — The Don and Brown Anntheatre, 208 Clematis St., West Palm Beach. 561-514-4042, Ext. 2

“The Spitfire Grill” — Extended through March 3.

“Fences” — March 27-April 21.

“The House of Blues Leaves” — Extended through March 3.

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“Spilled Milk” — Extended through March 3.

“Fences” — March 27-April 21.

“The House of Blues Leaves” — Extended through March 27.
AT THE DUNCAN

MOMIX Dance — March 1-2.

Jay and the Americans — March 11.

AT THE EISSEY
PBC's Eissey Campus Theatre — 1001 Campus Drive, Palm Beach Garden. 561-655-7290; www.fourarts.org.


Esther B. O'Keefe Speaker Series: Lectures take place at 3 p.m. in the Gubelmann Auditorium; $35 for members with membership card. Public tickets sold at the door 30 minutes before lecture begins.

Jonah Goldberg, “The Suicide of the West” — March 5. (The Samuel J. Heyman Memorial Lecture).


Live Performances
L.A. Theatre Works “Steel Magnolias” — 7:30 p.m. March 6. $40. Free for members.

Richard Stoltzman, clarinet; David Deveau, piano; and Sarah Shafer, soprano — 7:30 p.m. March 13. $40. Free for members. Tickets available to members Jan. 30; Public tickets on sale Feb. 6.

Scharoun Ensemble Berlin — 3 p.m. March 17. $30. Free for members. Tickets available to members Jan. 30; Public tickets on sale Feb. 6.

Palm Beach Symphony — 7:30 p.m. March 18. $40. Free for members. Tickets available to members Jan. 30; Public tickets on sale Feb. 6.

Met Opera: Live in HD
Gaetano Donzetti’s “La Fille du Regiment” (live broadcast) — 1 p.m. March 2. $25, $15 students. Student tickets must be purchased in person.

National Theatre: Live in HD
Mary Shelley's “Frankenstein” — 2 p.m. March 9. $25, $15 students. Student tickets must be purchased in person.


Campus on the Lake Lectures — All lectures take place in the Dixon Education Buildings. 561-805-8562 or visit www.fourarts.org.

“An Adventure in Food, Style and Fun” with Daphne Oz — 2:30 p.m. Feb. 28. Book signing follows. $20, free for members. Reservations required.

Campus on the Lake Workshops and Classes — Tickets, information: 561-805-8562 or visit www.fourarts.org.

Director Series: The World of Photography with Sofia Vollmer Maduero — 2:30 to 4:35 p.m. March 1, plus a field trip to a private art collection from 11 a.m. to 1:30 p.m. March 22. $225 for the series.

Film Series — Show times are 2:30 and 6 p.m. $5 at the door. Free for members.


“Steel Magnolias” — March 8.

Florida Voices: “Above and Beyond” with co-author Michael Tougas at 5:30 p.m. March 13 in the King Library. Q&A and a book signing. Free, but reservations are required at 561-655-2766 or by email at kinglibrary@fourarts.org.

The Founders and Us: Words That Made American History: Akhil Amar — 11 a.m. March 7 in the Gubelmann Auditorium and features historians of distinction sharing their knowledge and exploring the truths about the creation of our great nation.

Campus on the Lake Lectures — All lectures take place in the Dixon Education Building. 561-805-8562 or visit www.fourarts.org.

“An Adventure in Food, Style and Fun” with Daphne Oz — 2:30 p.m. Feb. 28. Book signing follows. $20, free for members. Reservations required.


“Nazi Art Theft and its Consequences” with Dr. Nina Zimmer — 2:30 p.m. March 11. $20, free for members. Reservations required.


The Download: Digital Library Services: Internet Archive — 10:30 a.m. March 8. Free but reservations are required at 561-655-2766 or email gbrunk@fourarts.org.

AT THE KELSEY

The Stranger: A Tribute to Billy Joel — March 1.

Vintage Iron: Classic Motorcycle Festival — 11 a.m. March 2.

Jeremy’s Ten: A Pearl Jam Tribute — March 2.

Super Happy Fun Time — March 8.

ARTS & ENTERTAINMENT
WEEK OF FEB. 28-MARCH 6, 2019

#SFL

#HAHAHA

3.1-2

3.5

3.2

Sarah McLachlan — Featuring Vanessa Freehaim-Smith. 8 p.m. March 2. Kravis Center. 561-832-7469 or visit www.kravis.org.

Sarah McLachlan — Featuring Vanessa Freehaim-Smith. 8 p.m. March 2. Kravis Center. 561-832-7469 or visit www.kravis.org.


3.1-2

3.5

3.2

561-655-2633; www.flaglermuseum.us

The Stranger: A Tribute to Billy Joel — March 1.

Vintage Iron: Classic Motorcycle Festival — 11 a.m. March 2.

Jeremy’s Ten: A Pearl Jam Tribute — March 2.

Super Happy Fun Time — March 8.

AT THE KRAVIS
The Kravis Center — 701 Okeechobee Blvd., West Palm Beach. 832-7469; Kravisorg.

Rioult Dance NY “Purple to Night” — Feb. 28. 7:30 p.m. (PEAK). $40.


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**AT THE LIGHTHOUSE**


**Sunset Tours** — Spec-tacular sunset views and an inside look at the lights of a working light-house watchroom. Tour time: 75 minutes. $15 adults, $10 nonmembers. RSVP required.

**Lighthouse Moonrise Tour** — See the moon rise over the lighthouse. 20 members, $25 nonmembers.


**Lighthouse Book Club** — 6-7 p.m. the first Wednesday of the month. Join the museum staff in book discussions on all things Florida. RSVP at 561-747-8380, Ext. 101.

**Twilight Yoga at the Light** — 7-8 p.m. March 4, March 18, and May 25. By donation.

**AT THE IMPROV**


**Darren Brand and Desi Banks: Nothing but Funny** — Feb. 20, 8 p.m.

**Billy Gardell (“Mike & Molly”)** — March 2.

**Cole Kane — Lighthouse Improv** — March 3-17. $13-17, $3 ages 6-12, free for younger than 6. (Regional Arts Classical Concert Education). $25.

**AT GALLERIES AND MUSEUMS**

**Adelson Cavalier Galleries** — 318 Worth Ave., Palm Beach. 10 a.m.-6 p.m. Saturday-Sunday and 10 a.m.-8 p.m. Thursday-Saturday. 561-730-2079; www.adelsoncavalier.com.

**Ann Norton Sculpture Garden** — 1929 Cypress Road, West Palm Beach. Gallery and garden exhibition talks are available on Wednesdays at 11 a.m. and Sundays at 2 p.m. $5 adults, $3 age 65+, $7 students, and free for children younger than 5. Free for members. 561-832-5328; www.annnorton.org.

**Art in the Garden** — 5:30-6:30 p.m. March 5. 6-7 p.m. March 18. $25 per session.

**Armory Art Center** — 11 Park Place, West Palm Beach. Gallery hours: 10 a.m.-4 p.m. Tuesdays through Sundays. 561-832-1988; www.armoryart.org.

**Artist-in-Residence Exhibi-tion** — Through March 19.

**Session 4 Classes** — begin March 4 - April 27.

**Visiting Master Artist Work-shop** — 530-630-30 p.m. March 19 in the media room, "From Cheung Yu Lin: River of China to the Secret Garden of Rome" with Ying Li. Free.

**Annual All Student Exhibition** — March 16-April 12. Opening Reception 6-9 p.m. March 15 in Montgomery Hall. Free for members, $5 nonmembers.


**Joseph Iacucci** — March 14-16. He will offer demonstrations.

**Bob Stern** — Live demonstration, April 27.

**Center for Creative Educa-tion** — 425 24th St., West Palm Beach. 561-832-9927; www.ccceflorida.org/the-ber-ry.

**Passenger: A Global Jour-ney** — Through March 30. A reception from 6-8 p.m. March 16 will benefit char-ity, suggested donation.

**Flagler Museum** — 1 Whitehall Way, Palm Beach. Hours: 10 a.m.-5 p.m. Tues-day through Saturday, noon-5 p.m. Sun-day. Admission: $8 adults, $10 youths (13-17), $3 ages 6-12, free for younger than 6. 561-665-2833; www.flaglermuseum.us.


**Flagler Museum Music Series: The Simple String Quartet** — 2:30 p.m. March 5. $70, includes a champagne and dessert reception with the musicians following the concert.


**Lighthouse ArtCenter Gallery** — 373 Tequesta Drive, Tequesta. Free for members, $5 nonmembers. 561-746-3101; www.lighthouseart.org.

**Building Frank Lloyd Wright’s Guggenheim** — Through June 25.

**Sixth annual Plein Air Festival** — March 9-17.

**Norton Museum of Art** — 1650 S. Olive Avenue, West Palm Beach. Free admission for members, children younger than 12, and teachers and educators in service duty military (and immediate families) with valid ID. Free admission to all Friday and Saturday. Regular admis-sion for adults, $15 senior Friday and Saturday, $13 for students with valid ID. 561-832-5956; www.norton.org.

**Nina Chanel Abney: Neon** — Through June 25.

**Going Public: Collectors Celebrate the Norton** — Through June 4.

**Out of the Box: Camera-less Photography** — Through June 18.


**“Spotlight: Ralston Crawford Across Media”** — Through May 16.

**Good Fortune to All: A Chi-nese Lantern Festival in 16th-Century Nanjing** — Through June 12.


**At the Markets**


The Palm Beach West Antique and Flea Market — 8:30 a.m.-2 p.m. Saturdays in the 300 block of Clematis St., West Palm Beach. Pet friendly. Free admission and $3 parking at garage during the market. www.wpbanquinatandflea-market.com; 561-670-7473.

The Palm Beach Green Challenge — 9 a.m.-1 p.m. Saturdays through April 20, West Palm Beach Waterfront, 100 N. Clematis St., downtown West Palm Beach. Parking is free in the Evernia/Olive Garage or $5 in the Banyan/Olive Garage. Info: www.wpbgreenmarket.org; 561-802-1515.

Lake Worth Farmers’ Market — 9 a.m.-1 p.m. Saturday, through April 27, Old Bridge Park, ALA at Lake Avenue S.O. 70, West Palm Beach. Info: 561-832-3879; www.lakeworthfarmersmarket.com.

The Palm Beach Gardens GreenMarket — 8 a.m.-1 p.m. Sunday, City Hall Municipal Complex, 10500 N. Military Trail. More than 140 vendors. Through May. 5 no pets. 561-630-1030.


Tiki Market — 4-7 p.m. Sundays at the Riverbend Marina, 190 E. 13th St., West Palm Beach. Caribbean and merchandise. Vendors wanted. 561-844-3408.


HAP PENINGS

From page 1

and Yo Li — April 7. A program of Mozart, Vivaldi, Piazzolla.
 • Concert: Women Composers of the Americas — April 19.
   • Conduct: Internet Friends — May 31.

BAM! It's all about the books

As if the Mandel Public Library didn't do enough for the community, on Saturday they're bringing the BAM! Festival — Books Arts Music. Its goal is to bring audience, the library, and other locations for a daylong celebration of writers. From 10 a.m. to 4:30 p.m. Saturday, March 2, the Mandel Public Library (and a few other locations) will welcome more than 20 authors.


Superheroes versus Real Heroes — 10 a.m. Authors: John David Anderson, Phil Bildner and LeUyen Pham. Clematis Room.

Meet the Misfits — 10 a.m., Subculture, 509 Clematis St. Moderated by Peter Carsten. Authors: Brendan Kiely, Stacy Ramey, Neal Shusterman and Laini Taylor.

Story Time with Sherri Duskey Rinker — 10 a.m., Brightline Station, 501 N.E. 5th St. St. Patrick's Day Celebration.

Story Time with Lauren Castillo — 10 a.m. Listen to Lauren Castillo read books. Authors: your favorite furry friends! Homework Center.

Book signings at 10 a.m. in City Hall, 401 Clematis St., Flagler Room, first floor.

• Lauren Baratz-Logsted
• Charise Mericle Harper
• Greg Logsted
• John Parra


Truth or Dare Jr. (Middle Grades) — Call 561-418-4226 for Kids ask answers. Moderated by Keith Oswald. Authors: John David Anderson, Tracey Baptiste and Eric Elfman. Hibiscus Room.


Book Signings at 10 a.m. in City Hall, 401 Clematis St. Flagler Room, first floor.

• Sherri Duskey Rinker
• Robert L. Forbes
• Stacie Ramey
• Neal Shusterman
• Dasha Slater


Book Signing: Phil Bildner — Noon, City Hall, 401 Clematis St. Flagler Room, first floor.


Book signing at 1 p.m. in City Hall, 401 Clematis St. Flagler Room, first floor.

• Elisa Hubscher
• Cathy Camper
• Michael Patrick O'Neil
• Raúl the Third
• Nic Stone

Pick Your Plate — 2 p.m. An interactive cooking panel hosted by Jamil Lake of Gansche Bakery that includes cupcake decorating. Moderated by Jamil Lake. Authors: Tara Dairman, Charise Harrper and Sherri Winston. Hibiscus Room.

UK Never 2 Old 4 Pictures Books — 2 p.m. Moderated by Henry Cole. Authors: Phil Bildner, Lauren Castillo and Raúl the Third. Auditorium.

Stories Are All Around Us — 2 p.m. Moderated by Dasha Slater. Authors: John Becker, Susan Campbell Bartoletti, Tara Dairman, John B. Becker and Eric Elfman. Clematis Room.

Let’s Talk About Love — 2 p.m., Voltaire, 526 Clematis St. Moderated by Rick Reikenis. Authors: Elizabeth Acedvedo, Brendan Kiely, Nic Stone and Laini Taylor.

Story Time with John Parra — 2 p.m. Homework Center.

Book Signings at 2 p.m. in City Hall:

• John David Anderson
• Ross Burach
• Sherri Duskey Rinker
• Justina Ireland
• LeUyen Pham


Neverland: We don't want to grow up! — 3 p.m. Moderated by Tracey Baptiste. Authors: Lauren Baratz-Logsted, Susan Campbell Bartoletti, Tara Dairman, and Derek Hicks. Clematis room.


Truth or Dare Jr.— 3 p.m., Voltaire, 526 Clematis St. Moderated by Neal Shusterman. Authors: Greg Logsted, Stacie Ramey, and Nic Stone.

Book Signings at 3 p.m. in City Hall:

• John Becker
• Lauren Castillo
• Brendan Kiely
• Laini Taylor

BAM Poetry Slam — 4 p.m. in the 400 block of Clematis Street. Read your poetry or short fiction pieces in a slam poetry-style showcase moderated by Elizabeth Acedvedo.

Book Signing Finale — To wrap up BAM with big bright bows, book signings by these authors take place at 4 p.m. in the 400 block of Clematis Street.

• Tracey Baptiste
• Susan Campbell Bartoletti
• Tara Dairman
• Derek Hicks
• Frank Morrison
• Connie Schofield-Morrison

St. Patrick’s Day Celebration Sun, March 17th “Get Your Green On”

Pelican Cafe
"Where Nantucket Meets The FL Keys"
Open Breakfast • Lunch • Dinner • Full Bar
Live Music Every Mon, Tues & Select Sun Nights

Reservations: 561.842.7727 or ThePelicanCafe.com
612 US Hwy. 1, Lake Park, FL 33403

May you always find blue skies above your head, shamrocks beneath your feet, laughter and joy aplenty, kindness from all you meet, good friends and kin to miss you, if you ever choose to roam, and a path that's been cleared by angels themselves to carry you safely home. - Irish Blessing

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MARTIN
CLOYNE
PIZZARELLI
FEINSTEIN
MATHIS
CALLAWAY
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DISCOVER

FLORIDA WEEKLY
WEEK OF FEB. 28-MARCH 6, 2019
B7

St. Patrick’s Day Dinner Party
Live Music 6:30 – 9:30 PM
Rob Russell and Kim Forman on Piano

Pelican Cafe
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SOCIETY

Honda Classic kickoff party, The Gardens Mall

1. Jack Lighton, Carol Anderson and Giovanni Di Stadio
2. Pádraig Harrington, Marygrace York, Jamie York, Sam York, Ben York and Josh York
3. Bill Horn, Joan Berk, Kathi Cornelius and Greg Saunder
4. Connie Russo and Joe Russo
5. Dominick Pape and Sheryl Pape
6. Damiann Hendel and Claudia Murphy
7. Gerry Hamiton and Kristina Smallwood
8. Cora Harkins, Danielle Ford and Kim Bragg
9. Bob Bell, Cathy Bell and Scott McDulin
10. Brenden Galiniec, Lauren Fitek, Terra Brown and Tyler Brown
11. Donna Goldfarb and Bob Goldfarb

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.
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Honda Classic kickoff party, The Gardens Mall

1. Maria G. Marino, Tom Cairnes and Debbie Cairnes
2. Kim Bragg, Michael Simms and Warren Cleveland
3. Justin Williams, Andrew Crumley, Dylan Muse and Conrad Muse
4. Lois Spatz and Sandy Erb
5. Robin Etchells and Ed Etchells
6. Jennifer Glinski, Scott Glinski, Ernie Roque, Carol Menelly, Khoury Smith, Roger Amidon and Tina Amidon
7. Nairoby Kennedy and Sean Kennedy
8. Mark Marciano and Abby Jablin
9. Maggie Paige, Ed McEnroe and Sharon McEnroe
10. Kimberly Whetzel, Danielle Bienvenida, Maribel Bremer and Roy Bremer
11. Ryan Howison, Michelle McLane
12. Sally Sevareid and Mo Foster

Lana Arnold and Rhonda Hewitt

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**From page 1**

American obsession with the PBS show “Downton Abbey” took everyone, including PBS, by surprise. Superfan Lindsay Scherr Burgess of West Palm Beach said, “It’s heartwarming and elegant, but it also gives you pause about how people lived.”

Through April 21, fans can recall all the emotion and angst of the Emmy and Golden Globe award-winning show at the interactive “Downton Abbey: The Exhibition” in the Culture Lab space, housed in a former Macy’s at CityPlace in West Palm Beach.

For the uninitiated, “Downton Abbey” follows the aristocratic Crawley family for a dozen years, beginning with the sinking of the Titanic. The unexpected losses at sea complicates the plot to keep the family fortune intact and still follow those pesky royal rules of inheritance. The first five minutes of this 52-episode PBS “Masterpiece”, mas ters of their manor, is really Highclere Castle, completed in 1878 and the working estate of George Herbert, 8th Earl of Carnarvon. In 1882, Highclere was struggling. It needed urgent repairs. The house needed more than $2 million and total reconstruction was considered.

Enter TV. In 2010, Forbes reported that Highclere Castle had been “fully repaired and restored and visiting numbers have more than doubled since the series debut.” Tickets to visit the castle are now sold out months in advance. PBS stepped up, too. Filming fees doubled from $300,000 pounds for Season 1 to 1 million pounds by Season 5.

As a suffragette leader? Or would she resist marriage and spend her days in a hotel, miss her children terribly, and sink back to her nest, full of apology and deference, the next morning?

It’s enticing to imagine future possibilities for these characters, but few attempts at doing so have been successful.

A 1982 Comden and Green musical, “A Doll’s House,” nearly 140 years after Ibsen’s drama took a job in a local café and explored possibilities for these characters, but few attempts at doing so have been successful. Peter Fincham, ITV’s director of television, told The Guardian, “I think that’s where the sustenance of its season, not least of the working estate of George Herbert, and deference, the next morning? They open their mouths, and it’s a good use of the former Macy’s retail neighborhood. And the Culture Lab is anything that brings foot traffic to the exhibition and the gift shop.”

Almost two years after the show’s finale, “Downton Abbey: The Exhibition” opened in New York City using the elaborate post-Edwardian sets, dressing and props from the show. Photographs of characters shot at 881 S. Rosemary Ave. in West Palm Beach, directed guests on a tour of the familiar rooms. Even fans who saw the exhibit in New York will find there’s more to see here, Mr. Burns said. “I would stress that this exhibit is fuller and more complete,” Mr. Burns said, “not that the New York version was inferior. We just had to modify the exhibit to fit that space.”

In New York, the exhibition was about 15,000 square feet spread over three floors. In CityPlace, the exhibition fills history that were beginning to knock on cally, he says, “The dining room is bigger. In New York, the ceilings weren’t as high. The costume portion of the exhibition was split up rather than having a dedicated space like it does here.”

Ms. Burgess, the “Downton” superfan, said, “It’s a way to knock an audience off their feet. One thing that’s in a hotdog, some- thing that’s in a hotdog, something that’s in a hotdog. It’s a way to knock an audience off their feet. One thing that’s so passionate about the show is the clothing and elegance.”

ABBEY

**From page 1**

“Downton Abbey: ‘A Doll’s House, Part 2’ is a triumph, and I think that’s where the sustain universality here that deals with issues that are universal today, and I think that’s where the success of the play falls — it’s about how we all learn to communicate.”

The show is set 15 years after the door slammed ‘round the world, and within the first minute or so, Nora (Carol Burnett) and new characters — like Nora’s now-adult daughter, Emmy (Mikayla Barlow) — will reopen, revelations will spill forth, and a groundbreaker and a visionary, she adds. “But she’s also committed what Ms. Hempstead, who plays Nora, also thought of modern figures when conceptualizing her character, from Gloria Steinem to Ruth Bader Ginsburg. Of particular inspiration is a line Justice Ginsburg vocalizes in the CNN documentary “RBG”: “She quotes an activist who said, ‘We ask nothing of our brethren. We only ask that he take his foot off our neck.’ There’s so many women in history who have been not just patriots, but who have been patriotism.”

“I absolutely think that Torvald can be a feminist,” says Mr. Lewis. “He may understand the theory, but he doesn’t quite have the emotional tools, or the life experience, to be able to understand how to move forward. They’re both dancing towards a new understanding of something but are not sure what the final result will be.”

It is with this lack of surety that “Downton Abbey” presented history in a relatable and the setting just looks beautiful.”

“Downton Abbey,” the Yorkshire country house that the Crawleys really Highclere Castle, completed in 1878 and the working estate of George Herbert, 8th Earl of Carnarvon. In 1882, Highclere was struggling. It needed urgent repairs. The house needed more than $2 million and total reconstruction was considered.

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Carol June Stover shows a miniaturist’s fine touch in this collection of intriguing, gem-like stories. The world of each story is tightly circumscribed, most focusing on a single character. The various settings are handled with economy: just enough detail to conjure a neighborhood and a prevailing atmosphere. Additional characters have walk-on parts, but they often signal change — squirming.

In the title story, readers discover that the author of the popular Melanie Marche novels, Lorraine Woodruff, is not at all like the savvy, confident and gorgeous fashion model she has invented. She takes tentative steps toward creating a new, edgier Lorraine.

In another tale, a highly acclaimed physician is nearing retirement and hoping his wife will not insist on holding the big party for him she has been planning. A follow-up appointment from his most recent, perhaps final, patient reminds the doctor of her near-catastrophe because of a failure with the resuscitator pump. Learning from the patient that she had an out-of-body or near-death experience, the doctor is silently dismissive of her story. What happens on his way to meet his wife at an expensive hotel restaurant will leave readers’ heads spinning.

Many of Ms. Stover’s stories in this collection explore relationships — or the lack thereof. Several lead characters suffer from loneliness; others from a sense of unworthiness. When companionship is sought, it may or may not be achieved.

One narrating character, Mary Ann, has a lazy sister. Their mother is always making excuses for Wanda’s seeming reluctance to help out or to interact in any normal way. When the roots of Wanda’s self-isolation and selfishness are revealed, older sister Mary Ann is in for a big surprise.

Many of the other stories end with a twist: some shocking, some simply unexpected and others on the edge of predictability but satisfying nonetheless. Anomalies include three women’s stories, one of whom has a near-death experience, another a failure with the resuscitator pump and a third that is both.

Another parent/child narrative concerns Sam Strong, an unambitious man whose widowed mother persuades him to follow in his father’s footsteps and become a sheriff — perhaps THE sheriff, like his father. Sam is reluctant, but his mother’s pressure is unabated and his resistance fades. He does well on the police academy test and takes an opening in the town’s police headquarters. Growing evidence of his kleptomania builds to a suspenseful and eerie resolution.

“The Find-a-Friend Project” is a representative story of relationship failure in which Amy, awaiting the beginning of her college career, determines to break her string of never making any friends. All through high school, she had heeded her mother’s friendship-making advice with no success. She seems never to be dressed in the right manner, never to be at the mall when all the other kids are hanging out there — closed. When Amy finally seems to be making a friend, she enters a situation that will leave her — and the reader — squirming.

“Mama’s Boy” is yet another exploration of a parent/child relationship run amok.

It’s interesting to see several key themes repeated through the collection so that the stories seem to talk to one another while adding layers to shared concerns.

Do try Ms. Stover’s collection; I think you’ll like it.

About the author

After a successful marketing career, Carol Stover began writing fiction and nonfiction books in 1998. She also placed more than 100 magazine articles in national publications. Each of her three novels — “Current River Redemption,” “Surviving 26th Street” and “Kennmore Square” (reviewed in these pages) — has received various fiction awards. This is her first short story collection.

Ms. Stover resides in Sandwich, Mass., and Fort Myers with her husband, Frank.

— Phil Jason, Ph.D., United States Naval Academy professor emeritus of English, is a poet, critic and freelance writer with 20 books to his credit, including several studies of war literature and a creative writing text.
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By Linda Thistle

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LIVE MUSIC: The Choral Society of the Palm Beaches performs a star-studded program that takes them on a musical journey.

"Broadway Then and Now" will be performed March 2 at 7:30 p.m. and March 3 at 4 p.m.

"Broadway Then and Now" is a collection of hits from Broadway shows such as "Show Boat," "The King and I," "Pippin" and "Les Misérables." Throughout the performance, the audience can expect to hear songs from the late 1920s to modern-day, including "Ol' Man River," "Getting to Know You," "Hello Young Lovers," "Corner in the Sky" and "I Dreamed a Dream."

Tickets to each performance of The Choral Society's 2018-19 season are $25 adults; $10 for students. Details about the season, which is sponsored by the Palm Beach County Board of Commissioners, are available at www.choralsocietypalmbeaches.org or call 561-626-9997.

Choral Society takes a trip down Broadway

Live musical theater enthusiasts can experience "Broadway Then and Now" when The Choral Society of the Palm Beaches performs a star-studded program that takes them on a musical journey.

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"Broadway Then and Now" is a collection of hits from Broadway shows such as "Show Boat," "The King and I," "Pippin" and "Les Misérables." Throughout the performance, the audience can expect to hear songs from the late 1920s to modern-day, including "Ol' Man River," "Getting to Know You," "Hello Young Lovers," "Corner in the Sky" and "I Dreamed a Dream."

Tickets to each performance of The Choral Society's 2018-19 season are $25 adults; $10 for students. Details about the season, which is sponsored by the Palm Beach County Board of Commissioners, are available at www.choralsocietypalmbeaches.org or call 561-626-9997.
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.

1. Denise Fraile and Bruno Rodriguez
2. Roger DeHart and Lynne Barletta
3. Jay Zeager, Michelle Martin-Carr, Emma Persakian, Donna Goldfarb and Bob Goldfarb
4. Joe Catrambone and Ken Naman
5. John Bowers and Laurine Hamilton
6. Candace Lamb, Lynne Barletta, Kellee Launee, Janice Naman, Denise Fraile, Jo Bortido and Mona Salatbury
7. Bonnie Jo Daniels and Donna Linton
8. Shana Sheptak and Melissa Mecke
9. Crystal Perez and Johann Nuth
10. Alicia Jones and Crystal Perez
11. Karla Carrero and Sandy Collier
12. Elliot Paul, Sheryl Paul and Gordon Proctor
13. Frank DeMario and Joe Catrambone
14. Greg King, Christy Funk and Greg Sodano
15. Kate Roberts and Lisa Oster
16. Be Crumpfer, Marcela Gambir and Tony Barletta
17. Joanne Zaro, Donna Linton and Dezin Connelly
There’s a New Vegan in town — literally. The New Vegan in Northwood Village. They’re not out to die-hard carnivore’s mind about their food.

“Our motto is, ‘You don’t have to be vegan to eat vegan,’” says co-owner Raheen Jones. “It’s vegan made simple.” He and his wife, Patricia, along with business partners Jody Wilson and Victor Amador, have been serving plant-based meals worthy of all diners — vegan, vegetarian and omnivore — for a month as they built out the space.

Then they’re ready for the reveal; their grand opening party is March 8 from 6-9 at the bright, open restaurant at 538 Northwood Road. Live music and menu samples are planned; a full liquor and wine bar are part of the space.

It’s the second shoot of a branch of vegan restaurants they hope to open throughout South Florida. Delray Beach’s spot has garnered acclaim when they start, with the vegan restaurant finder www.vegansomcom naming it to the best 100 vegan restaurants in the world, and Yelp calling it one of the 50 best restaurants in Palm Beach County. Vegan meals — those all-plant-based foods (think: no food from anything with a mother), intimidate many, Mr. Jones said, but their aim for the restaurant is to assuage any fears of flavor loss or giving up favorite foods to eat meatless and cholesterol-free.

Foods such as “bacon” made with shiitake mushrooms, with the smoky flavor and crunchy texture is one example. A barbecue or jerk jackfruit substitutes for chicken. A special protein mix makes for a substitute for an animal-based cheese. Down to the red velvet desserts made with red beans, the foods aim to capture all levels of curiousness.

To accomplish the food textures and give them the nutrients needed for complete profiles, Mr. Jones has come up with a New Vegan Mix that involves 28 Excalibur dehydrators in a Delray factory that produces the base used for many of the menu items. Chickpeas and other plant-based proteins are dehydrated to retain their nutrients in a compact formula used in designing the foods.

“Our goal is to provide an alternative to meals that everyone can enjoy. Young and old, sick and well, and those recovering. We have a gluten- and soy-free menu, to avoid any allergies,” Mrs. Jones said.

It’s a lifestyle they’ve practiced for six years. Mr. Jones came home tired and frustrated one day and realized his junk diet was doing him in. He cleaned out the refrigerator, replacing all the meat-based products and never looked back, he said.

“You will be uncomfortable for a while,” he said, when transitioning to this way of eating. That body must adjust, but it eventually does and heals itself, he said.

Mrs. Jones said she changed for ethical reasons — to make people aware of how animals are treated. “Up until I was 37, I thought we had to eat meat to survive.”

Then I thought, if we could eat and not have to kill animals for a meal that would be ideal.”

Plants are abundant and easily grown, and the world can thrive on plants alone — and be healthier for it, she said, based on her research.

“It’s a chance to have ‘prosperity without having something die,’ she said.

A lot of people today are making the connection to vegan by giving up meat at least one day a week for the Meatless Monday movement. There are recovering vegans and, ultimately, vegan diets. She’s just happy people are willing to try the foods; carnivores who praise the dishes are her favorites. “They get it,” she said. “I’m excited that we can satisfy them.”

Her spouse’s goal is to create the food profiles that sat those who are struggling to choose.

“We’re going to have themed dinner parties,” she said. “Italian night with calamari, chicken Parmesan, Caesar salad and offerings made from vegan foods.

“A breakfast-for-dinner menu might be chicken and waffles, shiitake bacon, French toast.” Again, all plant-based foods made to taste like the real counterparts.

The everyday create-your-own menu has “burgers,” salad and rice bowls, and Mac Attack bowls — vegan mac ‘n cheese served with protein of choice: falafel, per-cini, curry chickpeas or the vegan fried “chicken.”

Most of the dishes are raw — meaning not heated beyond 115 degrees. It’s the strictest part of the vegan experience.

“It’s part of the No Excuses movement,” Mrs. Jones said. “You can eat as you did on an animal diet — same flavors, but all plant-based.”

She is planning a cookbook, and there will be cooking classes at the New Vegan.

The whole family is involved in the restaurant and their food truck, which Mr. Jones is planning to take around to different areas and those in need of the plant-based foods.

They are encouraged by the growth of the lifestyle and the many vegan restaurants available, as well as the animal food substitutes — a booming business as well.

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“Six years ago, none of this was on our menu,” Mr. Jones said. “It was hard to figure out, but now there are a lot of choices out there. It’s much easier now.”

The New Vegan, 538 Northwood Road, West Palm Beach. Phone 561-597-124; www.thenewvegan.com. Open 8 a.m. to 9 p.m. Monday-Thursday; 8 a.m.-11 p.m. Friday-Saturday; 10 a.m.-9 p.m. Sunday.

In brief

Stone Crab Night is back at Restaurant 44 in the Palm Beach Towne Condominiums in Palm Beach. On March 7, the restaurant hosts the night that’s a four-course prix fixe menu for $90 with either jumbo stone crab claws or roast prime rib as entrees. Reserve by March 4; call 561-695-3241. ... True Food Kitchen, the restaurant from best-selling cookbook author and lifestyle guru Andrew Weil, has plans to open in The Gardens Mall in 2020. They recently announced one in CityPlace; there’s already one in Boca’s Town Center mall.

JAN’S THREE FOR 19th holes for the Honda Classic

A trio worth noting

PADDY MAC’S


If it’s one thing the Irish love more than golf, it’s whatever’s in their glass. It’s almost like St. Pat’s Day at the pub during the Honda, so expect a lively crowd at the bar area. Guinness pours freely, as does the Irish whiskey. You can talk duffers all night long here: It’s a language they speak. Shepherd’s pie and variations are our favorites.

SPOTO’S OYSTER BAR AND BLUEPRINT LOUNGE


The featured drink among several of the PGA Commons restaurants doing them is The 19th Hole, a variation on a margarita with housemade sweet-sour mix — tinned green for, well — you know. It’s made with Don Julio Anejo tequila and Cointreau — simple and good. They’ll shuck a few bivalves to go with it, too, while you watch at the well stocked raw bar.

The Dish: Cobb Salad

The Place: The Beach Club, Lake Worth Golf Course, 1 Seventh Ave. N., Lake Worth; 561-585-8976 or www.beachclublakeworth.com.

The Price: $13.95

The Details: The Beach Club may be Lake Worth’s best kept secret.

Here, you can have breakfast, lunch or dinner with a view of the golf course and the Intracoastal Waterway, all at a moderate price point.

This entre-size salad has everything you could want in a Cobb — plenty of crisp romaine, loads of blue cheese and bacon, hard-boiled egg and, of course, plenty of turkey.

Everything was fresh and chilled, though the turkey appeared to be of the deli variety.

It made for a satisfying meal.
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