

PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**<sup>®</sup>  
 YOUR NEWS AND ENTERTAINMENT SOURCE

WEEK OF DECEMBER 2-8, 2010

www.FloridaWeekly.com

Vol. 1, No. 8 • FREE



SCOTT B. SMITH/FLORIDA WEEKLY

Fresh produce like this at Sweet Greens Market is in demand.

Markets offer produce quality you can enjoy

BY JAN NORRIS  
 jnorris@floridaweekly.com

Thanks to the farm-to-table movement and a widespread awareness of food choices, shopping for fresh, local, natural or organic products is no longer a hunt-and-peck game. Food shoppers have a variety of markets and sources for fresh produce, small-ranch produced meats, dairy-fresh eggs and Florida harvested seafood.

SEE FRESHEST, A8 ▶

**INSIDE**



**Princess of the pier**  
 Kandiss Molitar watches over Juno Beach Park Pier. **A6** ▶



**Gardens Society**  
 See who's out and about in Palm Beach County. **B12-14** ▶



**Private practice**  
 Dr. Holly Hadley's concierge practice is for women only. **A16** ▶

**The guardian angels that kept 2010 hurricanes at bay**

BY BILL CORNWELL  
 bcornwell@floridaweekly.com

The late Tip O'Neill, who years ago served as speaker of the House of Representatives, famously observed that all politics is local. What Mr. O'Neill was getting at was that matters that loom large in places like Washington, D.C. — let's use a missile treaty with Russia as an example — often take a backseat in the minds of voters to issues like getting potholes filled in their neighborhoods. Mr. O'Neill, an astute politician, knew that we tend to focus on that which most directly affects us.

The same could be said of weather. It matters little what is going on around the globe when it comes to weather and climate. If it doesn't affect you directly or

SEE LUCKY, A12 ▶



FLORIDA WEEKLY ILLUSTRATION WITH DATA FROM NOAA.GOV



**The Mashup**  
 What Ahmad and my father taught me about music. **B8** ▶

POSTAL CUSTOMER

PRSR STD  
 U.S. POSTAGE  
 PAID  
 FORT MYERS, FL  
 PERMIT NO. 715

C.B. HANIF A2  
 OPINION A4  
 PETS A10  
 MUSINGS A14

BUSINESS A16  
 NETWORKING A18-20  
 REAL ESTATE A21  
 ARTS B1

EVENTS B6-7  
 FILM REVIEW B11  
 SOCIETY B12-14  
 CUISINE B15



DATED MATERIAL - REQUESTED IN-HOME DELIVERY DATE: DECEMBER 2, 2010



# COMMENTARY

## Racial profiling: Let's deconstruct it, rethink it to improve community



That presidential "Beer Summit"? So passé.

How about gathering nearly 100 law enforcement, justice system, social service and other community folks to deconstruct "racial profiling" — whether ethnic, religious, gender, you name it.

The overwhelming consensus from a workshop at Florida Atlantic University: This is very useful. Let's have more.

"It was a 'great' presentation," one law enforcement officer commented afterward. "Definitely hit the nail on the head and opened my eyes to a better way of doing business."

He also added, "Yes, I could easily be classified as one of (the) dinosaurs expecting the 'canned' presentation."

Lorie Fridell hardly was surprised. The associate professor of Criminology at the University of Tampa and former director of research at the Police Executive Research Forum, trains law enforcement command staff and consults with agencies on this issue. She was just back from making another such presentation, during the Orlando meeting of the International Association of Police Chiefs.

Dr. Fridell is known nationally for her research-based approach to

advancing professionalism — and for getting on the same page folks who traditionally would seem at odds.

In contrast, it took last year's nationally noted encounter between Harvard Prof. Henry Louis Gates, and Cambridge, Mass.. Police Sgt. James Crowley to prompt President Barack Obama to get the two together at the White House over a beer.

"Racial profiling" has become the term in our culture for bias whether grounded in ethnicity, religion (think Juan "I am not a bigot" Williams), gender, etc.

Dr. Fridell uses the term too. But in a nod to the fact that all not all so-called racial profiling is "racial," she routinely uses another that I like better if only because it is more accurate: "racially biased policing."

Among her audience were those who answered affirmatively when she asked members whether they felt they had been victims of it — or, were law enforcement officers who felt they had unjustly been accused of it.

"So this is very personal for a lot of people here," she noted.

She proceeded to bolster all of their informational arsenals during her "Rethinking" Racially Biased Policing: A Science-Based Perspective workshop.

A major area of her expertise is using the research to show that the ways police and stakeholders commonly think about biased policing are misguided. She then reframes the issue.

Social psychologists, she says, have shown that "implicit" or "unconscious" bias can impact what people perceive and do, even in people who consciously hold non-prejudiced attitudes.

"From this research, we can conclude that even the best law enforcement officers may manifest bias because they are human, and even the best agencies will have biased policing because they hire humans to do the work."

Name the group, in fact, and it's likely one can scientifically find attitudes biased against others in that group.

Next in our context, however, comes intervention: How this new perspective tells what police and community jointly need to do.

Dr. Fridell has developed what she calls a "comprehensive program for producing fair and impartial policing" that addresses: (1) recruitment and hiring; (2) training; (3) policy; (4) leadership, supervision and accountability; (5) outreach to diverse communities; (6) measurement; and (7) assessment of institutional policies and practices.

"And this is so in synch with the goals of Catalyst for Justice," she said. Full disclosure: The nonprofit Catalyst for Justice group, which organized the workshop, is composed of CEO Jane Tierney, Rabbi Paul Menitoff and me. My C4J colleagues and I seek no benefit, financially or otherwise. Our capacity is as volunteers to help significantly reduce the incidence of such profiling in our community.

The workshop was sponsored joint-

ly with FAU's Diversity Committee, of which Maria Santamarina is co-chair. The committee, part of the university's strategic goal to become more inclusive and diverse, serves as a resource for students, faculty, administrators and staff.

C4J seeks to share the best practices and evidence-based research applicable in helping make a significant, measurable difference as we work together to become a model community.

Long-term, the prospects include constructive implications far beyond the "race" element. And despite the nationwide plethora of recalcitrant culture warriors, it's time. In fact, in this new millennium, a half-decade beyond the '60s, it's past time for this kind of progress.

If you take the position that although there are bad apples in any group, that the overwhelming majority of law enforcement folks just want to do outstanding law enforcement — then a unique opportunity now is available for entire communities to move forward in ways unprecedented heretofore. ■

— My gratitude for all the kindness from those of you who were readers of more than two decades of my editorials and columns for *The Palm Beach Post*. I'm still rooting for my friends there. But for those who have wanted more of my offerings, welcome. I'm going to love sharing on the issues and goings-on in our community, if not our galaxy. Thanks for joining me on this latest journey.

### Affordable Dental Implants and General Dentistry

J.M. Royal, DMD; T.A. Afapoulis, DDS; W.B. Harrouff, DDS; S.V. Melita, DDS; M.J. Fien, DDS; Dawn Wehking, DDS

**EXPERIENCE** Our dentists have over 70 years combined experience and over 13,000 crown/implant insertions in Palm Beach County.

**IMPLANT SYSTEMS** Our office utilizes four different implant systems made in the USA and Israel. All implants carry a lifetime warranty from the manufacturer.

**EDUCATION** Dr. Fien is a board-certified periodontist with a doctorate from Columbia University and specialty certificate from Nova Southeastern University. Dr. Harrouff is a diplomate member of the American Academy of Implant Dentistry and recently completed an ITI training course at the Harvard School of Dental Medicine.

**ALL PHASES OF DENTISTRY** Full mouth reconstruction, dentures, porcelain crowns and bridges, veneers/Lumineers, root canal therapy and sedation dentistry.

APPEARANCE IMPLANTS & LASER  
**DENTISTRY**  
6390 W. Indiantown Road, Jupiter, Chasewood Plaza | 443 School House Road, Abacoa

Open evenings • Emergencies welcome  
**(561) 741-7142 • 1-888-FL-IMPLANTS**  
[www.harrouff.com](http://www.harrouff.com)

<p><b>FREE</b> Digital X-ray &amp; Consultation (09310), 00330 Expires 12/16/2010.</p>	<p><b>Complete Dental Implants</b> from \$1,500 each New patients only (D6010, D6056, D6061). Expires 12/16/2010.</p>
<p><b>New Dentures</b> starting at \$359 Extractions \$25 each with denture purchase Expires 12/16/2010.</p>	<p><b>Crowns</b> from \$650 (D2752) Expires 12/16/2010.</p>

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for any service, examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted or reduced fee service, examination or treatment.

**store**  
SELF STORAGE  
WINE STORAGE

EXTRAORDINARY STORAGE AT ORDINARY PRICES

**25% off for 4 months**  
on climate control units  
(upon availability, not combined with any other specials)  
Prices starting at \$85

Wine Lockers starting at \$69.00

- > Designed for "Cat 4" Hurricane
- > All Climate Controlled Units
- > Exclusive Wine Cellars
- > Full Line of Boxes & Moving Supplies
- > Conference Room
- > Wine Tasting Room
- > FREE Move In Truck & Driver
- > Covered unloading and loading

**561-627-8444**  
11010 N. Military Trail, Palm Beach Gardens, FL 33410 • [www.storeselfstorage.com](http://www.storeselfstorage.com)

Located at the intersection of Military Trail & PGA Boulevard. We are next door to the Doubletree Hotel at I-95 and PGA Boulevard.



Ranked in the  
**TOP 5%**  
of hospitals in the country  
for overall  
**CARDIAC SERVICES.\***



For a **FREE Pedometer**  
call **561.625.5070**  
or sign-up at  
**pbgheart.com**

\*Rating by HealthGrades®, a leading  
healthcare ratings company.

### **Palm Beach Gardens Heart Institute**

is a Center of Excellence in cardiac care, with **over 25 years of experience.**

In fact, we are the home of the **area's first open-heart surgery.** To date,

we have **performed nearly 15,000 open-heart surgeries** and **over**

**97,000 cardiac catheterizations.** Our **four Cardiac Catheterization Labs**

**operate 24/7,** so that we can provide care whenever it's needed. Our **41**

**experienced cardiac specialists** provide the entire continuum of cardiac

care, utilizing leading-edge technology. And all of our patients enjoy the

comfort of a private room. So entrust your heart to Palm Beach Gardens

Heart Institute. **Your heart is in the right place.**



**Palm Beach Gardens Heart Institute**

AT PALM BEACH GARDENS MEDICAL CENTER

3360 Burns Road | Palm Beach Gardens



PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

**Publisher**  
Michelle Noga  
mnoga@floridaweekly.com

**Managing Editor**  
Betty Wells  
bwells@floridaweekly.com

**Reporters & Columnists**

C.B. Hanif  
Jan Norris  
Hap Erstein  
Dan Hudak  
Tim Norris  
Mary Jane Fine  
Scott Simmons  
Bradford Schmidt  
Artis Henderson  
Jeannette Showalter  
Bill Cornwell

**Photographers**

Scott B. Smith  
Rachel Hickey  
Jose Casado

**Presentation Editor**

Eric Raddatz  
eraddatz@floridaweekly.com

**Production Manager**

Kim Carmell  
kcarmell@floridaweekly.com

**Graphic Designers**

Jon Colvin  
Paul Heinrich  
Hope Jason  
Natalie Zellers  
Dave Anderson

**Circulation Manager**

Clara Edwards  
clara.edwards@floridaweekly.com

**Circulation**

Steve West  
Jessica Irwin  
Jim Arnold

**Account Executives**

Barbara Shafer  
bshafer@floridaweekly.com  
Diana De Paola Nardy  
dnardy@floridaweekly.com

**Sales & Marketing Asst.**

Maureen Dzikowski

**Published by**  
Florida Media Group LLC

Pason Gaddis  
pgaddis@floridaweekly.com

Jeffrey Cull  
jcull@floridaweekly.com

Jim Dickerson  
jdickerson@floridaweekly.com

Street Address: FLORIDA WEEKLY  
11380 Prosperity Farms Road, Suite 103  
Palm Beach Gardens, Florida 33410  
Phone 561.904.6470 • Fax: 561.904.6456



**Subscriptions:**

One-year mailed subscriptions  
are available for \$29.95.

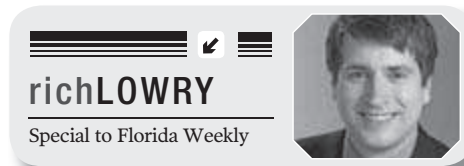
Call 561.904.6470  
or visit us on the web at  
www.floridaweekly.com  
and click on subscribe today.

PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

Copyright: The contents of the Florida Weekly  
are copyright 2010 by Florida Media Group, LLC.  
No portion may be reproduced without the express  
written consent of Florida Media Group, LLC.

# OPINION

## Eric Holder's war



**richLOWRY**

Special to Florida Weekly

The Obama administration wants us to believe that one out of 285 ain't bad.

A jury in New York acquitted Ahmed Khalfan Ghailani on 284 out of 285 charges for his part in the murder of 224 people in the U.S. Embassy bombings in Tanzania and Kenya in 1998. Attorney General Eric Holder thought the trial would be a glorious showcase for the civilian court system. We'd stun the terrorists with our courtroom procedure, win over the world with our mincing legalisms, and salve our consciences after the horrors of the Bush years.

This was Holder's war on terror. He's losing it in a rout. The attorney general's obsession with bringing terrorists captured overseas to the U.S. for trial in the civilian courts looks more willful and untenable by the day, as the edifice of his legal strategy collapses in a pathetic heap.

Ghailani offered a brazen defense at his trial. It was all an innocent misunderstanding when he helped buy the refrigeration truck and the oxygen and

flammable acetylene tanks used to make the bomb in Tanzania, when he stored electric detonators in his house, and when the suicide bomber used his cell phone in the attack. These are the things liable to befall any young man on the streets of Dar es Salaam.

Apparently, at least one juror bought some version of this contemptible fabrication and dragged the jury into a senseless verdict. It found Ghailani guilty in a conspiracy to destroy government buildings, but acquitted him of everything else, including 224 counts of murder. Does anyone believe that a truck bomb meant to destroy a U.S. embassy wasn't also intended to kill and maim everyone in the vicinity?

When Ghailani was caught in Pakistan in 2004, he was that most priceless commodity — an al-Qaida operative with real-time information about the terror network.

The Bush administration interrogated him harshly with an eye to extracting that information quickly rather than honoring the niceties that obtain in the Daniel Patrick Moynihan Federal Court Building in lower Manhattan. As a result, the judge proceeded to bar a key witness whom the government had learned about through Ghailani's CIA interrogation.

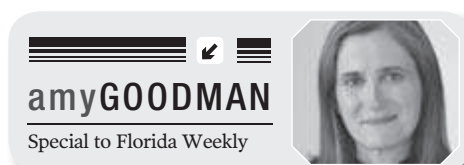
If we're serious about protecting ourselves, we've never going to give all terrorists the Miranda warnings and immediate legal defense that our civilian justice system demands. That's why the Bush administration fell back on military commissions and Gitmo. Our civilian system is meant to protect Americans from the awesome power of the state, and all its protections shouldn't be afforded to enemy combatants waging war against us.

Even Eric Holder implicitly acknowledges the distinction. He resists even contemplating the possibility that terrorists brought here — and supposedly presumed innocent — will be acquitted. Even if a terrorist is found not guilty, the administration asserts the right to detain him after acquittal. Such a power would be an un-American outrage if it were applied to anyone except an enemy combatant.

In the literal sense, the Ghailani trial was a charade. We pretended to give him an ordinary trial, with the enormous escape hatch of keeping him locked up no matter what. The charade ended in travesty, a fitting conclusion to Eric Holder's misbegotten war. ■

— Rich Lowry is editor of the *National Review*.

## The health insurance industry's vendetta against Michael Moore



**amyGOODMAN**

Special to Florida Weekly

Michael Moore, the Oscar-winning documentary filmmaker, makes great movies, but they are not generally considered "cliffhangers." All that might change, since revelations made by a whistleblower on "Democracy Now!" news hour that health-insurance executives thought they might have to implement a plan "to push Moore off a cliff." The whistleblower: Wendell Potter, the former chief spokesman for health-insurance giant CIGNA. He was quoting from an industry strategy session on how to respond to Moore's 2007 documentary "Sicko," a film critical of the U.S. health-insurance industry. Potter told me that he is not sure how serious the threat was, but he added, ominously, "These companies play to win."

Moore won an Oscar in 2003 for his film about gun violence, "Bowling for Columbine." He followed this with "Fahrenheit 9-11," a documentary on the presidency of George W. Bush, which became the top-grossing documentary film in U.S. history. So when Moore told a reporter that his next film would be about the U.S. health-care system, the insurance industry took notice.

AHIP (America's Health Insurance Plans), the major lobbying group for the for-profit health-insurance corporations, secretly sent someone to the world premiere of "Sicko" at the Cannes Film Festival in France. Its agent rushed from the screening to a conference call with industry executives, including Potter. "We were very scared," Potter said, "and we knew that we would have to develop a very sophisticated and expen-

sive campaign to turn people away from the idea of universal care. ... We were told by our pollsters (that) a majority of people were in favor of much greater government involvement in our health-care system."

AHIP hired a public-relations firm, APCO Worldwide, founded by the powerful law firm Arnold & Porter, to coordinate the response. APCO formed the fake grassroots consumer group "Health Care America" to counter the expected popularity of Moore's "Sicko" and to promote fear of "government-run health care."

Potter writes in his new book, "Deadly Spin: An Insurance Company Insider Speaks Out on How Corporate PR Is Killing Health Care and Deceiving Americans," that he: "found the film very moving and very effective in its condemnation of the practices of private health-insurance companies. There were many times when I had to fight to hold back tears. Moore had gotten it right."

The insurance industry declared its campaign against "Sicko" a resounding success. Potter wrote, "AHIP and APCO Worldwide had succeeded in getting their talking points into most of the stories about the movie, and not a single reporter had done enough investigative work to find out that insurers had provided the lion's share of funding to set up Health Care America." Indeed, everyone from CNN to USA Today cited Health Care America as if it were a legitimate group.

Moore concedes, "Their smear campaign was effective and did create the dent they were hoping for — single payer and the public option never even made it into the real discussion on the floor of Congress."

Moore has called Potter the "Daniel Ellsberg of corporate America," invoking the famous Pentagon whistleblower

whose revelations helped end the Vietnam War. Potter's courageous stand made an impact on the debate, but the insurance industry, the hospitals and the American Medical Association prevailed in blunting the elements of the plan that threatened their profits.

A recent Harvard Medical School study found that nearly 45,000 Americans die each year — one every 12 minutes — largely because they lack health insurance. But for the insurance lobby, the only tragedy is the prospect of true health-care reform. In 2009, the nation's largest health-insurance corporations funneled more than \$86 million to the U.S. Chamber of Commerce to oppose health-care reform. This year, the nation's five largest insurers contributed three times as much money to Republican candidates as to Democrats, in an effort to further roll back insurance-industry reform. Rep. Anthony Weiner, D-N.Y., an advocate of single-payer health care, declared in Congress that "the Republican Party is a wholly owned subsidiary of the insurance industry." Potter agrees, saying the Republican Party has "been almost bought and paid for."

The health-insurance industry is getting its money's worth. Moore said that the industry was willing to attack his film because they were afraid it "could trigger a populist uprising against a sick system that will allow companies to profit off of us when we fall ill." Now that is truly sick. ■

— Amy Goodman is the host of "Democracy Now!," a daily international TV/radio news hour airing on more than 800 stations in North America. She is the author of "Breaking the Sound Barrier," recently released in paperback and now a New York Times best-seller.



## Black chamber bestows Ascension Awards

The second annual Ascension Awards Luncheon, presented by the Black Chamber of Commerce of Palm Beach County, is 11:30 a.m. to 1 p.m. Dec. 2 at the Palm Beach County Convention Center in West Palm Beach.

Honored this year are: executive of the year, John Howard, PBC Black Business Investment Corp.; small business

of the year, Emerge Consulting; non-profit of the year: Spady Cultural Heritage Museum; and the highest honor, the Zenith award, Bevins Bennett of Bentron Photography.

Tickets are \$50 per person. For more information, contact the Black Chamber of Commerce of Palm Beach County at 833-1570. ■

## Seaview expands coverage with new signal

Seaview radio (960 AM and 95.9 FM) has announced a new signal — 106.9 FM — to reach from Jupiter to Stuart and additional parts of Palm Beach County. The tower for the new signal is located in Hobe Sound but licensed to Jupiter, and the additional signal will mean increased power for the station. Since Seaview launched in December 2006, the station has tripled its power and now reaches from Fort Pierce to Delray Beach.



Seaview plays music and includes a mix of talk shows, news and sports. "The Cup of Joe," Seaview's morning talk show hosted by Joe Raineri, is scheduled weekdays from 7 a.m. to

9 a.m. Additionally, Seaview programs a variety of weekend talk programs

This season Seaview will broadcast 35 regular season games of the Miami Heat. For more information about Seaview and the complete programming line-up, see seaviewradio.com ■

## Are you suffering from Auto Accident Pain? Chronic Neck or Low Back Pain?

**Get back in the game with Non-Surgical Spinal Decompression**

Treat Neck Pain, Back Pain and Sciatica caused by

- BULGING/HERNIATED DISCS
- DEGENERATIVE DISC DISEASE
- FACET SYNDROME
- FAILED BACK SURGERY

WITHOUT THE USE OF DRUGS, INJECTIONS OR SURGERY

**GIFT CERTIFICATE**  
**COMPLIMENTARY CHIROPRACTIC EXAMINATION & CONSULTATION**  
**\$150 VALUE**

This certificate applies to consultation and examination and must be presented on the date of the first visit. This certificate will also cover a prevention evaluation for Medicare recipients. The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment. Expires 1-02-2011

**PAPA CHIROPRACTIC & PHYSICAL THERAPY**

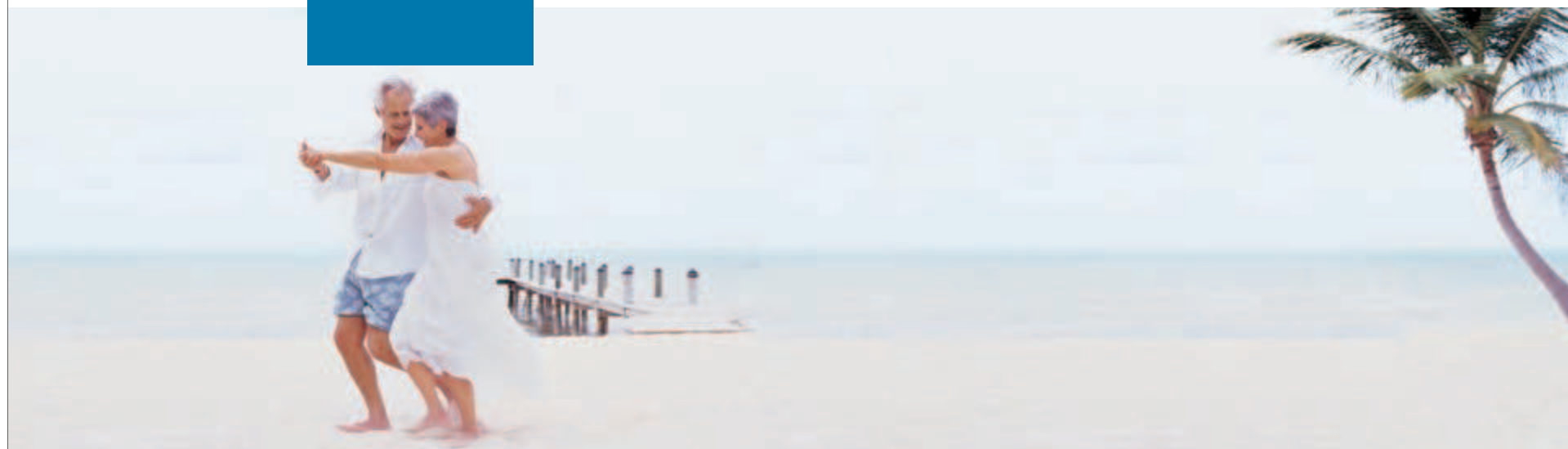
2632 Indiantown Road  
 Jupiter  
**561.744.7373**

9089 N. Military Trail, Suite 37  
 Palm Beach Gardens  
**561.630.9598**

**www.PapaChiro.com • 20 Years in Jupiter & Palm Beach Gardens!**  
 WE ACCEPT MOST INSURANCE PLANS

Send us your news  
 Do you have news for Florida Weekly? Send your items to [pbnews@floridaweekly.com](mailto:pbnews@floridaweekly.com).  
 Or use snail mail and send to Betty Wells, Florida Weekly, 11380 Prosperity Farms Rd., Suite 103, Palm Beach Gardens, Fla. 33410.

Don't let **Knee Pain** keep you from the things you love.



**MAKOplasty®** An innovative, new treatment for knee pain.

The potential benefits of MAKOplasty®:

**Rapid recovery**

**More natural feeling knee**

**Smaller incisions**

**Shorter hospital stay**

This remarkable procedure uses robotic arm technology, allowing the surgeon to preserve the knee's healthy bone and surrounding ligaments and tendons, while repairing the diseased portions. As a minimally invasive procedure, patients typically experience rapid recovery to their normal lifestyle and activities.

For more information or to find a physician specializing in MAKOplasty® call 561.650.6023 or visit [goodsamaritanmc.com](http://goodsamaritanmc.com)



## 15 MINUTES

## Pier proprietress pitches snacks, passion for fishing on Juno Beach

BY MARY JANE FINE  
mjfine@floridaweekly.com

Her first catfish, that was what did it: hooked her as surely as she hooked it. She was 6 years old then, protégée of her big brother, Paul. He was 11. They'd squeezed pieces of bread into gooey balls, dug the pointy tips of hooks into 'em, hightailed it across Sample Road in Pompano Beach, just a pebble's throw from home, and cast their bread upon the waters of the Atlantic. She'd never even held a fishing pole before, but that catfish latched on and a passion was born. Love at first bite.

Kandiss Molitar laughs at the memory. It has a meant-to-be feel. She learned to fish, got good at it, and now here she is, the anchor at Juno Beach Park Pier — assistant manager, gate-keeper, snack bar proprietress, overseer of the Bragging Wall that showcases several dozen snapshots of fisher-people's proud catches (she took the pictures, too, with her Nikon One Touch), dispenser of advice and empathy, congratulations and camaraderie.

"I love my job," she says, and you can tell she means it. "I get to see nature every day, and I'm not cooped up somewhere."

The sea breeze has access to her workplace, a small, open-fronted wooden structure at the head of the pier, just alongside the gated chain link fence that bars access unless visitors pay a dollar, or \$4 if they want to fish out there. Ms. Molitar stamps the forearms of all but the regulars, who already know they can come and go all day long.



MAUREEN DZIKOWSKI / FLORIDA WEEKLY

### Kandiss Molitar

Just before 8 a.m. on a recent Monday, a southbound squadron of pelicans, in follow-the-leader formation, soars overhead. Masses of rusty-brown seaweed carpet the beach, detritus from a storm whose 18-foot waves sent a few planks, down at the pier's T end, flying skyward. But the promenade is built to compensate for such rude interruptions, she says, so crews popped the slats back into place within a day or two.

"It's usually a beautiful white beach," Ms. Molitar says, gazing out through the wide open-to-the-air window where customers pay or ask about the day's fishing conditions. Today, those conditions are poor.

"You guys catching anything?" she asks Daedron Swaby, a security guard at the



Juno Beach Pier

Martinique condo on Singer Island. He wants a can of Orange Crush, one of Lemon Brisk, two foil packets of Cheetos and a small bag of Famous Amos chocolate-chip cookies. His breakfast and lunch.

"Nothing at all," Mr. Swaby answers. "It's always good. Every other day, it's good."

Today is a not-good day. Today, the fish are ducking and dodging and avoiding the hook. Ms. Molitar blames the full moon. Anglers have theories, she says, and every one of them will tell you something different. The notion that sounded right to her came from, as she says, "an old, old fisherman" who reasoned that, since fish can't see at night, they're hungry enough in the daytime to guzzle a baited hook, whereas the full moon gives them night vision and the ability to find food and spoil their daytime appetite. Ms. Molitar shrugs. It's as good an explanation as any.

"Juno Pier," she announces into a mobile phone. "No, it's kinda slow right now." Slow, as in the-fish-just-aren't-biting. It's a refrain she repeats each time the phone jangles, which seems to be every five minutes. That makes for a lot of calls. Her day starts at 5:30 a.m. after a 35-minute drive from home in Stuart and it ends at 2 p.m., on Mondays, Tuesdays and Wednesdays.

This time of year, in season, the pier is open 24 hours a day. During the non-tourist months it's sunrise to sunset.

Rising in the pre-dawn hours doesn't trouble her. Before landing this job four years ago she worked as assistant superintendent of a golf course, a shift that began around 7 a.m. She'd have stayed on if a skin cancer hadn't forced her to avoid an overdose of sunshine.

This indoor-yet-outdoor job is perfect — and a perfect balance for her second job, setting up karaoke at the VFW or the Elks or the Moose, wherever she's needed. And, yep, she sings it, too.

"Yeah, you have to 'cause, if nobody's singing, you have to do it," she says. "Believe me, I've gotten stuck singing plenty of times."

Country western is her old standby. SEE PIER, A7 ►

## PALM BEACH COUNTY RESIDENTS ON MEDICARE:

Do you want to reduce your health care costs and increase your benefits?

You may be able to with our affordable **BlueMedicare HMO** Plan.

- A **\$0** monthly plan premium\*
- Combines **medical** and **prescription drug coverage** in one plan
- **\$0** copayments for Primary Care Physician visits
- Dental and hearing coverage



**Don't delay.**  
Medicare's Annual  
Election Period runs  
November 15 through  
December 31, 2010.

Call toll-free **1-800-750-0151**  
(Florida TTY users dial **1-800-955-8771** or **711**),  
24 hours a day, every day.

You can also visit our secure Web site at [www.blumedicareflorida.com/pbhmo](http://www.blumedicareflorida.com/pbhmo).

\*You must continue to pay the Medicare Part B premium, unless paid by Medicaid or another third party.

A Medicare Advantage organization with a Medicare contract and a Medicare approved Part D sponsor. These contracts are renewed annually, and the availability of coverage beyond the end of the current contract year is not guaranteed. Exclusions, limitations, copayments, coinsurance and deductibles may apply. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. This is an advertisement. For more information contact the plan.

Y0011\_70657 1110 File & Use 11202010  
BMHMO



# PIER

From page A6

Patsy Cline's "Walking After Midnight" and "Crazy." Anything by Tammy Wynette, but especially "Satin Sheets" and "D-I-V-O-R-C-E." Ms. Molitar is d-i-v-o-r-c-e-d herself, which is why she loves the song.

The phone rings again. "Juno Pier . . . No, there's no fish this morning," she says. "No, I'm serious, no fish. I don't know what to tell you, sweetheart."

The caller is from Miami and already en route. Juno Pier is a destination for fishing enthusiasts far and wide, she says, its best competition being down in Pompano Beach and now Lake Worth and Sebastian Inlet to the north. Miami, she's been told, is pretty much fished out.

Earlier this morning, closer to sunrise, the fish were biting: pompano, mackerel, blues, cobia. Should anyone need the goods to attract them, they've come to the right place. A glass-front case holds hooks, lines and sinkers any fish would fall for. There's Lake & Stream fishing line and Got-Cha lures and silvery spoon lures that mackerel, especially, find enticing. And if that's not enough, a freezer case has packs of frozen shrimp or squid or mullet that might tempt.

To tempt fisherman, the snack bar offers, well, snacks: Lays potato chips and Fritos, all manner of canned soda and bottled water and Gatorade, hot dogs and frozen pizza, either cheese or pepperoni (micro-wave over there, in the corner).

"No, sweetie, you gotta take it out of the bag," she tells a young Asian guy who has sought assistance with zapping a cheese pizza.

Snacks are secondary to most of today's hopefuls. They want a tug on the line, a

silver-scaled trophy. Dave Bell of Palm Beach Gardens is a regular here, four days a week, but he gives away what he catches, sometimes to his daughter, sometimes to fishermen on the pier. For his own dinner, "I buy salmon," he says before heading out to try his luck.

Ms. Molitar knows all the regulars, and they know and appreciate her. She never has to fish for compliments. Today, she's wearing a micro-mini denim skirt, a stretchy black-lace, cut-down-to-here top and high-heeled black sandals; a pair of black-rimmed sunglasses act as headband for her wind-tossed blond hair.

"What are you doing here?" she asks, smiling at a white-haired guy whose short-sleeved white shirt bears an embroidered Parks & Recreation logo over the pocket.

"I came to see you," he says, smiling back at her.

The guy who drives up from Miami stops to chat a moment, too, making clear that seeing her is reason enough to justify the long schlep. Ms. Molitar laughs and says, "I've told you, I'm never gettin' married again." The guy grins, shoulders his fishing rods and heads out onto the pier.

By now, just after 9 a.m., there's a steady out-bound stream of discouraged fishermen, some of whom indicate they'll return if conditions improve. A glance at the monitor above her head tells Ms. Molitar that the current wind speed is 18.9 mph out of the southeast, with gusts of 21.3 mph at the end of the pier, data that explain all the windbreakers and sweatshirts on this 75-degree morning.

She understands the urge to be out there, to do battle with the natural world, even if she struggles to explain why. "I don't know," she says. "It's very relaxing. It's the excitement of catching one, too, though." And that is why on Thursdays, a day off for her, Kandiss Molitar can account for her whereabouts in two little words: Gone Fishin.' ■

PALM BEACH GARDENS MEDICAL CENTER PRESENTS



## FIT IN FLORIDA

A LECTURE SERIES DEDICATED TO YOUR GOOD HEALTH.

There is so much you can do to help keep yourself healthy and fit. Join members of our medical team as they share with you their knowledge and experience—plus news of current innovations.

DEC  
7



Electrophysiology – Heart Rhythm Disorders

Matthew Klein, MD / Cardiac Electrophysiologist  
Tuesday, December 7th from 5:30-6:30 pm

At Robb & Stucky Interiors | 3801 Design Center Dr., Palm Beach Gardens  
(Just east of I-95 exit 79, on RCA Boulevard, south of PGA Boulevard)

CALL 561.625.5070  
FOR RESERVATIONS AND FOR MORE INFORMATION  
VISIT OUR WEBSITE [WWW.PBGM.COM](http://WWW.PBGM.COM)



Palm Beach Gardens  
Medical Center

### WHEN IT COMES TO YOUR LAB TESTS

## You Have A Choice!

At Access Medical Laboratories, we provide both patients and doctors with fast, accurate, diagnostically meaningful results. Patients are treated with care, kindness, and the type of professionalism that has made Access Medical Laboratories a leader in the field of diagnostic testing.

- Walk-In, Fast Service
- Painless Blood Draws
- All Lab Orders Accepted
- Medicare & All Major PPOs Accepted

Get your lab work done in a relaxed and professional environment. Visit one of our five convenient locations in Jupiter, West Palm Beach, Palm Beach Gardens, or Abacoa and get "ACCESS" to great Service!



"It's All About ACCESS!"  
Toll Free 866-720-8386



- JUPITER**  
2151 Alt A1A, Suite 1500
- ABACOA**  
600 University Blvd Suite 102
- PALM BEACH GARDENS**  
3385 Burns Rd.
- WEST PALM BEACH**  
1515 N. Flagler Drive Suite 340
- WEST PALM BEACH • 45TH & CONGRESS**  
4601 Congress Ave Suite 104



PGA COMMONS WEST  
FEATURING EVERYTHING A WOMAN COULD WANT

*Pampering... Italian shoes & handbags... Fashions...  
Jewelry, handbags & more... A well-dressed man...  
Italian food like momma makes...*

### Must have...

Wrap yourself with soft & luxurious cashmere



561.493.8331  
[bambooclothiers.com](http://bambooclothiers.com)

*Gilded Spa and Salon... MoDaOggi... Bamboo Clothiers...  
Trésors of Naples... The Tux Shop... Zuccarelli's*

**Shop and Earn.**  
See [PGABucks.com](http://PGABucks.com) for details.

Located on the corner of PGA & Central Boulevards  
[pgacommons.com](http://pgacommons.com)



# FRESHEST

From page 1

Shoppers also are looking for unusual products made popular by chefs and on TV cooking shows — products typically not found on the big chain grocery shelves.

Annie Castellano, a co-owner of Annie's Vintage Gourmet in Jupiter, said shoppers want fresh food.

"A lot of people don't cook anymore — but they want good quality food," said Castellano. "They watch the Food Network and know about quality and fresh ingredients and they seek them out." Annie's will soon have a small meat department with only prime meats and some organic poultry, and a small selection of organic produce, Castellano said.

The newest market in the Gardens, Sweet Greens, is owned by Tim McGowan, a former produce broker who worked selling Belle Glade and Homestead fruits and vegetables.

"There really was no farm market like this up this way," McGowan said. He closed a former store in Pompano Beach, finding it more convenient and marketable for residents in Palm Beach Gardens. "We live in Jupiter, so it's closer for us, too."

Vegetable bins are filling more each week as produce arrives. "We'll have more organic eventually, but it's seasonal, and I will buy non-organic if it's a better choice, though we'll offer both," he said. He was standing next to a large display of Georgia beefsteak tomatoes, selling for 99 cents a pound — a value hard to beat elsewhere.

Russ Benblatt, marketing coordinator for Whole Foods in Florida, says there's more interest in farming than ever and the addition of organics and natural foods in mainstream groceries is a sign of that. It's a welcome change — and that it's customer-driven is even more encouraging, he said.

"People are more and more aware of the effects of the standard American diet on their health," Benblatt said. "So more shoppers are demanding natural, organic and additive-free foods. Farmers are turning to organics and growing more, but the biggest challenge now is getting enough to meet the growing demand."

Benblatt said he sees a jump in every category of the organic and natural market — beers and wines, chips, cheeses, whole grains — and environmentally friendly cleaning products and detergents. "One of the fastest growing lines in our markets is organic clothing, made from organic cotton — socks, scarves and shirts," he said. "In some of our other stores we have towels and bed linens and bathrobes made from organic cotton. We can't keep them in stock."

Paul Colabella, buyer for Joseph's Classic Market in the Gardens, agreed the demand for organic items keeps growing.

"There's definitely a move to natural and healthy products coming into every segment of the stores," said Colabella. "A couple of years ago, you couldn't find organic, unbleached semolina flour anywhere, and now even some mainstream markets are carrying it because of the demand."

"And a few years back, it was low-fat and non-fat products people wanted, but today, it's no trans-fats and no additives — all natural sugars and organic eggs — those are really big," said Colabella. Joseph's in the Gardens recently moved to a larger store in the old Albertson's plaza at Military Trail and Northlake Boulevard.

Robert Farriss knows buyers want fresh eggs. He and his wife Paula start-



SCOTT B. SMITH/FLORIDA WEEKLY

Valerie and Tim McGowan own Sweet Greens Market on PGA Boulevard in Midtown.

ed raising laying hens on their "urban farm" in west Palm Beach Gardens, and a small egg business was born.

"People love the farm fresh eggs," he said. "They've actually driven around all over out here looking for us. We're open for tours by appointment, and you can buy the eggs at the (Palm Beach) Gardens GreenMarket."

By law, the Farriss' eggs are labeled "For Pet Consumption Only," because they don't have a large egg washing and processing plant.

What makes the eggs so special? "They're fresh and taste like eggs used to taste from a farm, from chickens

that run around and eat bugs and some grain we give them, but they're totally cage free," Farriss said. "We put them up at night to protect them, but otherwise, they're free to wander wherever."

Aging Baby Boomers remember eating fresh eggs and other fresh food, Benblatt said, and that partly drives sales.

"They're getting back to their roots — they enjoyed their successes in the '80s and '90s, and now they're getting back to the '60s and the natural foods that they remember from their youths," Benblatt said.

## in the know

### Annie's Vintage Gourmet

1132 W. Indiantown Road, Jupiter  
561-575-4700; www.anniesvintagegourmet.com  
>> Open Monday-Saturday, 8 a.m. to 7 p.m.;  
Sunday, 9 a.m. to 5 p.m.

■ Prepared homey comfort foods such as meatloaf, rotisserie chicken and casseroles are stocked here, and home delivery is available at no charge within the Jupiter, Jupiter Farms and Palm Beach Gardens areas. Bakery. A small meat market and produce department will be added in the near future.

### Carmine's Gourmet Market

2401 PGA Blvd., Palm Beach Gardens  
561-775-0105; www.carmines.com  
>> Open daily, 9 a.m. to 8 p.m.

■ What started as a butcher shop in 1972 has expanded to several locations including Palm Beach Gardens, with a complete gourmet market and trattoria. Carmine's has several departments, offering butcher-shop meats, poultry, seafood, bakery items, gourmet ingredients, flowers, wines, cheeses and prepared foods.

### Joseph's Classic Market

4409 Northlake Blvd., Palm Beach Gardens  
561-799-0322; www.josephsclassicmarket.com  
>> Open Monday-Saturday, 8 a.m. to 8 p.m.;  
Sunday, 8 a.m. to 6 p.m.

■ Now open in their new expanded location in the Northmill Plaza at Military Trail and Northlake Boulevard, Joseph's focuses on butcher-counter meats, deli items and prepared foods, Italian and other gourmet ingredients as well as fresh produce.

### Publix GreenWise Market

11231 Legacy Ave. (Legacy Place), Palm Beach Gardens  
561-514-5175; www.publixgreenwisemarket.com  
>> Open daily, 7 a.m. to 10 p.m.

■ Full grocery store, offering conventional and organic and natural products. Wine and cheese shops are in-store, along with seafood and meat departments, large produce selection, a bakery, an in-store café. Large supplement department with in-house advisers.

### Sweet Greens Market

4807 PGA Blvd., (in Midtown), Palm Beach Gardens  
561-624-0857; sweetgreensmarket.com  
>> Open Monday-Saturday, 9 a.m. to 7 p.m.;  
Sunday, 9 a.m. to 5 p.m.

■ The newest "farm market" in the area, Sweet Greens has wide displays of fresh produce, gourmet product lines like Stonewall Kitchens and Steinbacher cereals and noodles, fresh fish and bakery items.

At the center of the store is Swingbelly's BBQ, selling barbecue by the pound. They also are selling whole smoked turkeys for the holidays. Call to order ahead of time.

### Whole Foods Market

11701 Lake Victoria Gardens Ave., Palm Beach Gardens  
561-691-8550; www.wholefoodsmarket.com/  
stores/palmbeachgardens/  
>> Open daily, 8 a.m. to 10 p.m.

■ The supermarket carries organic, conventional and natural products in every category. Wines, craft beers, seafood and meats available in both conventional and organics/naturals. A bakery, in-house café and large supplement department are in-house.

### Farriss Farm

8214 159th Ct. North, Palm Beach Gardens  
561-352-6028; www.farrissfarm.com  
>> Note: Farm open by appointment only.

■ Buy organic herbs, vegetable plants starts (broccoli, squash, tomatoes and a variety of peppers), and fresh eggs from their flocks of chickens that are free-range.

Some tomatoes, cukes, squash and peppers are sold when available.

### Produce Markets

>> Other venues offer fresh produce and some specialty items:  
• Killer Tomatoes, 2801 Richard Road, Lake Park; 561-848-9247  
• The Peddler, 12174, U.S. 1, North Palm Beach; 561-627-9876  
• Rosetta's Produce, 601 W. Indiantown Road, Jupiter; 561-277-9897  
• GreenMarket, Military and Burns Road, behind city complex, Sundays. ■

To increase its support of community agriculture, Whole Foods will become a drop-off point for local CSA farmers, who deliver baskets of farm-fresh vegetables to their subscribers every week in season.

"It's just another way we're helping support local farmers," Benblatt said. Whole Food's goal is to carry 30 to 40 percent of local foods and other locally produced products in each store.

"Ultimately, it's about choices — we offer organic and conventional produce. I'm looking right now at honey crisp organic apples, and conventional honey crisp apples are only a few feet away in another bin."

Shoppers also are looking for unique gourmet items, according to Tony Tufaro, a longtime grocer at Carmine's Gourmet Market.

"Especially now, the season's starting again, we're seeing all the personal chefs come back," Tufaro said. "Imported truffles and quail eggs are flying out the door. But we have the regular shoppers, too — and we offer \$1.99-a-pound chicken and Bell and Evans turkey for them — they're our regulars and we don't want to cater only to chefs."

Celebrities whose personal chefs shop at Carmine's want certain high-end products for their families, and special orders are part of what the smaller stores are all about.

"If we don't have it in stock, we can get it," Tufaro said. "We can get the Italian truffles or the foie gras for the dinner parties, and we carry Kobe and Wagyu beef — it's popular with the chefs."

The meat department is a major part of Carmine's — the market began as a butcher shop with a few gourmet items, and then grew into a full store. Today, shoppers can order meat cut to order, though they've given up doing turducken in house, Tufaro said. "We sell a couple dozen of them, and deboning the turkey and the duck and chicken could tie up one butcher for hours. Now, we just have another company who does them for us."

Gourmet product lines like Stonewall Kitchens and Rose Italian pastas and sauces are on the shelves at Sweet Greens. "But I'm not going to have everything, just some specialty groceries and fresh produce, coffees, seafood and bakery goods," said McGowan. "We're putting in a wheatgrass juice bar for freshly made juice."

On the shelves are unusual finds like Oops wine and craft beers. McGowan said he will soon feature a locally brewed beer, and he's working with local anglers to supply his fish case. "You'll be able to buy fish that was caught the same day," he said.

There are four big barrels of pickles available by the quart, including the half-sours so popular at the green markets. A bakery features freshly baked home-style cookies, bars, muffins and breads.

In the center of the store, Swingbelly's BBQ, from New York, offers smoked meats and chicken by the pound. "The guy who owns it is my wife's best friend's husband," McGowan said. "We got to talking and told him to come on down, so he's selling barbecue by the pound that's smoked here." Sweet Greens also is offering smoked turkey for holiday meals; shoppers are encouraged to reserve them a week in advance.

Annie's Vintage Gourmet also offers customers a number of take-out prepared foods. Castellano explained why they focus on American homey dishes. "My heritage is Italian. But I also recognize that not everyone is Italian and they want other foods. Italian markets have been done to death, so our approach was to step back, change things up a little and do different old-fashioned gourmet foods."



“What we offer are foods that are gourmet — we use only the top ingredients — but truly comforting cuisine. It’s food people recognize and really identify with as comfort foods.”

Meatloaf, turkey meatloaf, chicken potpie, shepherd’s pie and a few Italian foods like lasagna are on the menu. Whole chickens are roasted on their kitchen rotisseries daily. “We have a gorgeous kitchen in the back, and our foods are made fresh daily — people know this and come for fresh chicken and other meals,” Castellano said.

A bake shop in Annie’s produces more than 20 flavors of cupcakes, along with pies — sweet potato is the signature pie here — and cakes like the Florida sunshine cake.

A personal shopping experience is the other reason the store is popular with its customers, Castellano said. “We know our customers when they come in, and greet them personally. And we deliver free with no minimum to wherever our customers are in our area. That’s something the big industrial-size stores don’t do. Smaller markets are the wave of the future — it’s how people want to shop today.”

Kimberly Jaeger, spokeswoman for Publix GreenWise, says that health concerns are part of what drives their shoppers. “Our customers are more concerned about their health and wellness today than ever before. This includes a desire to eat more natural and organic foods.”

The GreenWise produce department includes a spectrum of conventional and organic vegetables and a large selection of tropical fruits, including some Florida-grown. “We always look to local produce first, when available,” Jaeger said. An example: “We have beans and squash in season from the



SCOTT B. SMITH/FLORIDA WEEKLY

Robert and Paula Farriss raise laying hens in west Palm Beach Gardens. They also sell fresh herbs and starter vegetable plants.

Redlands.”

As Florida winter corn and tomatoes come into market, GreenWise will carry those as well. Florida stone crabs, rock shrimp, snappers and other seafood are in the seafood department when available.

A whole aisle of natural cleaning products underscores the jump in this category, but there are conventional products nearby for customers who

want a choice. Publix also offers its own brand label in the organic groups, called GreenWise.

For those who want to grow their own produce, Farriss Farms sells fresh herb plants and starter vegetable plants.

Farriss also will plant vegetables on demand — if a customer wants some tomatoes or broccoli, he will plant it for them and tend the plants and har-

vest the food, for a fee. He also will come to a customer’s home and plant a raised organic garden bed.

Tours of the small farm, which has pet goats as well as chickens also can be arranged. Farriss encourages parents to bring their kids out to the farm.

“It’s how food used to be grown before corporate farming took over. We love to show people where food comes from.” ■

## Millennium Weightloss

“Your first step to a healthier life”

**A Doctor Supervised Weight Loss Program**  
**Take Your First Step Today!**

- Step by step directions for success
- First month of nutritional supplements FREE!
- Comprehensive blood panel with cholesterol
- EKG
- Body fat analysis
- Weekly vitamin injections
- Counseling on lifestyle choices and goals
- Personalized support
- A professional and knowledgeable staff
- FREE weekly assessment and evaluation visits
- Weekly support groups
- Delicious recipes
- Practical cooking and dining tips

**Lose 5-10 lbs your first week!**  
**Lose up to 20 lbs your first month!**

**START TODAY!**  
Shed pounds  
Reduce hunger  
Eliminate cravings  
Increase energy

**\$50 OFF**  
INITIAL CONSULTATION  
With this coupon  
Expires 11/30/2010

**FREE**  
MONTH OF NUTRITIONAL SUPPLEMENTS  
With this coupon  
Expires 11/30/2010

**COUPLES SPECIAL**  
**\$100 OFF**  
PLUS an additional 10% OFF  
With this coupon  
Expires 11/30/2010

**(561) 401-9585**

125 W. Indiantown Road, Suite 103, Jupiter  
www.millenniumproactivehealth.com

PGA COMMONS

PGA COMMONS SPANS ONE MILE ALONG THE SOUTH SIDE OF PGA BOULEVARD (BETWEEN I-95 AND THE FLORIDA TURNPIKE) • PGACOMMONS.COM

# Earn Bucks

**SPEND \$100 OR MORE ON THE SAME DAY WHEN YOU SHOP OR DINE**  
THRU DECEMBER 31 • 9AM - 5PM DAILY  
**EARN \$25 PGA COMMONS BUCKS**  
LIMIT OF ONE CERTIFICATE PER PERSON PER DAY  
[WWW.PGABUCKS.COM](http://WWW.PGABUCKS.COM) • 561-630-8630

## The Lunch Club

\*Oakwood Grill  
Prosecco Cafe - Coming Soon  
Spoto's Oyster Bar  
Sushi Jo  
Vic and Angelo's  
Zuccarelli's

Enjoy 9 lunches at PGA Commons restaurants\* and your next lunch is free (\$15 maximum).

Pick up your Lunch Club card from any PGA Commons merchant.

PGA COMMONS



# PET TALES

## Pill your pet

Medicine doesn't work if you don't give it

BY DR. MARTY BECKER  
Universal Uclick

Less than one in five pet owners are successful in giving medications to their pets as directed by their veterinarians. It's difficult to give medication to an animal who absolutely doesn't want it, so a lot of prescriptions end up in the cupboard (or on the floor) rather than in the pet.

Are you in the majority when it comes to pill problems? If so, read on.

When you let your pet sense that you're reluctant to give medication, and then you reward her for resisting by letting her off the hook, you actually are teaching her that medication is bad, scary or otherwise unpleasant — and that she can get away with refusing to take it. And that means your pet is progressively less likely to get the medication she needs to get or stay well.

You can turn things around by admitting that you need help. You may just need a lesson in pilling your pet, or you might need another plan entirely.



COURTESY PHOTO

Your veterinarian is happy to help you find ways that get important medication into your pet safely and without stress.

Many pet lovers are unaware that there are alternatives to bad-tasting pills. Your veterinarian may be about to provide you with medications that are in meat-flavored tablets that seem like a munchy, not a medication. Many parasite-control and pain medications, and even antibiotics, are available in these tasty formulations. Or you may not have to give medication at all, as in the case of Convenia — an antibiotic given as an injection at the veterinarian's that lasts up to two weeks.

If you're being given a medication that's

not offered in a chewable or injectable form, you may find that a compounding pharmacy can help. These pharmacies mix medications into savory liquids or pastes that pets will lap up eagerly, or into transdermal medications that can be applied inside the ear. With any of these alternatives, your veterinarian will be able to help, so ask!

But even plain old pill-popping can be made easier. Most pet owners are familiar with tricks such as hiding a pill in a bit of meat or peanut butter, which works for many pets, but not all. I like to recommend Greenies Pill Pockets, which make it easy to stuff the pill into a yummy treat, or pill guns that pop the medication safely past the teeth, over the tongue and straight into your pet's throat. Both may be available from your veterinarian, or can be purchased from pet-supply retailers.

When you're hiding the pill, try using three treats to fool your pet. (Think of the street game of three shells and one ball.) The first bit of cheese or treat has no medication and is called "the promise." The second contains the medication and is called "the dead." The last treat also contains nothing and is called "the chaser." Work quickly and stay enthusiastic, and your pet will be more likely to stay in the game until the medication is swallowed.

Whatever you do, don't give up. If your pet doesn't get medication as prescribed, you're wasting money and risking your pet's health. Your veterinarian wants your pet to get the medication as often and as long as it's been recommended. If you can't do that, ask for help — there's plenty of it out there. ■

### Pets of the Week



>>Lacy is a 5-year-old spayed female Catahoula Leopard Hound mix. She likes long walks. She is calm and neat. Lacy likes people but would be better in a home with no other dogs. Lacy is available for the senior to senior program. There is no adoption fee for animals 5 and older adopted by someone 55 and older. The adopter pays for county license/tag only.



>>Lilly is a 2-year-old spayed female short-hair cat. She is a little shy but easy to handle. She likes to go exploring.

### To adopt a pet

The Peggy Adams Animal Rescue League, Humane Society of the Palm Beaches, was founded in 1925 and is a limited-admission non-profit humane society providing services to more than 10,000 animals each year. It is located at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at [www.hspb.org](http://www.hspb.org). For adoption information, call 686-6656.



You will have  
fun shopping with us!

1201 US Hwy One  
North Palm Beach  
(561) 625-9569

3926 Northlake Blvd  
Palm Beach Gardens  
(561) 694-2812

617 Northlake Blvd  
North Palm Beach  
(561) 844-8001

[www.truetreasuresinc.com](http://www.truetreasuresinc.com)



[www.GardensGolf.com](http://www.GardensGolf.com)  
Affordable Golf framed by the  
Loxahatchee Nature Preserve

### 18 Hole Rates

	PBG	FL	Out of State
Weekday AM - Noon	\$35	\$39	\$41
Weekday AM - Noon	\$37	\$42	\$45
Weekday Noon - 3PM	\$32	\$35	\$37
Weekday Noon - 3PM	\$33	\$36	\$38
Every Day After 3pm	\$21	\$24	\$26

All Rates Include Cart Fee and Tax  
\*Rates valid thru December 26, 2010

Call (626-Putt) or visit  
[www.GardensGolf.com](http://www.GardensGolf.com) for more  
course information

Pristine Natural Setting  
Full Practice Facilities & Driving Range  
Snack Bar-Grill/ Beverage Cart  
Pro Link GPS on all Carts!



**Palm Beach Gardens Golf Course**  
(561) 626-PUTT (7888)  
1401 Northlake Blvd., Palm Beach Garden





# Five species set to be taken off endangered list

The preliminary findings of recent status reviews on listed species reveal success stories for some of Florida's most vulnerable animals. Although work is still under way, in early November, experts appointed by the Florida Fish and Wildlife Conservation Commission began to review the information and data received on 61 state-listed species against Florida's listing criteria. The groups found that several species may no longer be at risk of extinction and may not need to be listed.

"We hope these preliminary findings will result in the discovery that our conservation measures in the past decade have had measurable, beneficial impacts on wildlife in Florida," said Dr. Elsa Haubold, who heads up the FWC's threatened-species listing process team.

Ten currently listed mammals that are listed have undergone the preliminary status reviews, and initial results indicate that five species may no longer qualify as being at risk for extinction. These species include:

- Florida black bear
- chipmunk
- Florida mouse
- Homosassa shrew
- Sherman's fox squirrel

Four of 21 currently state-listed birds also do not meet the criteria:

- limpkin
- brown pelican
- snowy egret
- white ibis



Florida black bear

COURTESY PHOTO

Dr. Haubold cautions this is only the first step in the careful process of studying the status of these species. After all 61 species receive the scrutiny of the biological status review teams, composed of recognized experts and led by an FWC staff member, the reports will be sent for review to national and international experts for each wildlife species. However, before the commission removes any species from the list, a management plan for the species will have to be written and approved. One goal of the management plans is to ensure the species never reaches a high risk of extinction again.

The reviews in Florida are still under way for many of the remaining 61 species, and the preliminary findings will be available this month. "This is a huge effort on the part of the teams, and the process is working very well," Dr. Haubold said. "But this does not mean our work is done — far from it. We still have lots to do to ensure no species ever goes extinct in Florida."

One of the species reviewed was the Florida black bear, which is listed as threatened in Florida. The biological review group found black bear numbers have increased and the population is not in decline.

The FWC is accepting public and stakeholder input on the draft bear-management plan to make sure it contains the best possible objectives and strategies to conserve Florida black bears.

For information, visit [myfwc.com/](http://myfwc.com/).

## DON'T LET VARICOSE VEINS

KEEP YOU FROM LIVING THE LIFE YOU LOVE!



CALL FOR YOUR FREE CONSULTATION  
(561) 630-6800  
A \$200 VALUE!

If you have varicose veins, you know how the discoloration and unwanted bulges can affect the appearance of your legs. But varicose veins can also cause swelling, discomfort, pain, and life threatening blood clots. And all of these things can affect how you live — and enjoy — your life.

As one of South Florida's only true medical vein-care specialists, we provide the area's most comprehensive, advanced solutions for varicose veins. And with thousands of cases to our credit, we have the know-how and experience to provide true relief and excellent results!

### ASHTON VEIN CENTER

Leadership. Experience. Results.

**Thomas Ashton, M.D., FACPh**

Diplomate of the American Board of Phlebology (Board Certified)

Gardens Cosmetic Center

4060 PGA Blvd. • Suite 202, Palm Beach Gardens, FL 33410

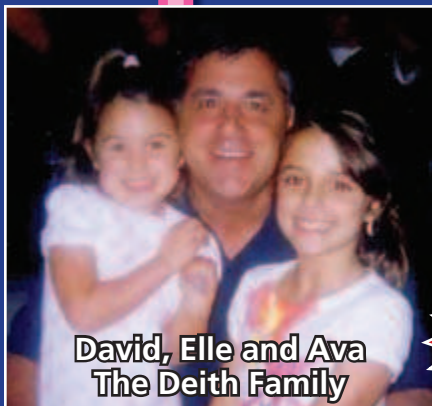
[www.ashtonveincenter.com](http://www.ashtonveincenter.com)

Medical Insurance & Medicare Accepted

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAVE THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR ANY SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENTS FOR THE FREE, DISCOUNTED OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT.

"Where Everything Is Done 100% By Hand!"

# WASH & WAX WORLD HAND CAR WASH & DETAIL CENTER



David, Elle and Ava  
The Deith Family

Family Owned &  
Operated for 25 Years

Pay full price for any wash or detail package and get the second one for **HALF PRICE**

**GREAT HOLIDAY GIFT**

- Must pay for both packages at the same time.
- Retain receipt for redemption of second package.
- Second package must be of equal or lesser value.

**NO APPOINTMENT NECESSARY**

Mon-Sat 8:00am-5:30pm • Sun 8:00am-4:00pm

## MAJOR DETAIL

Only **\$50** Plus Tax

**SAVE \$10 WITH COUPON**  
Reg. Price \$60 • Large SUV Add \$20

- Hand Car Wash
- Shampoo Mats
- Clean Windows
- Polish Chrome
- Detail Exterior Rubber with Silicone
- Hand Paste Wax
- Lexol Interior
- Vacuum Interior/Trunk
- Wipe all Jamb

## FULL DETAIL

Only **\$80** Plus Tax

**SAVE \$20 WITH COUPON**  
Reg. Price \$100 Large SUV Add \$20

- Complete Oxidation Removal
- Hand Paste Wax
- Shampoo Mats
- Clean Windows
- Polish Chrome
- Leather/Vinyl Seats Cleaned
- Lexol Interior
- Vacuum Interior/Trunk
- Wipe/Wax all Jamb

## RECONDITIONING DETAIL

Only **\$100** Plus Tax

**SAVE \$30 WITH COUPON**  
Reg. Price \$130 Large SUV Add \$20

- Complete Interior Shampoo
- Complete Oxidation Removal
- Hand Paste Wax • Vacuum Interior/Trunk
- Leather/Vinyl Seats Cleaned • Lexol Interior
- Polish Chrome, Windows & Jamb

**IN & OUT NOW ONLY**

**\$16**

**Open Sundays**

**SAVE \$2 WITH COUPON**  
Reg. Price \$18

- 100% Hand Wash
- Spot Free Water System
- Hand Dry with Chamois
- Vacuum Interior/Trunk
- Clean Windows In & Out
- Wipe Interior Dash & Console
- Clean Rims, Dress Tires
- Clean Door & Trunk Jamb
- Clean Fuel Fill Jamb
- Deodorize Upon Request

537 Northlake Boulevard • **848-2664** • (between Prosperity & US 1)



# LUCKY

From page 1

immediately, it's almost as if it doesn't exist.

Such was the case with the 2010 Atlantic region's hurricane season, which ended just this week. (The Atlantic region encompasses the North Atlantic Ocean, the Caribbean Sea and the Gulf of Mexico.) For Floridians, it was almost as if hurricane season did not exist. There was no Andrew, no Charley. In fact, there was nothing to speak of other than Tropical Storm Bonnie, which was hardly one for the record books. No, what we experienced was just that long, drawn-out period from June 1 to Nov. 30 when everyone gets a bit of a twitch when their local forecaster even hints at anything that resembles a "tropical depression."

Yet, this recently concluded hurricane season was one of the most active and interesting in history. It was, in fact, the third-busiest hurricane season in 160 years and notable for producing five major storms with winds that exceeded 111 miles per hour. But none of these storms hit Florida or any part of the United States. So around here, the passing of this hurricane season has been greeted with yawns, if it has been greeted at all.

"The steering currents saved Florida and the United States from a major land-falling hurricane this year," says severe weather expert Mike Lyons with WPBF 25. "The Azores/Bermuda High is one of the key factors in steering tropical systems, especially those big, powerful storms that form off the coast of Africa. This year, luckily for us, the High was closer to the Azores than Bermuda. That meant the storms were directed through the middle of the Atlantic Ocean."

There was a lot of ominous talk at the beginning of this season, and the predictions largely came true. But a confluence of events — principally systems of low and high pressure that steered storms away from the United States — protected Florida and the rest of the nation from the ravages of a major hurricane. This year marked the first time in 117 years that a season which produces 10 or more major hurricanes failed to have at least one of those storms score a direct hit on the United States. The season also proved to be back-loaded to an unusual degree. This past September tied with 2002 as the busiest September on record. And October saw five hurricanes. Only October of 1870 exceeded that number with six.

In its hurricane season outlook issued last summer, the National Oceanic and Atmospheric Administration predicted "a 90 percent chance of an above-normal season. There is only a 10 percent chance of a near-normal season and no expectation the season will be below normal." According to NOAA, 2010 proved to be the 11th above-normal season since 1995.

NOAA listed the formation of La Niña in the tropical Pacific and very warm temperatures in the tropical Atlantic Ocean and the Caribbean Sea as the principal reasons for the active hurricane patterns.

In that regard, NOAA predicted there would be 14 to 20 named storms; eight to 12 hurricanes; and four to six major hurricanes. The predictions were solid in that there were 19 named storms and 12 hurricanes — five of which were classified as major. That amounts to an extraordinarily active season. Indeed, the 12 hurricanes this year ties 1969 as the second most to occur in a single season. The record was set in 2005, when there were 15.

"Our forecasts address how many storms will be produced and how strong



PHOTO COURTESY OF NOAA.GOV

Hurricane Andrew was the only major hurricane the entire season of 1992. It was a fierce one, though.

they will be," says Dennis Feltgen of the National Hurricane Center in Miami. "But we make no forecasts about where these storms will make landfall. That science doesn't exist."

Because no one can forecast well in advance where hurricanes might intrude, Mr. Feltgen says no one should predicate their hurricane preparedness on NOAA's seasonal forecasts.

"You can't base your preparation on our seasonal forecasts," he says. "If you use that point of view, it can come back to bite you. Our seasonal outlook is a forecast of how many hurricanes will occur over the entire Atlantic area. Florida was very fortunate this year."

The public's tendency to draw sweeping — and often erroneous — conclusions from hurricane forecasts and data troubles meteorologists and emergency management officials.

"Everything came together to protect us this year," says Morgan Palmer, a meteorologist based on Florida's Southwest coast. "But that doesn't mean Florida will enjoy that protection indefinitely, and a catastrophic hurricane could devastate this area next season, even if that season proves to be relatively benign elsewhere. "People get so fixated on seasonal forecasts," he says.

Often, a prediction of a less-active hurricane season leads some Floridians to conclude there is nothing to worry about.

Mr. Palmer compares the hurricane situation in Florida to the earthquake scenario in California. Experts agree that parts of California are long overdue for a massive earthquake and that such an event is inevitable. But these same experts concede that they have no clue as to when or where the monster quake will strike.

"In Southern California, they are waiting for the 'big one,'" he says. "The experts say it could happen now or it could be a year from now. Or it could be longer. They don't know."

Likewise, Floridians need to maintain vigilance, regardless of what the seasonal forecasts say.

"A very active season without a land falling major storm can lead to apathy by some folks," says Mr. Lyons. "But for the vast majority of our residents who went through Frances, Jeanne and Wilma, I believe they have learned their lesson and prepare properly for every hurricane season."

NOAA acknowledges that its forecasting is influenced by a number of variables scattered across an enormous

area.

"One cannot know with certainty whether a given climate signal will be associated with several short-lived storms or few longer-lived storms with greater intensity," the agency said in a statement that accompanied its 2010 forecast.

NOAA could not have foreseen the circumstances that protected Florida like a guardian angel — along with the rest of the United States — during this season.

High pressure dominated throughout the summer in the southeastern United States. This, in effect, provided a shield against storms that were generated in warm southerly waters. Conversely, a system of low pressure turned the path of storms forming in the Atlantic away from the United States. Those two phenomena are the basic reasons we remained hurricane-free.

If anyone knows that it only takes one massive storm to make a hurricane season an absolute catastrophe it is Wayne Sallade, Charlotte County's emergency management director. In 2004, Mr. Sallade was at the center of the storm, so to speak, when Hurricane Charley roared into Charlotte County, leaving massive devastation in its wake.

For years prior to Charley, Mr. Sallade, who has nearly a quarter of a century of experience in emergency management, had been preaching this gospel: Keep your guard up at all times. Don't take anything for granted.

Mr. Sallade, who earned high praise for his management during Charley, continues to counsel that long-range hurricane forecasts are interesting and instructive — but only up to a point.

"There really is no rhyme or reason when it comes to hurricanes," he says. "What really matters is what conditions are present at the times these things form. It is by the grace of God that Earl and Igor missed the East Coast (this year). It was only by 100 miles or so that we missed significant issues on the Eastern Seaboard."

While Mr. Sallade admits that some people have short memories when it comes to natural disasters, he says the devastation of Hurricane Charley remains fresh in the minds of those who lived through it, especially in his county.

"We had \$2.3 billion in damages and 11,000 homes destroyed. That's hard to forget."

Mr. Sallade believes that the transient nature of Florida's population repre-

sents a greater challenge to emergency managers than short-term amnesia. Many people who come and go through the state means that there is always a large segment of the population that has had little or no experience with hurricanes.

"This area is not like Central Ohio, for example, where people have lived for generations and know everything about the area and its weather."

Emergency planners are aware of these population swings and the need for constant education that results from it, Mr. Sallade says, but longtime residents also have a responsibility to instruct and inform newcomers.

"We seem to have a whole different mindset (in Charlotte County)," Mr. Sallade says. "We've got enough of the 'Welcome Wagon' types who tell (newcomers) about Hurricane Charley."

Still, even this form of grassroots vigilance is diminishing.

"Each year, there are fewer and fewer (people who have hurricane knowledge)," he says.

Because of this constant change, Mr. Sallade says hurricane education is an ongoing process and one that cannot be dismissed lightly. And part of this education is stressing that NOAA's seasonal forecasts bear little relation to whether you are personally at risk for being hit by a hurricane.

This year marked the fifth consecutive year that the United States has been spared from a major hurricane. If we make it through next year unscathed, it will be the first time the U.S. has gone six years without being hit by a storm of at least Category 3 force.

No one should assume that we will be hit by a major hurricane next year simply because we haven't been hit by one for a while. But meteorologists also stress that we shouldn't assume the opposite, either. We should enter every hurricane season hoping for the best and preparing for the worst.

Regarding next year, Mr. Sallade says we must wait and see.

"We have no idea what the highs and lows will do or where the Bermuda High will sit," he says.

Mr. Feltgen with the Hurricane Center in Miami concurs.

"Every year is different," he says, adding that the total number of hurricanes is not always important.

In 1992, it should be recalled, there was only one major hurricane during the entire season. But its name was Andrew. ■



# Discovery on standby as it awaits final trip to space

Shuttle program  
nears its end

SPECIAL TO FLORIDA WEEKLY

The space shuttle Discovery was powered down while analysis of the vessel continued at NASA's Kennedy Space Center. Discovery's launch, originally scheduled for Nov. 2, is currently targeted for no earlier than Dec. 17, after shuttle managers determined more tests and analysis are needed. The space agency's Program Requirements Control Board reviewed repairs and engineering evaluations associated with cracks on two 21-foot-long, U-shaped aluminum brackets, called stringers, on the shuttle's external tank. Managers decided the analysis and tests required to launch Discovery safely are not complete. The work will continue through next week. The next status review by the PRCB will be Thursday, Dec. 2. If managers clear Discovery for launch on Dec. 17, the preferred time is about 8:51 p.m.

As space shuttle Discovery heads to the International Space Station on its final mission, it will be taking with it two key components — the Italian-built Permanent Multipurpose Module and Express Logistics Carrier 4 — that will provide spare parts and storage capacity to the orbiting complex.

Discovery also will deliver Robonaut 2, which will become the first humanoid robot in space. The 39th flight of NASA's most flown shuttle is scheduled to last 11 days.

Discovery has flown to space more than any other craft, and it has carried more crewmembers to orbit. It was the first spacecraft to retrieve a satellite and bring it back to Earth. It has visited two space stations. It launched a telescope that has seen deeper in space and in time than ever before. And twice it has demonstrated the United States' will to persevere following devastating tragedy, returning America to orbit following the two worst accidents in space history.

Although all five vehicles that have comprised NASA's space shuttle fleet are unmatched in achievements, space shuttle Discovery is unique among the extraordinary.

In 38 trips to space, Discovery has



The space shuttle Discovery awaits liftoff in Cape Canaveral.

NASA / COURTESY PHOTO



A close-up of the foam crack that has delayed liftoff for more than a month.

spent 352 days in orbit, almost a full year. Discovery has circled Earth 5,628 times, all the while speeding along at 17,400 miles per hour. It has traveled

almost 143 million miles. That equals 288 round trips to the moon or about one and a half trips to the sun.

Discovery has carried more crew-

members — 246 — than any space vehicle. Those have included the first female to ever pilot a spacecraft, the oldest person to fly in space, the first African-American to perform a spacewalk, the first cosmonaut to fly on an American spacecraft and the first sitting member of Congress to fly in space.

Befitting the milestones that have punctuated Discovery's career, its final visit to the station will coincide with the 10-year anniversary of a permanent human presence aboard the outpost.

The Discovery mission is one of two final shuttle flights scheduled before the space shuttle program is retired. Following this flight, the Endeavor will perform the final shuttle mission. Nevertheless, there has been some talk of sending the shuttle Atlantis back into space one final time, notably by Florida Sen. Bill Nelson. ■

OPEN 7 DAYS A WEEK

**Sweet Greens Farmers Market**

LOCATED IN MIDTOWN next to Ill Forks Steakhouse

Just picked. Just enough. Just fresh.

**SEE THE DIFFERENCE!**

**10% OFF**

**YOUR ENTIRE PURCHASE**

With this ad. Not to be combined with any other offers. Limit one per customer.

sweetgreensmarket.com 561-624-0857

4807 PGA Blvd. just west of I-95 & Military Trail

Every Mon/Tues/Wed FREE Dozen Eggs with \$25 or more purchase

561.776.7248

NOW OPEN IN CRYSTAL TREE PLAZA

**kubo** ASIATIC CUISINE

BY CHEF ROY VILLACRUZ

TOMORROW'S SUSHI, TODAY.

LUNCH: Tuesday to Friday 11am-3pm

DINNER: Tuesday to Thursday 5pm-10pm Friday to Saturday 5pm to 11pm

1201 U.S. HIGHWAY 1, SUITE 38, NORTH PALM BEACH, FL 33408 ASIATICRESTAURANTGROUP.COM



## MUSINGS

## Time is of the essence

Rx

rx@floridaweekly.com



"It was a long time with you. It was a long time with me. It'd be a long time for anyone, but looks like it's meant to be."

— "There was a Time,"  
Guns 'n Roses, 2008

"Turn, turn, turn..."

— Recorded 1962, Pete Seeger;  
1965, Byrds

"For everything there is a season and a time to every purpose."

— Ecclesiastes 3:1

In 1956, German philosopher Martin Heidegger wrote a letter to Ernst Junger, a German writer who supported Blood and Soil politics while dabbling with hallucinogens. In his letter Heidegger attempted to define nihilism. In so doing, he began to speculate about the difficulty of defining anything. In wondering about the meaning of the word "Being," Heidegger created sous rature.

This typographical form shows a word in text crossed out. In this way, Heidegger allows a word to be both rejected and legible. In the words of Jacques Derrida, the word is shown to be "inadequate but necessary," under erasure. Sous rature

has come to be a kind of typographical representation of deconstruction.

Deconstruction is an approach of pursuing the meaning of text by indicating the internal contradictions in the text. With such analysis it becomes clear that text has myriad interpretation. All text is insurmountable puzzle. We think that we know what we do not know. Sous rature seduces us to know and not, to reveal and conceal, to play with the relationship between ontology and truth.

The shell game has been played in ancient Greece, Brooklyn and La Rambla. Wherever it is played, there is deception by distraction. Hocus pocus is hoax. Is the seeming choice of legible erasure merely Zobmondo farce?

Time is not of the essence. Unless, of course, it is specified in contract. "Time is of the essence" as a contract phrase means that performance by one party at or within a time specified in the contract is necessary to enable that party to require performance by the other party. Failure to act within the specified required time is a breach of contract.

Maybe we better go back to playing Zobmondo: "Would you rather kill Winnie the Pooh, or Bambi?"

Play is for the feint of heart. This is of the essence.

Essence is the whatness. Essence is the answer to the question "What is it?" Please do not mistake the question of essentia, whatness, with the haecceitas, or thisness, question. Whatness is what

makes a thing a thing. Thisness refers to what is unique, individual essence.

In the magic of thisness, a dream dreamed. A Zobmondo guru appeared. "Would you rather be perfectly wise, powerful, fearless, beautiful — your ultimately perfected self — and explosively destroy this world; OR, would you rather permanently explode yourself and in so doing create a perfectly pure, heavenly world? " I chose the latter and woke up anyway.

Ochus Bochus claims magic is the ability to will change in reality. In making a will, time is of the essence.

In making magic, absent meaning, under erasure, is essentially embraced in present meaning.

Or some might say magic. I, too, prefer to be homeless. Essentially.

"I've seen all good people turn their heads each day so satisfied I'm on my way. Take a straight and stronger course to the corner of your life. Make the white queen run so fast she hasn't got time to



make you a wife. 'Cause it's time, it's time in time with your time and its news is captured for the queen to use. Move me onto any black square. Use me any time you want. 'Cause it's time, it's time in time with your time and its news is captured for the queen to use. ("Your Move," Yes.)" ■

— Rx is the FloridaWeekly muse who hopes to inspire profound mutiny in all those who care to read. Our Rx may be wearing a pirate cloak of invisibility, but emanating from within this shadow is hope that readers will feel free to respond. Who knows: You may even inspire the muse. Make contact if you dare.

## NEWS OF THE WEIRD

BY CHUCK SHEPHERD

DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

## Virtual worlds, real cash

The collapse of the economy in 2008 might have reached the far corners of Earth, but evidently not to Planet Calypso, the make-believe asteroid containing make-believe real estate in the multiplayer online game Entropia Universe, where resort entrepreneur Jon Jacobs recently cashed out his properties for \$635,000 — in real (not make-believe) U.S. dollars. Since Mr. Jacobs' original 2005 investment was

\$100,000 (a record at that time), he thus has earned an average 35 percent annual return. As players landed on Mr. Jacobs' properties, to hunt or to mine precious substances, they paid fees, and Mr. Jacobs' buyers are obviously optimistic they can maintain that income stream. A recent study by the marketing firm In-Stat estimated that online players will spend \$7 billion in 2010 on make-believe property and goods. ■

## Great art

► One of New York City's (midtown Manhattan's) favorite meet-up spots, according to an October report in *The New York Times*, is Colombian artist Fernando Botero's 12-foot-tall "Adam" statue at Time Warner Center. However, since Adam is nude and the statue is so pedestrian-friendly, maintaining it has become a problem, according to the center's general manager. As the Times described it, "Most of Adam is deep dark brown," but the easily-accessible penis "is worn golden from extensive handling." (*The Times* also noted that

"(a)t the Botero" is a less-popular meet-up suggestion than "(u)nderneath the penis.")

► Artist Noam Braslavsky's life-size sculpture honoring the great Israeli army general and prime minister Ariel Sharon went on display in Tel Aviv in October. However, Mr. Braslavsky chose to depict Sharon (who he said is "kind of an open nerve in Israeli society") not in battle nor as an international statesman — but in his hospital bed, where he has been confined, in a medically induced coma, since suffering a massive stroke in January 2006. ■

## Guilty consciences

When law enforcement officials staged a "Safe Surrender" program in Franklin, N.J., in November (inviting fugitives to give up in exchange for lighter punishment), 3,900 came in over four days, but it turned out that 550 of them were not wanted on any warrant. Said a parole officer, "For some people, this seemed to be a way to check." A few days later, in Wayne, N.J., hospital pharmacy manager Leonardo Zoppa, 34,

was summoned to a meeting with the hospital's security director but arrived noticeably nervous, inquired about the agenda, and eventually volunteered that it was he who had set up that secret surveillance camera in a men's rest room — and that he has "a problem." The security director said he was taken aback because the only purpose of the meeting was to advise Zoppa of routine security code changes. ■

## Government in action

► In September, the U.K.'s coalition government announced the imminent consolidation of anti-discrimination laws known as the Equality Act — despite critics' warnings that it could stunt economic growth by tying up the workplace in a morass of lawsuits in which workers could sue for almost any perceived offense. Under the new concept of "third-party harassment," for example, an employee who merely overhears another person — even a customer of his employer — say something he finds offensive could sue the employer. Critics also complained that the law adds to the traditional group of specially protected, oppressed people the minorities vegans, teetotalers and "travelers" (gifters).

► In October, Freddie Mac (the government-sponsored but privately-owned home mortgage financier whose massive debts have been assumed in a federal "bailout" administered by the Treasury Department) filed a claim in Tax Court against the Internal Revenue Service, denying the IRS's claim that it owes \$3 billion in back taxes from 1998-2005. Should taxpayers care? If Freddie Mac wins, the IRS (which is also housed in the Treasury Department) loses out on the \$3 billion in alleged

back taxes. If the IRS wins, it gets its \$3 billion, which will undoubtedly be paid with taxpayer bailout money. Lawyers for both sides seem to think that pursuing the lawsuit is important.

► In November, patrons using restrooms at City Hall in Chandler, Ariz., were stunned to see wall signs warning users not to drink out of the urinals and toilets. (Actually, as officials explained, the environmentally friendly facilities flush with "reused" water — from the building's cooling system — which must normally be colorized to discourage inadvertent drinking, and if it is not so harshly colored, must, by regulation, be accompanied by warning signs.)

► After Hurricane Katrina devastated New Orleans and the Gulf Coast in 2005, Congress underwrote \$7.9 billion in tax-free bonds that Louisiana could sell in order to rehabilitate the area. According to an August status report in *Newsweek*, \$5.9 billion in bonds have been sold by the state, but only \$55 million of that (1 percent) is for projects inside New Orleans (and none in the devastated Lower Ninth Ward). By contrast, \$1.7 billion (about 29 percent) is going to projects that benefit the state's oil industry. ■

## In through the out door

In October, firefighters were once again called to a claw-toy vending machine to extract a boy who had crawled up the toy-release chute — this time at a Walmart in Sun Prairie,

Wis. As is often the case, the boy appeared to be joyously in his element among the toys and not immediately receptive to coaxing from firefighters or his parents. ■



# HEALTHY LIVING

## If you expect joy and good things, you'll set them in motion



**lindaLIPSHUTZ**  
llipshutz@floridaweekly.com

When we hear the term Black Friday, most of us conjure up images of frenetic malls and shoppers dashing to secure holiday purchases. It's the day after Thanksgiving and most of us are still detoxing from excesses of food and drink.

However, as one who often listens to people at their lowest times, I sometimes think of Black Friday as a day when troubled people regress to a dark place, feeling overwhelmed, hurt and regretful.

For these people, the holidays can be a cruel reminder of their loneliness and personal failures. They keep hearing that they should be grateful for what they have, but have trouble feeling appreciative. Their family and social relationships may be strained and disappointing. They might be missing a loved one who has passed away. There can be tremendous pressure to act cheerful when in the midst of others who are in a celebratory mood.

This is the time of year when all of us are barraged by media blitzes of inspiration. Our first reaction might be to groan and say enough.

However, I urge you to reconsider your stance just this once. Consider the remarkable story of a woman who is 107 years old.

Former concert pianist Alice Herz-Sommer survived World War II because of her ability to play the piano. She endured

the deprivations of the Prague ghetto, was imprisoned in a Nazi concentration camp and endured the brutal murders of her husband, mother and countless family members and friends.

And despite this she describes herself as optimistic and looks at life as a world of beauty.

How was she able to do this and what can we all learn from her?

While her tale of survival is astonishing, what's perhaps more remarkable is that despite seeing humanity at its worst, Herz-Sommer states that she is a fierce optimist and a believer in the fundamental goodness of mankind.

Many therapists today are promoting the tenets of positive psychology. This has been a powerful movement. It states that when a person anticipates happiness, joy and good things to happen, they can set in motion positive mood changes and success.

Martin Seligman, director of the Positive Psychology Center at the University of Pennsylvania, and his associates have compelling findings that demonstrate that pessimists can learn to be optimists by thinking about their reaction to adversity in a new way.

According to Seligman, optimistic people believe that bad events are more temporary than permanent and are more likely to bounce back quickly from failure. They also believe good things happen for reasons that are permanent, rather than seeing the transient nature of positive events.

His work concludes that optimistic people look at negative situations as only a small part of their experience, while

pessimistic people assume that failure in one area of life means failure in life as a whole. Optimistic people also allow good events to brighten every area of their lives rather than just the particular area in which the event occurred.

Optimists point to specific temporary causes for negative events; pessimists tend to think of negative events as being permanent. Optimists blame bad events on causes outside of themselves, while pessimists blame themselves for events that occur. Optimists are therefore generally more confident.

The optimist's outlook on failure can thus be summarized as: "What happened was an unlucky situation (not personal), and really just a set back (not permanent.)"

Please be aware that sometimes, despite your best efforts to lift your spirits, you might find yourself unable to bring yourself out of your negative spiral. It would then be advisable to consult medical personnel for assessment and support.

I don't know if Alice Herz-Sommer has ever heard of Martin Seligman and I highly doubt that she is familiar with the work of positive psychology.

However, she has clearly embraced the principles in every aspect of how she lives. She was recently quoted in the U.K.'s *Sunday Express*: "This is the reason I am so old, even now, I am sure."

I know about the bad things, but I look only for the good things. The world is wonderful, it's full of beauty and miracles, art and music."

"In a word: optimism. I look at the good. When you are relaxed, your body is always relaxed. When you are pessimistic, your body behaves in an unnatural way. It is up to us whether we look at the good or the bad. When you are nice to others, they are nice to you. When you give, you receive." ■

(You can learn more about Ms. Herz-Sommer at [www.aolnews.com/world/aarticle/life-is-beautiful-for-holocaust-survivor-lice-herz-sommer-who-turns-107/19732458?ncid=webmail](http://www.aolnews.com/world/aarticle/life-is-beautiful-for-holocaust-survivor-lice-herz-sommer-who-turns-107/19732458?ncid=webmail).)

— Linda Lipshutz, M.S., LCSW, is a psychotherapist serving individuals, couples and families. A Palm Beach Gardens resident, she holds degrees from Cornell and Columbia and trained at the Ackerman Institute for Family Therapy in Manhattan. She can be reached at her Gardens office at 630-2827, or [www.palmbeachfamilytherapy.com](http://www.palmbeachfamilytherapy.com).



## GIVING

### A forceful finale for year-end giving: Donor advised funds



**leslieLILLY**  
President and CEO of the Community Foundation for Palm Beach and Martin Counties



In philanthropy, trust is the currency that fuels our own business model. There are more than 700 community foundations nationwide and although they each typically serve communities of a specific geographic place, each of them is its own version of a single concept broadly applied to a public charity under whose umbrella, individual donors establish many different charitable funds.

The last few years a trend has been firmly established among charitable organizations to improve the professionalism with which their enterprises are managed. Charities today more closely mirror the management practices of a well-run private business. This has been a good thing. Improved performance, greater transparency and stronger accountability for results are measured in kind by the public's trust. Lose that trust and a death spiral for the organization is almost certain to follow.

The drive to achieve consistent quality control generated momentum within the field to establish a national standard

of best policies and practices. It requires a vigorous peer review if the institution is to pass muster for certification as having met these high standards. The Community Foundation for Palm Beach and Martin Counties has achieved this "good housekeeping" seal.

We thought it extremely important to meet the charitable standard for our business. Effective stewardship requires leadership and a substantial investment in the skills and competencies that are the hallmark of a well-run charity.

Think of the MasterCard ad that could say: "One gift to the community: \$1,000. Integrity and ethical standards that guide its charitable use: Priceless." So the public is justified in having high expectations that charitable foundations be ethical, honest, prudent stewards.

The tax year is coming to a close. Individuals receive a tax benefit for a charitable contribution in the current calendar year but at the Community Foundation and other charities that offer them, a donor establishing and making a contribution to a Donor Advised Fund



COURTESY PHOTO

The Treasure Coast Food Bank's "Food for Kids Backpack Program" provides a weekend backpack of food to children and their families. The food bank is a grant recipient of the Community Foundation for Palm Beach and Martin Counties.

can now obtain the tax deduction for this calendar year — but make donations to a favorite charities in the future year, with plenty of time to choose the charities to ultimately receive donations.

If you — or perhaps a client — have your own private foundation and are challenged to meet the 5 percent year-end charitable distribution required by federal law, a donor advised fund is also a perfect solution. Donors can meet the legal requirements for the current year while charitable grant making from the donor advised fund can occur next year, as time and priorities dictate.

Establishing a donor advised fund is as simple as picking up the telephone. Give us a call or visit our website to learn how. Or, as an alternative, go

online to make your donation or write a check to the nonprofit charity that has, over the years, earned your trust and commitment of support. In this season of giving, such acts of compassion lift all boats; and, in stormy times, even a small measure of difference can save a life and set one's compass for safe harbor. ■

— The Community Foundation for Palm Beach and Martin Counties improves communities through the power of giving. Since 1972, The Community Foundation has granted more than \$84 million in grants and scholarships through the generosity of our donors. To learn more, please visit [www.yourcommunityfoundation.org](http://www.yourcommunityfoundation.org).



## BUSINESS

WEEK OF DECEMBER 2-8, 2010

A GUIDE TO THE PALM BEACH COUNTY BUSINESS INDUSTRY

## FOR WOMEN ONLY

Concierge practice gives round-the-clock personal care

BY MARY JANE FINE  
mjfine@floridaweekly.com

**S**eated on an inviting claret-red loveseat, beneath a handsomely framed painting of three green apples, and just across from the highboy that holds a Mr. Coffee carafe, the doctor is in.

With its matching pair of upholstered chairs and its Italian posters and its CD player with basket of “Best of Smooth Jazz” and “Piano Whispers” and “Dinner with Friends” selections, this room might be her parlor, but it isn’t. It’s her waiting room. The doctor, Holly W. Hadley, is between patients just now. She has a few minutes, only a few, to chat. So, yes, she chose all the furnishings herself and collected the posters on her annual trip to her favorite vacation spot. This is no parade-of-molded-plastic-chairs-lining-the-walls-and-occupied-by-sneezing-sniffling-coughing-patients-who-anticipate-their-visit-will-come-long-after-its-scheduled-appointment-time office. Dr. Hadley will have none of that. She wants her patients to feel at home, and comfortable. She likes them to feel cared about and unhurried.

Women appreciate that. And women are Dr. Hadley’s only patients.

She opened her Women First practice in Juno Beach four years ago, a half-dozen years after abandoning her family practice to specialize exclusively in women’s health care. The green-apple logo on the front door is symbolic. It stands for the apple-a-day that keeps doctors away — for good health, in other words. She opted for green, not red, because, as she says, “It’s different.”

A women-only practice is different, too, although the focus on women’s health is far less so these days. Women demanded it, finally.

“It took until 1988 for women to make a loud and effective enough din,” wrote the internationally known specialist in women’s health Dr. Marianne J. Legato, a decade ago, “to convince the United States government — through what was then known as the Public Health Service — to write its first report on women’s health. This report looked around the academic medical landscape and admitted that we know very little about women firsthand. Essentially, we had assumed that women are in fact small men. Whatever we had learned about medicine, physiology and disease had been garnered from studies on males.”

Prompt action followed that report.

In 1990, the National Institutes on Health initiated its Office of Research on Women’s Health. A year later, the U.S. Department of Health and Human Services established the Office on Women’s



Dr. Holly W. Hadley

MAUREEN DZIKOWSKI / FLORIDA WEEKLY

en’s Health. The National Women’s Law Center publishes a National Report Card on Women’s Health.

Closer to home, legislation passed in 2004 created Florida’s first Officer of Women’s Health Strategy, and Statute 381.04015 explains why: “The Legislature recognizes that the health care needs of women are gender-specific and that public policy must take into account the distinct characteristics of women’s health issues. Priority shall be given to improve the overall health status of women through research and education on women’s health issues.”

Dr. Hadley had a priority of her own. “I wanted to treat patients the way I imagined I would be able to in medical school,” she says, recalling her idealistic student days at the University of Florida and, later, at the Medical College of Virginia.

The family practice that followed in West Palm Beach was both satisfying and frustrating. She diagnosed and treated shingles and basal cell carcinomas, pneumonia and high blood pressure, measles and mumps and chicken pox and coronary heart disease and more cases of the flu than she could keep count of. But over

time she grew more and more aware of the tick-tock of her work, the foreshortened exam time that began to squeeze uncomfortably.

Time, after all, is money. And money dictated time. Most patients’ insurance covered the cost of their office visits, but those insurance companies paid her a fraction of that cost. So she carved her day into small slices, seeing one patient every quarter hour. Only then did the reimbursements, less than \$50 a visit, cover the cost of her over-

head: rent and utilities, medical malpractice insurance and a satisfactory paycheck for herself.

But she felt rushed. The process felt wrong. It felt as though she were shortchanging her patients, fitting them into little boxes that left no room for discussion or real understanding or comfort.

No single ah-hah! moment led her to change the way she worked. But moment-after-moment-after moment collected until there were too many to ignore.

“I was not giving total care,” she says. “It wasn’t bad care. It just wasn’t comprehensive.”

Still, time alone doesn’t explain the reason for a women-only practice.

“Why?” she asks herself, pausing just a second before answering. “Because when I saw women in a general practice, they were so grateful for the littlest kindness. Being addressed by their proper name, not just ‘hello.’ Having someone listen to their concerns. And it made me sad.”

And angry. Too often women’s concerns were waved away like so many ghost symptoms. She remembers the woman, mid-40s, who had been having night sweats and shortness of breath and felt tired all the time. The woman had seen another doctor, a man, who assured her oh-it’s-nothing. And maybe he was right. The symptoms were vague, perhaps the onset of menopause. Or maybe not.

Dr. Hadley sent her down the hall for a chest X-ray. The results came back — lymphoma.

“I’m not diagnostically gifted,” Dr. Hadley says. “You just have to lay a few hands on. We should start with, OK, what are the possibilities here? Let’s do some simple tests. If it’s a nervous condition, that’ll still be there. You just have to take people seriously. Listen to them. Get their history, their story. Do a good exam. People have to have a forum where they can be taken seriously.”

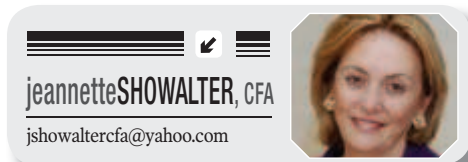


The apple means an apple-a-day keeps doctors away.



# MONEY & INVESTING

## Wall Street's new debt product



There is a new debt product being offered by Wall Street firms. It is called "Yield Optimization Notes With Contingent Protection." Beware. Read the fine print. And, instead of measuring twice before cutting once, you might want to measure a bunch of times, sit on it, talk to your adviser at length... all before you pull the trigger to buy these notes. At best, they are complex.

If any and all were wondering what ever happened to all Wall Street's financial engineers, well, worry no more... as they are back in full employment with these Optimization Notes, a form of a structured credit product.

There have been many structured credit products issued to the marketplace. The products generally have a fixed maturity, are in the form of a note and have a derivative behind the note. Investment bankers are well aware that buyers of notes and bonds want higher yield. To get higher yield, the note holders would have to take extra risk. Usually greater risk is due to credit risk. But not so with these notes: the risk is that, at maturity, you do not get your principal back in cash... the normal expectation of those lending money.

This debt product is seemingly suc-

cessful, as it has now been offered multiple times, in the many millions. The product has been underwritten (and is partially insured) by multiple top-tier investment banking firms, including UBS and JP Morgan. Retail and institutions are buying it, wanting more and so far, everyone is happy.

The notes are generally short term of six months to one year. The rate of interest is a fixed coupon rate and it is generally around 10 percent per annum. The notes are generally unsecured senior debt of the investment bank issuer but the notes are not principal protected. The twist with these notes is their linkage to a specific publicly traded stock and their unique conversion feature.

The conversion is not into the issuer's common stock such as UBS or JP Morgan stock; rather, conversion is tied to other publicly traded companies such as: Nabors, Verizon, Intel, Schlumberger, Cigna, Goldcorp, Broadcom, Wells Fargo, etc. Individual notes are convertible into the stock of a single company. For example, one issue was named "Yield Optimization Notes with Contingent Protection linked to the common stock of Intel Corporation" and its conversion was tied to Intel.

Unlike convertible debt, where the conversion is at the debt-holder's option and where the debt holder gets the benefit of all the upside in the stock (i.e. not capped), these issues are the very opposite. The note-holder is capped; the maximum to which the note holder is entitled

is the fixed coupon and repayment of the note. But if the stock to which the note is "linked" drops greatly by maturity, the note-holder is not entitled to cash repayment. Instead the conversion feature is forced upon the note-holder by the issuers. The issuer gets to avoid principal repayment in cash and instead pays off the note with the currency being stock of the "linked" company.

Instead of a note being issued in a \$1,000 denomination, these high-yield notes are sized to the closing price of the corporate stock on the date of the debt issue. For instance, if the "linked" stock closed at \$35, then the notes are issued in \$35 denominations.

Here is how it works: As long as the "linked" stock is doing well or stable or has mild loss in value, the note (the six month to 12 month debt) is fully repaid at maturity in cash. But, if the "linked" stock has tanked, either due to general market forces or factors and reasons unique to that company, then pay-off by the issuer is in shares of the "linked" stock.

What does "tanked" mean? For most of these debt issues, tanked means a fall in value of 20 to 30 percent — the trigger price is different for each note's "linked" stock. For example, a note holder buys \$50,000 in notes linked to XYZ, whose stock is trading at \$25 at the time of issue. Each note is \$25 face amount. In this example, the \$50,000 would be convertible into 2,000 shares. And, for purposes of this example, the trigger price to not receive cash upon maturity is set at 20

percent below the "linked" stock price of \$25.

If, at time of the note's maturity, the stock has risen to \$50 a share, the note holder gets interest and gets repaid in full in cash; the note holder gets none of the stock's upside. If, at time of maturity, the stock is trading "flat" or unchanged at \$25, the note holder gets interest and is paid in full in cash. If, at time of maturity, the linked stock is trading 10 percent below \$25, or \$22.50, the note holder still gets interest and is repaid in full in cash.

But, if at time of maturity, the stock is trading at \$17 a share (or any price 80 percent or less than the price at time of issue), the note holder gets 2,000 shares of XYZ stock as the forced conversion feature has kicked in. At \$17 a share for 2,000 shares, the value of the non-cash stock payment at maturity is \$34,000, some \$16,000 less than the \$50,000 face amount of the note.

This product's risk/reward ratio is not to my liking, but it still may suit you well. To be sure, the product is not "vanilla" and both you and your adviser should read the fine print and really understand what you get in different scenarios and if it is suitable for you. ■

— Jeannette Rohn Showalter is a South-west Florida-based chartered financial analyst, considered to be the highest designation for investment professionals. Her office is at The Crexent Business Center, Bonita Springs. She can be reached at 444-5633, ext. 1092, or jshowaltercfa@yahoo.com.

## WOMEN

From page A16

Neither the Office on Women's Health nor Florida's Officer of Women's Health Strategy keeps statistics on the number of women-only practices. "Our value is in our relationship with the states' women's organizations," says Valerie Scardino, who directs the OWH Office of Outreach and Collaboration. "They can get information from us on what federal resources are out there, who's eligible to apply, how to apply. We can suggest speakers for workshops."

The hands-on, nurturing approach to those issues happens in a doctor's office. At Women First, it comes with annual membership price of \$1,500. For Dr. Hadley, the fee means she can limit the number of patients she sees, and spend between 30 and 60 minutes with each one. For patients, it means not having to wait for an appointment and having after-hours access to the doctor.

Mallory Cheatham learned that firsthand, about a year ago. She had begun vomiting in the late afternoon but shrugged it off, telling herself the nausea would pass. It didn't. She dialed Dr. Hadley's office at 10 o'clock that night. The office was closed, but a taped message gave her another number. It would be a stranger, she figured, an answering service, maybe a nurse's assistant, certainly not the familiar voice she recognized: "Oh, Dr. Hadley, it's you!"

Not long after that, Ms. Cheatham became Mrs. Doremus and moved to Bonita Springs, a move that does not deter her from making the 2½-hour drive for her annual physical.

"Patients are satisfied, and I am satisfied," Dr. Hadley says. "It's a win-win situation."

She offers her favorite analogy about

the benefits of membership medical practices, often called concierge practices: If she wants to go to the mall, she can opt to take a bus. If she takes a bus, she needs to get a schedule. Then, she needs to wait at a bus stop. The bus will make numerous stops enroute. Eventually, the bus will arrive at the mall, but it'll take a while. Alternatively, she says, she can call a cab. The cab will come immediately, and it won't make extra stops. But it will cost more.

Her patients are happy to pay the price. Mallory Cheatham Doremus' mother, Enid Cheatham, is one of them. Shortly before noon on a Tuesday, she arrives for her appointment, and she is happy to share her reason for choosing a women-only practice.

"I think women make better listeners," she says, "and I think to help people with health issues, you have to be a good listener." Other doctors, she goes on, tend to put "that formality" — she thrusts her arms out, a pushing-away gesture — "between themselves and patients."

No other patients are waiting, so Ms. Cheatham is called almost at once.

The wait for attention to be paid to women's health issues took far longer, but, at last, it was no longer acceptable to see only the "bikini view" of women's health: breast cancer and reproductive problems. When the government finally did ask what do women want, the answer came back: Stop assuming that research on men determines how women are affected by heart disease and strokes and cancers and diabetes and arthritis and HIV/AIDS and obesity and autoimmune diseases.

With its FY2010 budget request of \$34 million, the Office on Women's Health hopes to advance women's health programs via the promotion and coordination of research, education and service delivery through Health and Human Services and other government

**in the know**

For information on women's health issues:

- >> **Womenshealth.gov:** The official site of the Office on Women's Health, it offers information on pregnancy, menopause, aging, mental health, illnesses and disabilities, in addition to fact sheets on women's health topics, women's health news, and information on government programs that focus on women's health. 800-994-9662
- >> **Floridashealth.com:** The state's Health Department
- >> **nwlc.org:** The National Women's Law Center publishes an annual report card on women's health. The Web site also carries news about women's health issues. 202-588-5180
- >> **nih.gov:** The National Institutes of Health Web site (click on the Health section) offers a wide range of links and information about all aspects of women's health. 301-496-4000
- >> **cdc.gov:** The Centers for Disease Control site carries an array of resources, news and information. Type "women's health" into the Search field. 800-CDC-INFO (800-232-4636)

and community agencies.

Florida's more than 9 million women — 20 percent of them Hispanic, more than 15 percent non-Hispanic black — rank high on the health scale, according to the agency's 2008 Florida Profile, the most recent available. The state gets high marks for its low rates of death for stroke, colorectal cancer, diabetes, flu and pneumonia. But it ranks 45th for health insurance coverage.

Most women 65 and older have Medicare, but nearly one-in-five younger women go without health insurance and have less access to preventive care and to treatment. A 2009 Fact Sheet from the Kaiser Family Foundation reports that, "Among workers, women are less likely than men to be eligible for and to participate in their employer's health plan. The overall take-up rate for employer-sponsored coverage is 80 percent for women workers com-

pared to 89 percent for men. This is in part because women are more likely to work part-time, have lower incomes, and rely more on spousal coverage.

"Women are more vulnerable to losing their insurance, should they become divorced or widowed, because they are more likely than men to be covered as dependents. Women are also at greater risk of losing coverage if their spouse loses his job or his employer drops family coverage or increases premium and out-of-pocket costs to unaffordable levels."

There are some avenues for help. The Health Resources and Services Administration, a branch of the U.S. Department of Health and Human Services, makes grants to community health centers nationwide, including two in Palm Beach County. The agency's goal is to improve access to care for low-income patients, the uninsured, migrant workers, the homeless and others in need.

Women who can't afford health insurance are not likely to be on Holly Hadley's patient list. The majority of her patients are between 40 and 60, a number of them battling weight and the conditions related to it — diabetes, for example, and high blood pressure.

Joan Neumann schedules her yearly check-up, part of the membership, during the fall-to-spring months she spends in Florida. On this Tuesday, she also is getting a flu shot. Mrs. Neumann was among the first women to join First Women. "The personal touch," she says. "It was just appealing to me."

Dr. Hadley wonders whether her style is a poor fit for men anyway. One example: the patient who interrupted her thorough — he might have said "overlong" — post-exam explanation. "He cut me off," she says. "I was giving him too much information. He just wanted to know what was wrong. Women want more information. They want to give it; they want to receive it." ■



# NETWORKING

## Linked In Local Palm Beach Networking Party at Spoto's Oyster Bar



JOSE CASADO/ FLORIDA WEEKLY

- 1. Tami Mitchell and Howard Silver
- 2. Noel Rivera, Bryan Fallucca and Billy Christakos
- 3. Shari Hembree and Lori Saitz
- 4. Sue Jones and Susan Julien
- 5. Lisa Koltun, Richard Hartman and Bo Wolfand
- 6. Scott Richards and Jesse Jarrett
- 7. Ken Okel and Liz Halter
- 8. Scotty and Amy Angelo
- 9. Ruby Wonder and Kelly Hanna

**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).



# NETWORKING

## Networking in the Gardens at Store Self Storage and Wine Storage



Rhea Slinger, Jesse Jarrett and Eileen Wilkins



Cindy June and Sharon Wardle



Midge Reichert and Phyllis Krupp



Karen Gray and Matt Breen



Robert Longchamps and Franz June



Toys For Tots Group Shot

RACHEL HICKEY/FLORIDA WEEKLY

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).



# NETWORKING

## Celebrity Bartending for RPAC at Quarterdeck in Jupiter



MAUREEN DZIKOWSKI / FLORIDA WEEKLY

1. Angelina Martinsen and Joyce Bertagna
2. Pat Fitzgerald and Henry Blakiston
3. Jackie Mills and Jason Flannery
4. Jacquie Gold and Chappy Adams
5. Tracy Mallette, Gina Pelcher, Phyllis Choy, Patty Connor, Joan Alippo and Kitty Peterson

**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).






**LEADERS IN LUXURY HOMES SINGER ISLAND**

**LUXURY RENTALS AVAILABLE FOR SEASON**

**OVER \$20 MILLION IN SALES FOR 2010**

**WE BRING MORE BUYERS TO YOUR HOME**

*Call Us Today!*  
**561-889-6734**  
[jeannie@jwalkergroup.com](mailto:jeannie@jwalkergroup.com)

For a complete list of all properties for sale in Palm Beach County:

## Imagine Yourself Living Here

Ritz-Carton Residences - 2700 N. Ocean Drive				
1105B	2,115 SF	2BR/2.5BA	Furnished	<b>SOLD</b>
1904B	1,920 SF	2BR/2.5BA	<b>NEW</b>	\$1,260,000
2403B	2,335 SF	3BR/3.0BA	Finished	\$1,299,000
1502B	2,660 SF	3BR/3.5BA	<b>PENDING</b>	\$1,350,000
1003B	2,335 SF	3BR/3.0BA	Finished	\$1,498,000
1102B	2,660 SF	3BR/3.5BA	Furnished	\$1,595,000
1904A	3,605 SF	3BR/3.5BA	Furnished	<b>SOLD</b>
1001A	3,605 SF	3BR/3.5BA	Dec Rdy	\$2,199,000
1903A	3,950 SF	3BR/3.5BA	Furnished	<b>SOLD</b>
801A	3,605 SF	3BR/3.5BA	Furnished	\$2,995,000
303A	3,950 SF	3BR/3.5BA	Furnished	\$2,998,000
1603A	3,950 SF	3BR/3.5BA	Furnished	\$2,998,000
302A	3,950 SF	3BR/3.5BA	Furnished	\$3,198,000
1206B	1,725 SF	2BR/2.5BA	Furnished	<b>SOLD</b>
1704A	3,605 SF	3BR/3.5BA	Furnished	<b>SOLD</b>
1603A	3,950 SF	3BR/3.5BA	Furnished	<b>SOLD</b>

Oasis Singer Island - 3920 N. Ocean Drive				
2A	4,069 SF	3BR/3.5BA	Furnished	\$1,290,000
11B	4,069 SF	3BR/3.5BA	Finished	\$1,900,000
12B	4,069 SF	3BR/3.5BA	Finished	\$1,995,000
15B	4,069 SF	3BR/3.5BA	Finished	\$2,299,000
8B	4,069 SF	3BR/3.5BA	Furnished	\$2,425,000
14A	4,069 SF	3BR/3.5BA	Furnished	\$2,249,000
18A	4,069 SF	3BR/3.5BA	Finished	\$2,589,000

Martinique II - 4000/4100 N. Ocean Drive				
ET201	2,011 SF	2BR/3.5BA	<b>NEW</b>	\$525,000
ET1102	2,011 SF	2BR/3.5BA	<b>PENDING</b>	\$650,000
ET504	2,011 SF	2BR/3.5BA	Furnished	<b>SOLD</b>
ET2201	2,011 SF	2BR/3.5BA	Finished	\$785,000
OV-1	2,615 SF	3BR/4.5BA	Finished	\$550,000
WT1404	2,011 SF	2BR/3.5BA	Finished	\$650,000
WT2601	2,011 SF	2BR/3.5BA	Finished	\$675,000
WT901	2,011 SF	2BR/3.5BA	Furnished	<b>SOLD</b>

The Resort (Marriott) - 3800 N. Ocean Drive				
450	2,773 SF	3BR/3.5BA	Finished	\$1,295,000
1251	2,773 SF	3BR/3.5BA	Finished	<b>SOLD</b>
1451	2,773 SF	3BR/3.5BA	Finished	\$1,089,000
1004	777 SF	1BR/1.5BA	<b>PENDING</b>	\$149,000
608	1,462 SF	2BR/2.0BA	<b>PENDING</b>	\$250,000
1909	1,310 SF	2BR/2.0BA	Furnished	\$250,000
2009	1,310 SF	2BR/2.0BA	<b>PENDING</b>	\$250,000
1702	1,289 SF	2BR/2.0BA	Furnished	\$270,000
1910	1,310 SF	2BR/2.0BA	<b>PENDING</b>	\$300,000

Tiara - 3000 N. Ocean Drive				
16-H	1,589 SF	2BR/2.0BA	Dec Rdy	\$399,000
16-G	1,000 SF	1BR1.5BA	Dec Rdy	<b>SOLD</b>
18F	1,547 SF	2BR/2.0BA	<b>PENDING</b>	\$465,000

Beach Front Singer Island - 3920 N. Ocean Drive				
1503	2,710 SF	3BR/3.0BA	Finished	\$1,225,000
1903	2,710 SF	3BR/3.0BA	Furnished	\$1,498,000
1103	2,710 SF	3BR/3.0BA	Finished	\$1,189,000
903	2,710 SF	3BR/3.0BA	Finished	\$1,299,000
1202	2,440 SF	2BR/3.0BA	Finished	<b>SOLD</b>
1702	2,440 SF	2BR/3.0BA	Finished	<b>SOLD</b>

Via Delfino - 5150 N. Ocean Drive				
1801	3,456 SF	4BR/5.5BA	Finished	\$1,900,000

Ocean's Edge - 5050 N. Ocean Drive				
602	3,136 SF	3BR/3.5BA	Finished	\$1,898,000

Jupiter Yacht Club - 400 S. US1 Hwy				
502	2,629 SF	3BR/3.0BA	Finished	\$719,000



[www.WalkerRealEstateGroup.com](http://www.WalkerRealEstateGroup.com)



WEEK OF DECEMBER 2-8, 2010

A GUIDE TO THE PALM BEACH COUNTY REAL ESTATE INDUSTRY



COURTESY PHOTOS

Home in  
**Mirabella**  
 at Mirasol  
 offers water view,  
 community amenities

CONTRIBUTED BY LANG REALTY

A single-story home custom built by Kenco is offered at 104 Villa Nueva Place in the gated community of Mirabella at Mirasol, Palm Beach Gardens. The home includes four bedrooms, three full baths, a living room, a formal dining room and an oversized family room. The property includes 3,200 square feet of living space and a two-car garage.

The gourmet kitchen has 42-inch cabinets, a gas cook top, double oven, stainless steel appliances, upgraded granite counter tops and tumbled stone backsplash. Upgrades include plantation shutters in the den and master bedrooms and designer draperies in the family room. The large backyard has a water view. The living room has a built-in wet bar.

Mirabella has a resort-style clubhouse that features social rooms and a fitness center with separate aerobic and yoga rooms. The complex also has an oversized pool with a spacious sundeck, tennis courts and a children's party/play room. This home, listed at \$539,000, was built in 2002. No membership is required to use the clubhouse. For more information on this home, call Debbie Arcaro of Lang Realty at 371-2968. ■

1. Front of house 2. View from backyard 3. The backyard 4. The kitchen

DERMOT SELLS SINGER ISLAND | Dermot O'Brien 561.317.1177

**Islands Realty**  
 www.islandsrealty.com



## Account Executives

The #1 Weekly Newspaper in Florida recently launched in Palm Beach County. Florida Weekly is one of the largest circulating newsweeklies in Florida, with more than 75,000 papers in Lee, Collier, Charlotte, and Palm Beach counties reaching more than 150,000 readers in print and online each week. Florida Weekly is looking for two more account executives to join our winning sales team in North Palm Beach County.

**About Us:** We provide intelligent, serious journalism via in-depth features, studies and reporting that provides an alternative, independent voice. Coverage includes news, entertainment, health, the arts, business, automotive and real estate. We are one of the most progressive private media companies with an exceptional track record of satisfied clients and customers. We are looking to train the right candidates to get in on the ground floor of this expansion and join our award winning company. Compensation includes a base salary and generous commission plan including benefits. Expected earning potential \$48-70K with a guarantee.

**Requirements:** Market media sales experience required. Candidate must have excellent verbal and communication skills, the ability to work effectively and succeed in a fast paced environment. They must have marketing skills and the ability to prioritize job responsibilities and manage time effectively. Must be a success driven, self-starter

### CONTACT US:

If you have a 'winning mindset' and are ready to join one of Florida's fastest growing media companies, please email your confidential resume to Publisher, Michelle Noga, at [mnoga@floridaweekly.com](mailto:mnoga@floridaweekly.com) for review!

Florida Media Group LLC is an EOE, Drug Free Workplace.

PALM BEACH GARDENS & JUPITER  
**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

Visit us online at [www.FloridaWeekly.com](http://www.FloridaWeekly.com)

## KOVELS: ANTIQUES & COLLECTING

### Incense holders hot commodities for collectors

terryKOVEL  
[news@floridaweekly.com](mailto:news@floridaweekly.com)



A "censer" sometimes can be found at an antique shop, but the word can be confusing. It has nothing to do with a "censor," the person who decides what is acceptable to be published in books or shown on television. A vintage censer is an old container used for burning incense. It can be made of pottery, porcelain, bronze, iron or another material that will not burn. Some censers were used at home. A home censer was heated with glowing charcoal that ignited the incense. The aromatic smoke fumigated clothes and other fabrics and killed insects. But a censer is most often used in a church or temple for religious ceremonies. The earliest censers date back to the second century B.C.

Collectors can find censers in several traditional shapes — a mountain, a perforated box or cylinder or a bulbous vase. Many are suspended on chains.

A Japanese censer with a mark used from 1868 to 1912 was offered for sale at a Leland Little auction this year. The decorations and pale yellow cracked glaze are typical of what collectors call "Satsuma ware." The decorative 12-inch-high censer with a pierced lid, handles and feet was valued at \$3,000 to \$5,000.

**Q:** I bought an album of Victorian calling cards at a flea market. I would like to know more about the history and tradition of calling cards.

**A:** Long before people sent "friend requests" on Facebook, social contacts were made by leaving a calling card or visiting card at the home of the person you wanted to visit. Visiting cards were first used in China in the 15th century. They were used by French royalty in the 17th century and by the well-to-do in Europe in the early 19th century. Early cards were hand-lettered with just the name and title of the owner, and possibly the days or hours they were "at home." Women's cards were slightly larger than men's cards. Special messages could be conveyed by folding down a cor-

ner of the card. Folding the top left meant the card was delivered by the person wanting to visit, not by a servant. A top-right fold meant "congratulations," a bottom-right sent condolences and bottom-left signaled "farewell." Calling cards were popular in the United States during Victorian times and often were collected and pasted into scrapbooks. They were larger than earlier cards and often featured colorful flowers, fancy borders, attached scraps and fringes. If the person who received a card wanted to receive the visitor, he sent his own card back. If the person leaving the card didn't get a card back, it meant the person called on didn't want to see her. (Something like having your "friend request" ignored on Facebook.)



COURTESY PHOTO

**This 12-inch-high Satsuma censer is decorated with flowers. The pierced lid that allows smoke from burning incense to escape is the clue to identifying its use.**

**Q:** Can you give us some information on an old horse-drawn ice saw we acquired a few years back? We don't know anything about it, how old it is or what it is worth. It has no

markings on it that we can see. It has a wooden case that you can put the saw in when it's not in use. The saw is about 65 inches long and 43 inches tall from the floor to the top of the handle. The blades are 11 inches long.

**A:** Ice harvesting was a big industry in the 19th and early 20th centuries. Blocks of ice were usually cut from local rivers and lakes in January and February when the ice was 10 to 12 inches thick. First the ice was scored with a horse-drawn marking plow, and then it was cut with a horse-drawn ice saw or ice plow like yours. The ice saw has larger teeth than the marking saw. After harvesting, blocks of ice were stored at an ice house and covered with sawdust to keep them cool throughout the rest of the year. Ice harvesting declined with the development of refrigeration and ice-making in the 1920s. You might find a similar ice saw at a tool show or farm auction. ■

— Terry Kovel answers as many questions as possible through the column. By sending a letter with a question, you give full permission for use in the column or any other Kovel forum. We cannot guarantee the return of any photograph, but if a stamped envelope is included, we will try. The volume of mail makes personal answers or appraisals impossible. Write to Kovels, Florida Weekly, King Features Syndicate, 300 W. 57th St., New York, NY 10019.

# Earn Bucks

SPEND \$100 OR MORE ON THE SAME DAY WHEN YOU SHOP OR DINE THRU DECEMBER 31 • 9AM - 5PM DAILY

## EARN \$25 PGA COMMONS BUCKS

LIMIT OF ONE CERTIFICATE PER PERSON PER DAY  
[WWW.PGABUCKS.COM](http://WWW.PGABUCKS.COM) • 561-630-8630

### The Lunch Club

\*Oakwood Grill  
Prosecco Cafe - Coming Soon  
Spoto's Oyster Bar  
Sushi Jo  
Vic and Angelo's  
Zuccarelli's

Enjoy 9 lunches at PGA Commons restaurants\* and your next lunch is free (\$15 maximum).

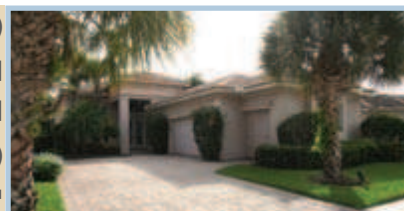
Pick up your Lunch Club card from any PGA Commons merchant.

PGA COMMONS

PGA COMMONS SPANS ONE MILE ALONG THE SOUTH SIDE OF PGA BOULEVARD (BETWEEN I-95 AND THE FLORIDA TURNPIKE) • [PGACOMMONS.COM](http://PGACOMMONS.COM)

### Before the market changes, Be Smart... MAKE AN OFFER!

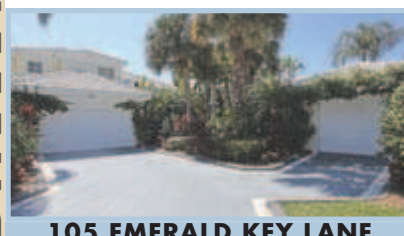
BALLENISLES



149 ORCHID CAY DRIVE

**\$599,000**

**Tastefully decorated home with beautiful golf & water views offers bright, open floor plan**  
2,890 sf A/C home. 3BR/3BA + office with built-ins & plantation shutters. 2CG + separate golf cart garage. Double ovens, island breakfast bar. Screened in pool & spa.



105 EMERALD KEY LANE

**\$449,000**

**Lovely 2 story home sits on a fabulous site with magnificent long lake views**  
3BR/2.5BA, separate golf cart garage. Wood & granite kitchen. Spacious master bedroom on first floor. 2 guest bedrooms and bath on second floor. Screened in pool & spa.



**Marsha Grass 561.512.7709**  
"I know the community. I live the lifestyle."  
[marshag@leibowitzrealty.com](mailto:marshag@leibowitzrealty.com)

**LEIBOWITZ REALTY GROUP**



# Home sales drop, commercial market steadier

The sales of single-family homes in Florida dropped 12 percent in October compared to the previous month, and slumped 21 percent compared to the same time in 2009, the Florida Realtors reports.

The median sales price dropped to \$136,600, a 3 percent decline from October 2009.

In Palm Beach County, sales fell 10 percent from September, and 14 percent from October 2009.

The median sales price dropped to \$221,200, a 9 percent decrease from last year.

October home sales also were down nationally, falling 2.2 percent from September, and 26 percent from the same time in 2009, according to the National Association of Realtors

Commercial real estate markets are flattening out, meanwhile, with modestly improving fundamentals expected in 2011, according to a separate report from the National Association of Realtors.

Lawrence Yun, NAR chief economist, said commercial real estate sectors appear to be stabilizing.

“The basic fundamental of rising com-

mercial leasing demand, resulting from a steadily improving economy, means overall vacancy rates have already peaked or will soon top out,” he said. “The outlook for the office and industrial markets has moderated with modestly declining vacancy rates expected as 2011 progresses, while the retail sector should hold fairly steady. Still, high vacancy rates imply falling rents.”

Yun anticipates a rise in household formation from an improving economy, which will increase demand for housing, both ownership and rental.

“Multifamily housing is the one commercial sector that has held on relatively well in the past year, and can expect the best performance in 2011,” he added.

“Apartment rents could rise by 1 to 2 percent in 2011, after having fallen in 2009 and no growth in 2010,” Yun said. “This rent rise therefore could start to force up broader consumer prices as well.”

He noted that the housing shelter cost of primary rent, and owner’s rental equivalence, is the biggest component in the Consumer Price Index, accounting for 32 percent of its total weight. ■

**THE KEYES COMPANY**  
**LUXURY PORTFOLIO™**  
 FINE PROPERTY COLLECTION

Rita Dickinson  
 561.262.0847

Pamela Wideman  
 561.373.5969



### BANK SHORT SALE WATERFRONT HOME



A truly stunning home in the gated community of Heritage Oaks in Martin County. 4 Bedrooms, office, loft, playroom, craft room, pool, tiki bar. Fabulous kitchen, wine cooler, gas stove, double sub-zero. River and preserve views from all main living areas. All offers will be considered. \$1,800,000.

### WATERFRONT ESTATE LOT

Beautiful blue water, cleared and ready to go on Riverside Drive in Tequesta. Newer dock plus jet ski lifts. 110' of water frontage x 400' deep. Builder's floor plans available. Call for a copy of the survey. \$1,700,000.



### ELEGANT COASTAL DESIGN



Panoramic blue water views. 4 Bedroom suites, office, formal living/dining, grand family room. Beautifully crafted, every amenity built in. Superior upgrades, wood & marble floors, custom kitchen, crown moldings, hurricane impact windows, new roof, decorator lighting. Spacious patio pool/spa, 200' of waterfront, 95' dock with two lifts. \$3,250,000.

VISIT OUR WEBSITE TO VIEW ALL AVAILABLE PROPERTIES  
[www.40ocean.com](http://www.40ocean.com)

Send us your real estate news

Do you have news about the real estate industry for Florida Weekly? Are you an agent on the move, or have you won an award? Send your items to [pbnews@floridaweekly.com](mailto:pbnews@floridaweekly.com). Or use snail mail and send to Betty Wells, Florida Weekly, 11380 Prosperity Farms Rd., Suite 103, Palm Beach Gardens, Fla. 33410.

YEAR END CLOSEOUT

# Let's Make a DEAL!

We're giving you every reason to own the **NEW HOME** of your dreams NOW!

- ADDITIONAL INCENTIVES ON 30-DAY CLOSINGS\*
- INCREDIBLE FINANCING PROGRAMS AVAILABLE
- NEW HOME WARRANTY
- LOW HOA FEES

NEW HOMES READY TO MOVE IN IMMEDIATELY — WITH **SIX** STUNNING COMMUNITIES YOU'RE SURE TO FIND THE DEAL FOR YOU!

					
From the mid \$100's	From the Low \$200's	From the High \$200's	From the Mid \$300's	From the Mid \$400's	From the Mid \$500's

<p><b>VERANO</b>                  Treasure Coast                  888.815.3058</p> <p>Gated country club living within your reach, single-family homes and club villas</p>	<p><b>THE OAKS</b>                  Hobe Sound                  888.701.6740</p> <p>Gated single-family homes on nature preserve homesites</p>	<p><b>PALOMA</b>                  Palm Beach Gardens                  888.536.2560</p> <p>Gated single-family homes and townhomes featuring resort-style pool and spa</p>	<p><b>TRES BELLE ESTATES</b>                  Stuart                  888.701.6740</p> <p>Gated community of estate homes on half-acre homesites</p>	<p><b>LOST RIVER</b>                  Stuart                  888.701.6740</p> <p>Single-family homes with backyard ocean access</p>	<p><b>CANOPY CREEK</b>                  Palm City                  888.701.6740</p> <p>Exclusive gated community of estate homes on half-acre homesites</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------

KOLTERhomes.com

\*INVENTORY IS LIMITED, CALL NOW FOR DETAILS. PRICES AND AVAILABILITY SUBJECT TO CHANGE WITHOUT NOTICE.



**KELLER WILLIAMS**  
R E A L T Y  
*of Jupiter Tequesta Kobe Sound*



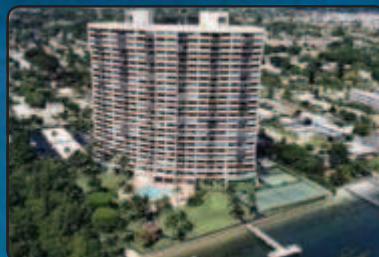
**MOVE - IN READY**

**WISH YOU COULD BUY THE MODEL?**  
New 2-story Toll Brothers 3904 SF custom beauty is waiting. Lavish furnishings and full golf membership included.  
**\$1,049,995 - JUPITER**



**NORTH PALM BEACH**

Waterfront, 1/1 penthouse updated 5th-floor end condo on ICW. Includes water/sewer/cable/laundry. Pool & dock fishing. Boat slips leased separately.  
**\$1,200/MONTH RENTAL - NPB**



**MILLION DOLLAR VIEW**

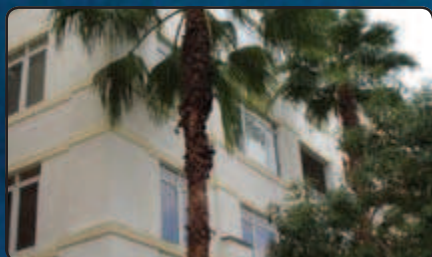
Waterfront Flagler Drive condos in well-managed gated building overlook ICW and Palm Beach.  
**UNIT 501 SHORT SALE \$160,000**  
**UNIT 206 ASKING \$142,000**  
**UNIT 2305 RENTAL \$1650/MO.**



**MARINER'S COVE**

Stunning waterfront pool home in gated boating community. Granite kitchen, tile & wood flooring plus 40' deep water dock included.  
**PRICED RIGHT! - PBG**

**Golf Community and Waterfront Specialists: Ron Jangaard 561-358-6001 • Lynne Rifkin 561-906-7500**



**WALK TO EVERYTHING!**

Bank-owned 2/2 condo in the heart of the Live/Work/Play Community of Abacoa. Great investment rental property with FAU across the street.  
**\$90,000 - JUPITER**  
**George Richetelli 561-714-8386**



**JUST REDUCED!**

Newly remodeled 2/2 condo on the Island of Palm Beach. Get the Palm Beach address without the Palm Beach price tag!  
**\$140,000 - PALM BEACH**  
**George Richetelli 561-714-8386**



**PRICED TO SELL**

Beautiful 3/2 home in the heart of PBG, very close to Downtown at the Gardens, fine dining and great public schools. Walk to PBG Elementary and HL Watkins Middle, perfect for a young family.  
**\$140,000 - PALM BEACH**  
**George Richetelli 561-714-8386**



**ENJOY THE SUNRISE IN STYLE**

11th floor 3/3 high-rise condo in The Landmark at Downtown at the Gardens boasts breathtaking views from its wraparound balcony. Pool, library, business center, valet parking and more.  
**CALL FOR PRICING - PBG**  
**George Richetelli 561-714-8386**



**WOW!! FABULOUS 2/2 PARK PLAZA**

Walk to the beach and Carlin Park, shopping and dining. Delightfully decorated with upgrades and move-in perfect! 55+ community. Bring ALL offers!!  
**\$124,900 - JUPITER**  
**Diane Lombardino 561-339-2454**



**STUNNING OCEAN VIEWS!**

Fabulous 2/2 Oceancrest Condo at the ocean! Garage parking, amenities galore. 24/7 Front desk security, fitness room and much, much more. BRING OFFERS!  
**\$449,000 - JUPITER**  
**Diane Lombardino 561-339-2454**



**PRICED TO SELL AT CAMBRIDGE**

Spacious 4/3/2 on corner lot, wood flooring, plantation shutters and much more! Short Sale Ready to Go!! Bring your offer NOW!!  
**\$399,000 - JUPITER**  
**Christine Mock 561-427-9785**



**ABSOLUTELY STUNNING!**

Magnificently appointed 3/2.5/3 Evergrene home is a showcase with custom features throughout! Overlooking lake with all the charm of country living.  
**\$585,000 - JUPITER**  
**Christine Mock 561-427-9785**

**BLUFFS TOWNHOMES**

Starting: \$1,100 Unfurnished  
Starting: \$2,300 Furnished Seasonal

**BLUFFS OCEAN & MARINA**

Starting: \$1,200 Unfurnished  
Starting: \$2,500 Furnished Seasonal

**SINGLE FAMILY HOMES**

Starting: \$1,900 Unfurnished  
Starting: \$2200 Furnished

**ABACOA**

Condo's  
Starting: \$1,200 Unfurnished  
Townhomes Starting:  
\$1,550 Unfurnished  
Single Family Homes Starting:  
\$2,500 Unfurnished

**RENTAL DIVISION**

**Bea Sallabi 561-301-8758**  
**www.myrentaldivision.com**

**OCEAN WALK SINGLE FAMILY HOME**

Starting: \$2,700 Unfurnished  
Starting: \$5,500 Furnished Seasonal

**OCEAN TRAIL**

Starting: \$1,500 Unfurnished  
Starting: \$2,900 Furnished Seasonal

**SEA COLONY & BEACH COMBER**

Starting: \$1,500 Unfurnished

**JUNO OCEAN CLUB**

Starting: \$2,000 Unfurnished  
Starting: \$4,500 Furnished Seasonal

**WE WORK WEEKENDS!**

**OCEAN TRACE**

Starting: \$1,000 Unfurnished

**OAK HARBOUR**

Starting: \$1,700 Unfurnished

**SEA IMAGES**

Starting: \$1,900 Unfurnished

**HORIZON**

Starting: \$2,200 Furnished Annual

**BRIGADOON**

Starting: \$2,200 Furnished Annual

**JUNO DUNES**

Starting: \$1,800 Unfurnished  
Starting: \$3,500 Furnished Seasonal



**RESIDENTIAL • COMMERCIAL • LUXURY HOMES**





## ARTS &amp; ENTERTAINMENT

WEEK OF DECEMBER 2-8, 2010 A GUIDE TO THE PALM BEACH COUNTY ARTS &amp; ENTERTAINMENT SCENE

Boca theater  
pushes limits

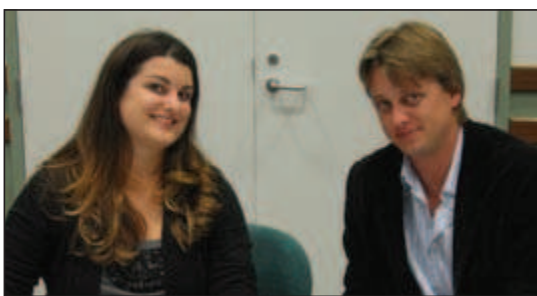
BY HAP ERSTEIN

herstein@floridaweekly.com

**D**ESPITE THESE PRECARIOUS ECONOMIC times, there is a new professional theater company in our midst. New, but with a 20-year track record.

The Boca Raton Theatre Guild, a community theater established in 1990, is becoming a professional troupe this season, increasing the quality of its actors as well as its production values. It is a gamble that could pay big dividends for the south county group that works out of the Willow Theatre in Sugar Sand Park.

"We thought, 'The audience is ready. They want more.' It's about rewarding their loyalty," says Keith Garsson, the Guild's artistic director. "By stepping it up every year, pushing the limits a little more, spending a bit more and putting the money where



COURTESY PHOTO

**Carrie Santanna and Adam Simpson play the lead roles in the play; in real life they have been married seven years.**

it counts, we want to be thought of in a whole new way."

While Garsson will readily concede that unknown play titles do not attract much of an audience for the Guild, it is launching its professional status with a play the audience is unlikely to be familiar with, written by a pair of playwrights who are also little known.

The play is "Hate Mail," and the co-authors are Bill Corbett and Kira Obolensky,

SEE HATE, B4 ►

## What, no sugar plums? Weekend packed with holiday events

## SPECIAL TO FLORIDA WEEKLY

If sand and surf is your thing, head to Jupiter Beach for castle building. If you're looking for snow, you'll find it at MacArthur Beach State Park.

Do one-stop crafts shopping, gingerbread-house baking and the lighting of a huge Christmas tree — complete with Santa and carolers — sound interesting? Burns Road Recreation Center is the place.

Does the notion of dazzling, festive yachts float your boat? The 2010 Holiday Boat Parade will take place along 15 miles of the Intracoastal Waterway, from Peanut Island to Jupiter Lighthouse.

The first weekend in December is packed with a dizzying array of festive events.

The Jupiter Beach festival and sand

sculpting contest begins at 9 a.m. on Dec. 4 next to Juno Beach Park Pier. Live music, food, storytelling and yoga classes are included in the charity event to raise funds for Karma Krew, which provides arts programs for needy children. See [karmakrew.org](http://karmakrew.org).

A Blizzard at the Beach is Dec. 5 from 11 a.m. to 4 p.m. at MacArthur Beach State Park. Twenty tons of snow will fall, Santa will arrive and there will be other activities. Fee is \$5; parking is at the FPL lot in Juno Beach. Shuttles provided.

The Palm Beach Gardens recreation folks are hosting a crafts fair and children's events — including breakfast or lunch with Santa — Dec. 3 and 4. The lighting of a huge tree is Dec. 3 from 6 to 8 p.m. See our events listings on pages B6 and B7 or [pbgfl.com](http://pbgfl.com) for more information.

About 100,000 spectators are expected to watch the boat parade; it begins at 6 p.m. and ends at the lighthouse about 9 p.m. Last year more than 50 boats participated. The parade is also a toy drive for the U.S. Marines Toys for Tots. Toy donations can be dropped off at local collection points or will be picked up from spectators along the parade. Anyone wishing to donate is asked to wave a flashlight at the passing red or yellow towboats, or the volunteer vessels that will have flashing amber beacons.

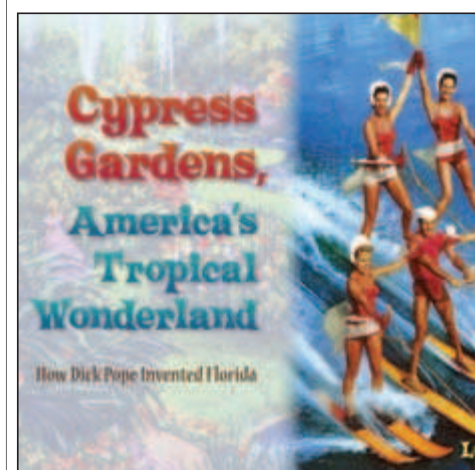
At Riverwalk in Jupiter, Santa will make an appearance from 6 p.m. to 8:30 p.m. See <http://palmbeachboatparade.com> or call the hotline at 848-7883 for more information.

For many more events to choose from, see our listings on Pages B6 and B7. ■

WEEK  
at-a-glance

## Holiday favorites

Local groups offer seasonal performances. B4 ►



## Old Florida

Book tells story of Cypress Gardens. B3 ►



## '127 Hours'

Movie is brutal but exhilarating. B11 ►



## Cuisine

Talay Thai fare is traditional but eclectic. B15 ►



# SANDY DAYS, SALTY NIGHTS

## Letters from an angry mother



It's a sad dating reality that many relationships end in heartache. If you're not getting married, then you're probably splitting up. Sometimes you're the one doing the breaking, and sometimes you're on the receiving end. It evens out over the long haul, which means there's no reason to drag your mother into it.

Amit and I dated for almost a year. He was smart and handsome, had a thing for hip-hop and a way with a spreadsheet. His mother was meddlesome, displeased with her youngest son's dating choice (Amit's older brother had just wedded an Indian girl from a good family in an arranged marriage).

Despite his mother, Amit and I slogged through our relationship. He was funny — funnier than me, he said — and could talk sports scores and current events. That we didn't share the same background, that my Florida crackerness did not match up with his Indian Diaspora, never seemed to matter. We ate in Haitian restaurants and visited Little Havana, and when a man selling Barack Obama condoms on the street in Vegas pitched us with, "Interracial couples love these," I glowed to think what a modern pair we were.

But even modern couples don't always

make it.

Amit and I had limited chemistry, not enough of the magic it takes for romance to work. He must have known this on some level, but it was me who did the breaking. The split was messy, and it was sad and difficult to put things right afterward. So we parted ways, destined to be one of those couples that do not remain friends.

I still think of him sometimes, but mostly I've shelved that period of my life.

What a surprise, then, to discover an e-mail in my inbox this morning. From his mother.

"I hope you never have peace," she wrote, "and may happiness ALWAYS avoid you and I hope you rot in hell for what you did to my son."

A fist formed tight in my gut and I raised my hand to my throat, the way I do when I hear bad news, when something terrible has happened. I imagined the worst, an unexpected death, a suicide. I fretted about whom to contact. Who could tell me what had happened?

In my search, I found Amit's phone number in a document that had escaped the post-breakup purge. As I dialed, I briefly wondered who would answer and what I would say, but there was no time for hesitation. Someone answered on the second ring.

"This is Amit," he said.

I held the phone for a second, not sure what to do now that he was on the line.

"Are you all right?" I asked finally.

"I'm fine," he said. He sounded



"...may happiness ALWAYS avoid you and I hope you rot in hell for what you did to my son..."

perplexed, surprised to hear from me. "Why? Did someone say something?"

Suddenly, I felt silly. There I was calling him in the early morning hours, a year since we had last spoken, asking if he was OK. He was calm. Brusque, even. I was the fool.

As I hung up the phone, I thought of his mother, protecting her son with threats and curses. I was glad to be out from under her spell. ■



"A Taste of Home in Every Bite"



*S*OUTH FLORIDA'S ONLY PREPARED FOOD MARKETPLACE  
SPECIALIZING IN GOURMET COMFORT FOODS

Our Prepared Food Showcase Features Over 75 Delicious Lunch and Dinner Selections

Full Service N.Y. Style Deli, Brick Oven Pizza, Homemade Baked Goods

Prepared Fresh Daily

Available for Take Out or Free Local Delivery

\*CATERING FOR ALL OCCASIONS\*

LOCATED IN THE SHOPPES AT JUPITER CREEK

1132 West Indiantown Road, Jupiter, Florida 33458

(561) 575-4700

www.anniesvintagegourmet.com



# FLORIDA WRITERS

## Cypress Gardens: Flowers, oranges, water-skiers and Southern Belles

■ **“Cypress Gardens, America’s Tropical Wonderland,”** by Lu Vickers University Press of Florida. 375 pages. \$34.95

BY PHILIP K. JASON  
Special to Florida Weekly

Cypress Gardens, in our still-young century about to become the site of the latest Legoland, was for many decades one of Florida’s — and the nation’s — premier tourist attractions. In telling its story, Lu Vickers steers us through a series of interwoven narratives.



VICKERS

There is the story of the growth of Florida’s tourist economy and the story of the growth of new water sports in America. There’s the tale of high-powered entrepreneurial wizardry, and there’s the story of media savvy. They are all inevitably the story of Dick Pope’s vision and drive, thus the subtitle: “How Dick Pope Invented Florida.”

place in the elaboration of Cypress Gardens. And because he was a born showman and water-related activities were part of his Florida vision, he was instrumental in developing the attraction, sport and industry of water-skiing. Many champions of the growing sport were in the employ of Cypress Gardens, and Mr. Pope would export their talents to other venues to grow the sport while strengthening his brand.

During the 1940s, it would be hard to watch a movie house newsreel that did not have a few minutes of Cypress Gardens footage. For decades, magazine covers featured images of Cypress Gardens beauties in action or repose. In this way, Mr. Pope perfected the art of OPM — using other people’s money. Although he probably had a significant advertising budget, he managed to make Cypress Gardens newsworthy and thereby garnered free publicity. In fact, he even found ways of getting paid for media attention that would

sell his wares. All the while, he was also selling Florida.

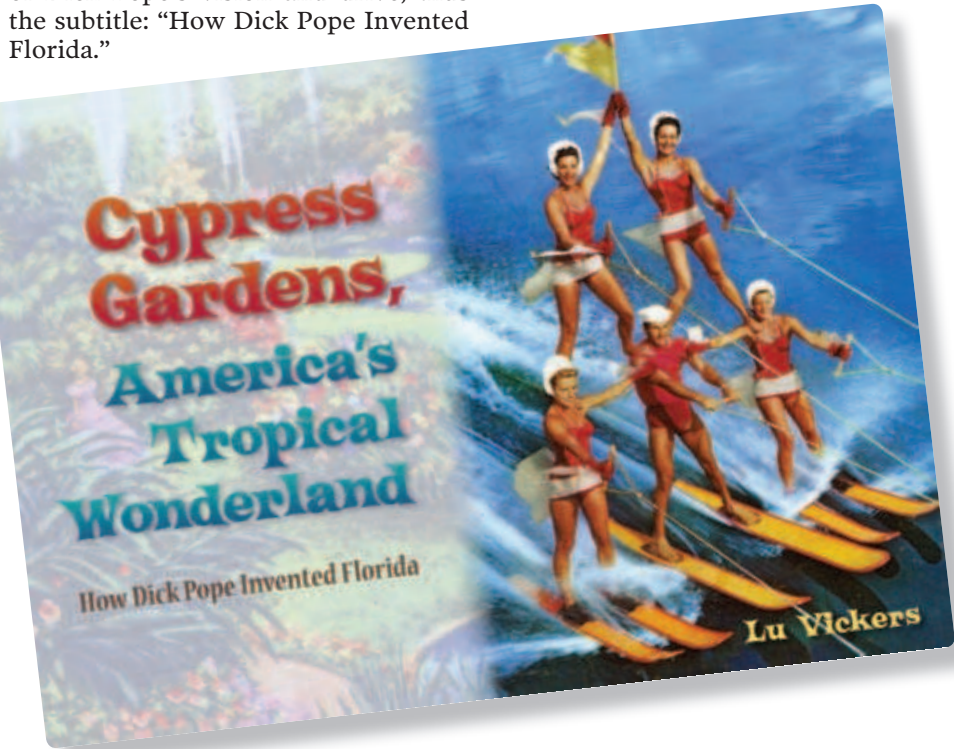
Esther Williams visited and made movies there. Johnny Carson and Mike Douglas broadcast television shows from there, and Cypress Gardens was established as the epicenter of photo opportunities for advertisers as well as vacationers. It was designed and improved with an eye to photography and video.

The attraction had occasional downturns, but it remained a steadily growing empire until the Disney mouse began to roar and the Florida of now countless “lands” and “worlds” became supersaturated with amusement destinations.

Changing tastes also played a role in the gradual fading of the Pope enterprise.

Ms. Vickers tells the tale of Cypress Gardens in well-fashioned chapters into which she has crammed an encyclopedia of Florida history. The story is told as well by the dazzling color photographs, 262 in all, that enliven its pages. ■

— Lu Vickers writes out of Tallahassee. She also has published the novel “Breathing Underwater” and “Weeki Wachee, City of Mermaids: A History of One of Florida’s Oldest Roadside Attractions.”



### A master marketer

Because Florida was already famous for oranges, Mr. Pope made sure that the orange theme also had a prominent



A SOUTH FLORIDA TRADITION IN WATERFRONT DINING

RELAX ENJOY UNWIND CHILL LAUGH INDULGE

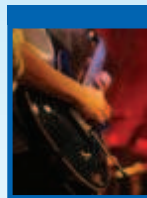


**Happy Hour**  
Mon. - Thurs.  
4:00 to 6:30

Friday  
3:00 to 6:30  
with a complimentary carving station



**Great Food**  
Dine inside or outside  
• daily specials •  
• fresh fish •  
steaks • salads  
pizza • Kid’s Menu



**Live Music**  
Reggae every  
Sunday Night  
from  
7:00 to 12

Dance/Top 40  
Fri. & Sat.  
9:00 to 12:30

**Wateringhole Tiki**  
Featuring food and drink specials.



**Amazing Views**  
Relax and watch the boats cruise by along the Intracoastal waterway.



2300 PGA BLVD., PALM BEACH GARDENS  
(SW CORNER AT THE INTRACOASTAL WATERWAY BRIDGE)  
561-694-1700



**A Fine Full Service Seafood Market**  
Daily Prepared Gourmet Entrées & More  
Platters, Appetizers, Catering  
Nautical Gifts & Serving Wares  
Daily Restaurant Deliveries  
Nationwide Shipping

Featured on the  
Food Network’s  
“The Best Of”



4128 PGA Blvd.  
Palm Beach Gardens, FL 33410  
p.561-622-0994  
f.561-622-1016  
www.capers1.com

Monday-Saturday 10am-6pm  
**SPECIALS FOR DECEMBER 2 -16, 2010**  
**FRESH FLORIDA STONE CRAB CLAWS**  
\$2.00 off per pound / any size of your choice  
With this coupon. Expires 12/16/2010

MAY NOT BE COMBINED WITH ANY OTHER OFFERS OR SPECIALS.

**FRESH ATLANTIC SALMON FILLET**  
\$7.95 / pound  
With this coupon. Expires 12/16/2010

**FRESH WHOLE FLORIDA POMPANO**  
Locally caught  
\$8.95 / pound  
With this coupon. Expires 12/16/2010

**FRESH MAHI-MAHI FILLETS**  
A.K.A. Dolphin  
\$6.95 / pound  
With this coupon. Expires 12/16/2010

Proudly serving the Palm Beaches since 1984



# Holidays bring local performances of seasonal favorites

**hapERSTEIN**  
herstein@floridaweekly.com



The holidays are upon us and with them come seasonal performances, both traditional and otherwise.

The Atlantic Theater in Jupiter is in its seventh year of presenting Charles Dickens' "A Christmas Carol," the classic tale of ghostly apparitions that visit miserly Ebenezer Scrooge and scare him into a holiday mood. Artistic director Frank Licari again assumes the role of Scrooge with an eye twinkle as well as a "Bah, humbug." Performances run Dec. 10-12. Tickets are available by calling 575-4942.

The Miami City Ballet glides up to the Kravis Center in West Palm Beach with its acclaimed production of "George Balanchine's The Nutcracker," on Dec. 3-5. What makes this visit special is that it features a Palm Beach Gardens Broadway veteran as a guest artist in the company. Fifteen-year-old Tommy Bachelor, who was in the rotation playing the title role of dancer-wannabe "Billy Elliot," will appear in the popular holiday ballet as The Prince. Call for tickets at 832-7469.

And speaking of local talent making good, West Palm Beach's Matthew Gumley, at the ripe old age of 13, has landed his fourth Broadway show. He first appeared on the Great White Way six years ago as a replacement cast Chip in "Disney's Beauty and the Beast," then moved on to play Michael Banks in "Mary Poppins." Last season, he was a supporting cast member and understudy for Pugsley in "The Addams Family."

Now, for the holidays, you can find



COURTESY PHOTOS

Frank Licari plays the role of "Scrooge" at the Atlantic Theater in Jupiter.

Matthew Gumley, left, of West Palm Beach, is in a Broadway production of "Elf" with Sebastian Arcelus, right.

Matthew in the new stage musical of the Will Ferrell comedy "Elf," playing Michael, the neglected son who discovers he has a long-lost brother in Buddy the elf. But you have to be quick. This show, which hopes to become a holiday perennial, is playing on Broadway at the Hirschfeld Theatre through Jan. 2.

Tickets are available at (212) 239-6200.

Ann Turnoff, former cantor of Boca Raton's Temple Beth El, currently the director of The Mark Center for Jewish Excellence, has long had a theatrical flair. You can catch that show-biz, secular side of her at Club Caldwell,

a cabaret series in the lobby of Boca's Caldwell Theatre. On Dec. 7 she will be performing "Powder," her one-woman musical comedy. Call 241-7432.

South Florida theatergoers know it is usually worth the drive to catch a new play by the area's most successful playwright, three-time Carbonell Award winner Michael McKeever. He is kicking off a new theater company, Zoetic Stage, with his world premiere comedy South Beach Babylon, about five Miami artists during the weeks leading up to the Art Basel exhibition. He calls it "a look at what it takes to create art without selling one's soul in contemporary America."

The play runs from Dec. 2-12, at the Arsht Center in Miami. Tickets are \$40, available at (305) 949-6722.

Stumped for what to buy your theater-loving friends and relatives? How about a course called "Experiencing Theater with a Critical Eye," at Florida Atlantic University's Lifelong Learning Society on the Jupiter campus? This four-week, once-a-week course features interviews with directors, actors and designers from such area productions as "Jolson at the Winter Garden" (Maltz Jupiter Theatre), "Next Fall" (Caldwell Theatre), "Dinner with Friends" (Palm Beach Dramaworks), "Ghost-Writer" (Florida Stage) and "West Side Story" (Kravis Center). Students receive discounts to see the shows and then participate in a lively critical discussion about them with the opinionated instructor.

All right, in the spirit of full disclosure, I have to admit that I am the instructor. Classes are Friday afternoons beginning Feb. 18. The fee is \$34 for LLS members and \$44 for non-members. Call 799-8667 for more information or go online to [www.llsjupiter.com](http://www.llsjupiter.com).

## HATE

From page 1

who had the idea of spoofing A.R. Gurney's highly successful two-character comedy, "Love Letters." Gurney's script follows two upper crust WASPs from kindergarten to old age, chronicling their often out-of-phase relationship from the letters they write each other.

"Their whole life is writing letters. And Post-it notes, postcards, telegrams, even Jesus as a trucker place mats," says Paula Sackett, a veteran local stage director who will be making her Guild debut with "Hate Mail." "They don't say anything to each other in the whole play at all. So even when they come together and they're living together, I keep them separated by light."

Corbett and Obolensky decided that "Love Letters" was ideal for spoofing, even though they really were not familiar with the play. "When they first got the idea, they decided they wanted to do a parody of 'Love Letters,' but neither of the playwrights had ever seen it," Sackett says.

So they went to see "Love Letters" and scrubbed the idea of lampooning it, coming away with revised plans to do something completely different. "The only thing it has in common with 'Love Letters' is the reading of letters," notes Sackett. So relax, no previous knowledge of the Gurney play is needed to enjoy "Hate Mail," assures Sackett.

"Hate Mail" is the story of Preston, a wealthy Midwesterner who writes to



Dahlia, an angst-filled, arty New York tourist gift shop clerk, complaining about a snow globe he bought at the shop. It broke soon after the purchase and he requests a refund from her. Dahlia writes back, curtly insisting that the store has a no-refunds policy.

"So far, it is all very reasonable, but then it very quickly escalates and gets personal," says Sackett. Yes, they take an immediate dislike of each other, but do not jump to the conclusion that all will end happily. About midway through the play, Preston and Dahlia become close and even move in together, but they soon are back feeling antagonistic toward each other. "That's what I like about it, that roller coaster ride that every good play should have," says Sackett.

"The play's actually very good. Really funny," says Adam Simpson, chair of the drama department at Lynn

University, who performs the role of Preston. "For an actor, the characters are magnificent, because they have such an arc. It's like getting to play four or five different characters in one piece. They change that much over time."

"The characters each go through so much individually," adds Carrie Santanna, an assistant professor of theater at Lynn, Simpson's co-star in "Hate Mail" and his real-life wife of seven years. "When they come together, they realize, eh, it doesn't work so much. So then they separate and back off." A classic happy-ending romance it's not.

"She's very driven, very self-motivated and he's very needy," says Simpson of their onstage characters. "And they want completely different things. She wants fame, success, and he wants someone who will be a devoted lover."

So is this a good play for a married

couple to perform together or could it do damage to their marriage? "We'll find out," shrugs Simpson.

Also to be determined is whether the economics of professional theater will work out for the Boca Theatre Guild. So far, ticket sales are brisk, marketed largely on the play's link to "Love Letters," which the company produced last year at this time.

With increased expenses for the actors and upgrades to the sets, costumes and lighting, and added publicity, Garsson estimates that "Hate Mail" will cost about \$2,500 to produce — roughly twice the budget of "Love Letters." That is quite frugal compared to other area professional companies, but then tickets are only \$10, less than a 3-D movie.

"We are aiming to reach 85 to 90 percent capacity with 'Hate Mail,'" says Garsson, "a level that any theater would be pleased with."

Sackett says the play has grown on her during rehearsals and she expects it will touch theatergoers, too.

"It's well written, it's life. Everyone will relate to everything that goes on in this play, even down to the guy letting the girl run all over him. You can understand what motivates him to do the things that he does, and how she plays on that. I think this will help put the Theatre Guild on the map as a professional theater, seen in a completely new light." ■

**in the know**

>> HATE MAIL, Boca Raton Theatre Guild, Wil-low Theatre, Sugar Sand Park, 301 S. Military Trail, Boca Raton. Dec. 3-Dec. 12. Tickets: \$10. Call: (561) 948-2601.





CANELES



DEFLIN



NEUHOFF



SOBOLEWSKI

## Four members join Cultural Council Board

The Palm Beach County Cultural Council's Board of Directors recently approved four new members. Joining the board for three-year terms are Christopher Dennis Caneles, Bradford A. Deflin, Geoffrey H. Neuhoff and Kelly Sobolewski.

"We are looking forward to working with our new board of directors members as the cultural council prepares to open a new headquarters in downtown Lake Worth. This is a very exciting time to be part of the Cultural Council's leadership," said Michael Bracci, board chairman, in a prepared statement. "These new directors with experience in media, business and nonprofits will enrich a dynamic board that will help guide the council into its new home and help expand our services to the community."

Mr. Caneles is the vice president of operations for Palm Beach Newspapers Inc., publisher of *The Palm Beach Post* and *Palm Beach Daily News*. He has been with Palm Beach Newspapers

since April 2009 and lives in West Palm Beach.

Mr. Bradford Deflin is the senior vice president, regional director of Wells Fargo Private Bank, Gold Coast Region. He is a 20-year financial services industry veteran. Mr. Deflin joined Wells Fargo in 2008 and lives on Singer Island.

Mr. Neuhoff is president and CEO of Neuhoff Communications Inc., a private, family-owned company that consists of 12 radio stations, five network TV stations and 20 websites. Mr. Neuhoff started his career at the radio station level in 1975 at WCIB-FM, Falmouth, Mass., and now lives in Jupiter.

Mrs. Sobolewski is the market manager for Bank of America in Palm Beach County. Directly and through her team, she works closely with community organizations and market leadership teams to implement the bank's local charitable giving strategy and sponsorships. She lives in Jupiter. ■

## Norton Museum of Art members elect new chairman

Kemp Stickney, senior vice president and chief fiduciary officer for wealth advisory services, Wilmington Trust, was elected chairman of the board of the Norton Museum of Art. Trustees Christine Aylward, Joey Pearson and Tom Quick begin second rotations as trustees. The Norton's members elected Mr. Stickney at the recent annual meeting.

Mr. Stickney has served as chairman of the executive committee of the Florida Bankers Association's Trust, Asset Management, and Private Banking Division. He has previously served on the boards of Historic Windsor Inc. and the Foundation for Villa Vizcaya Inc. A lawyer who also trained at Sotheby's art history program, Mr. Stickney chairs the museum's strategic planning committee and serves on the governance and nominating committee. Mr. Stickney lives in Coral Gables with his wife, Edith Huntley.

Christine Aylward is an engineer with degrees earned in China and in the United States. She has been a member of the museum's special events committee for the past several years. With her husband, Bill, Mrs. Aylward has supported the museum's capital campaign, been actively involved with the Bals des Arts, and is a member of the Contemporary and Modern Art Council. The Aylwards reside in Palm Beach.

Joey Pearson is currently a member of the Norton's works of art committee and

is a collector of pre-Columbian, Chinese and contemporary art. She assisted her spouse in his capacity as COO of PepsiCo and then as CEO of Yum Brands, a PepsiCo spin-off. They have contributed to the Metropolitan Museum of Art and to the Norton's capital campaign. Mrs. Pearson lives in North Palm Beach and Santa Barbara, Calif.

Tom Quick serves as vice chairman of Quick & Reilly/Fleet Securities in Boston with offices across America. He was previously president and COO of Quick & Reilly, a discount brokerage firm. His community service experience includes serving as a trustee of the Securities Industry Foundation for Economic Education; Cold Spring Harbor Labs; St. Jude's Children's Hospital, The National Corporate Theater Fund; the Inner-City Scholarship Fund (NYC); the Dreher Park Zoo (WPB); the American Ireland Fund; and Fairfield University. Mr. Quick collects 19th century American and British painting and decorative arts. He is currently a member of the Norton's works of art committee. Mr. Quick lives in Palm Beach and New York City.

The Norton was founded in 1941 by Ralph and Elizabeth Norton. The museum, at 1451 S. Olive Ave. in West Palm Beach, is open Tuesday-Saturday, 10 a.m. to 5 p.m. and Sunday, 1 p.m. to 5 p.m. It is closed on major holidays. Call 832-5196 or see norton.org. ■

## PUZZLE ANSWERS

2	8	5	9	3	6	4	1	7
4	6	1	2	7	8	5	9	3
9	7	3	5	4	1	8	6	2
6	2	9	7	8	4	3	5	1
7	5	4	3	1	9	6	2	8
3	1	8	6	5	2	9	7	4
5	3	2	4	9	7	1	8	6
8	4	7	1	6	5	2	3	9
1	9	6	8	2	3	7	4	5



# Your Neighborhood Italian Restaurant

**5500 N. Military Trail #48  
Abacoa Plaza ~ Jupiter  
561-493-8777**

**Welcome to Sal's Italian Ristorante**

From the moment you walk into one of our establishments you will notice the differences that set us apart from other Italian eateries. Starting with the quaint atmosphere that's reminiscent of a small Italian village, the feeling of relaxation begins the second you enter one of our restaurants. Whether the aroma of our freshly baked breads, the smell of simmering sauce or the scent of the fresh garlic sautéing in olive oil something tells you that you're about to have a truly authentic Italian experience that is sure to delight you from entrance to exit.

**SAL'S EXPRESS**  
4580 Donald Ross Road #109  
Palm Beach Gardens  
561-493-7116

**Buy 1 Entrée with 2 beverages  
Get the 2nd Entrée  
of equal or lesser Value  
FREE**

Up to \$11.99. Not valid with any other offers. Offer expires 1/02/2011  
Dinner Dine-In Only. Not Valid With Early Bird.  
One Coupon Per Table. Must Present Coupon When Ordering.

**Buy 1 Large Pizza  
with 2 toppings  
Get 1 Large Cheese Pizza  
FREE**

Not valid with any other offers.  
Offer expires 1/02/2011  
Dine-In, Take-Out or Delivery. One Coupon Per Table.  
Must Present Coupon When Ordering.

**www.salsitalianristorante.com**

6TH ANNUAL

# Run for the Angels

RELAY

**SATURDAY, DECEMBER 11, 2010**  
**8:00AM at the TOWN CENTER in JUNO BEACH**

*All proceeds go to Bella's Angels*

**4-PERSON RELAY TEAMS:** (4) 1-mile laps around the lake \$40 per team

**12 and under Fun Run:** 1-mile race around the lake \$10 per child

**Animals RULE Family Dog Walk:** 1-mile walk around the lake \$10 per entry

Great Team Prizes! Costumes for Dogs Welcome! Finisher's Medals for the Kids!

**A Big Thank-You to our Sponsors:**

REGISTER online at [runningsports.com](http://runningsports.com),  
in person at Running Sports, 813 Donald Ross Road, Juno Beach  
or on race day at Juno Town Center

**www.BellasAngels.org • www.runningsports.com • 561-694-8125**

Bella's Angels, formerly known as The Bella Cavallo Foundation, is a 501(c)(3) non-profit organization formed in August of 2005. The mission of our foundation is to offer financial assistance and emotional support to families of children with a life-long physical disability.



# WHAT TO DO, WHERE TO GO

## Thursday, Dec. 2

■ **Mos'Art Theatre** — Screenings of "Leaving," 2:40 p.m., and "Boxing Gym," 4:30 p.m. Dec. 2. Tickets: \$8. 700 Park Ave., Lake Park; 337-6763.

■ **Hanukkah at Downtown at the Gardens** — Celebrate the festival of lights with Chabad of Palm Beach Gardens. Grand menorah lighting, live entertainment and free latke and donuts. 6 p.m. Dec. 2, Downtown at the Gardens Centre Court, Palm Beach Gardens.

## Friday, Dec. 3

■ **Mos'Art Theatre** — Screenings of "You Will Meet a Tall Dark Stranger" (Woody Allen's latest) and "Waste Land" and "Gas Land." Various times, Dec. 3-8. Opening night tickets: \$6. General admission: \$8; 337-6763.

■ **27th Annual Gardens Holiday Gift & Craft Show** — 11 a.m.-9 p.m. Dec. 3, 8:30 a.m.-4 p.m. Dec. 4, Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. 630-1107.

■ **Ginger Snaps** — Create a sweet gingerbread mini house, just in time for the holidays. Drop off your child or stay and join the fun. Ages 3-5. 1:30-3 p.m. Dec. 3. Fee/resident discount fee: \$18/\$15 per child. 630-1107.

■ **Gardens Holiday Lights** — See the giant tree and hear festive holiday music. Santa and Mrs. Claus will be there to hear each child's holiday wishes and be available for pictures. Food and refreshments will be available for purchase. 6-8 p.m. Dec. 3. Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. 630-1107.

■ **Tovah Feldshuh** — 8 p.m. Dec. 3, Eissey Campus Theatre, Palm Beach State College, Palm Beach Gardens. Tickets: 561-278-7677. She also appears 8 p.m. Dec. 4, Carole & Barry Kaye Performing Arts Auditorium, Florida Atlantic University, Boca Raton. Tickets: 800-564-9539.

■ **Richard Gilewitz and Brian May** — The guitarists play at 8 p.m. Dec. 3, The Atlantic Theater, 6743 W. Indiantown Road, Suite 34, Jupiter. \$20; 575-4942; theatlantictheater.com.

## Saturday, Dec. 4

■ **Boot Camp** — 9-10 a.m., Saturdays; West Jupiter Recreation Center, 6401 Indiantown Road, Jupiter. Adults (13-17 years must be accompanied by an adult); \$5. Call Constonsa Alexander at 694-5430.

■ **Saturday Kids Camp** — weekly camp sponsored by Jupiter Outdoor Center; Session 1 — 9 a.m.-noon; Session 2 — 1-4 p.m., weekly; ages 7-13. \$35 per session; advanced registration required. 747-0063; jupiteroutdoorcenter.com.

■ **Yogaboarding with Cora** — 9:30 a.m., weekly; yoga and guided meditation, while Stand Up Paddling on the waters of the Jupiter River. Jupiter Outdoor Center; call 747-0063.

■ **Kids Story Time** — Loggerhead Marinelifelife Center of Juno Beach, Loggerhead Park, 14200 S. U.S. 1, Juno Beach, 11:30 a.m.-12:30 p.m., Saturdays; free. marinelife.org.

■ **Breakfast with Santa** — Continental breakfast for ages 2 and up, 9-10:30 a.m. Dec. 4, Burns Road Recreation Cen-

ter, 4404 Burns Road, Palm Beach Gardens. Fee/resident discount fee: \$8/\$6 per person. Pre-register. 630-1107.

■ **Holiday Entertainment** — Holiday choirs and dance groups, 11 a.m., 1 p.m., 3 p.m. and 5 p.m. Dec. 4-5 in Downtown at the Gardens, Centre Court, Palm Beach Gardens. Also Dec. 11-12 and Dec. 18-19. Free. 340-1600.

■ **Lunch with Santa** — For ages 2 and up, 11:30 a.m.-1 p.m. Dec. 4, Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Fee/resident discount fee: \$8/\$6 per person. Pre-register. 630-1107.

■ **Drop and Shop** — Drop your little one off for games, crafts, and stories while you go out for your own fun and shopping. Ages 3 and up. 2-4 p.m. Dec. 4, Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Fee/resident discount fee: \$10/\$8 per hour; additional child fee: \$4/\$3 per hour. 630-1107.

■ **Don Shula** — Public autograph session with the former Miami Dolphins coach, 3-4 p.m. Dec. 4, Palm Beach Autographs, Downtown at the Gardens, Palm Beach Gardens. Tickets: \$50, includes photo with Shula. Limited to 50 people. www.palm-beachautographs.com; 775-7753.

■ **Palm Beach Holiday Boat Parade** — Begins at Peanut Island, Riviera Beach, and ends at Jupiter. Entertainment at Jupiter's Riverwalk, 5-10 p.m. Marine Corps will be collecting Toys for Tots along the parade route. Fireworks Finale Party at the Square Grouper's Tiki Bar, Jupiter. www.palmbeach-boatparade.com.

■ **Benefit concert** — Our Wonderful World presents Classic Rock of the '60s & '70s, a concert to benefit Healing Touch Buddies, with Scott Benge and Acoustic Remedy, performing classics by The Beatles, Crosby, Stills & Nash, The Doors, Cream, James Taylor, Jefferson Airplane, Bob Dylan and The Allman Brothers, 7 p.m. Dec. 4, Mos'Art Theatre, 700 Park Ave., Lake Park. Tickets: \$35 per person. Chinese raffle & door prizes with all net proceeds to support Healing Touch Buddies, a non-profit dedicated to improving the quality of life of those with breast cancer. (772) 323-6925

■ **Lowdown 13** — Doors open at 9 p.m. Dec. 4, The Orange Door, 798 10th St., Lake Park. Tickets: \$5; 842-7949.

■ **4th Annual Sand Sculpture Competition & Beachfront Festival** — 9 a.m.-2 p.m. Dec. 4, Loggerhead Marinelifelife Center, 14200 U.S. 1, Juno Beach. Event organizers hope to attract people from all walks of life to come together for a day at the beach to kick back, build a castle, and support Karma Krew, a locally based nonprofit organization whose mission is to establish and support healing arts programs within a variety of underserved environments. Team entry deadline: Nov. 19; marinelife.org.

## Sunday, Dec. 5

■ **Taste in the Gardens Green Market** — Gardens Park, 4301 Burns Road, Palm Beach Gardens; 8 a.m. -1 p.m. Live entertainment, produce, plants, flowers, handmade crafts and prepared food and drink items. Free; no pets. For vendor information, call 772-6435.

■ **Dave & Aaron's Workout on Stand Up Paddleboarding** — 9:30 a.m. weekly, Jupiter Outdoor Center. For reservations, call 747-0063; visit www.jupiteroutdoorcenter.com.

■ **Norton Holiday Family Festival** — The Norton Museum of Art's Holiday Family Festival will take place on Sunday, 1-5 p.m. Dec. 5. Festival will embrace holiday traditions of many cultures and will include acclaimed storyteller Madafu, live performances by local students, as well as holiday inspired, hands-on art activities. Celebrity designer decorated Christmas trees will be on view along with Vincent van Gogh's "Self-Portrait" and the fabulous exhibition, "Nick Cave: Meet Me at the Center of the Earth." Free with regular museum admission and free to members 832-5196.

## Monday, Dec. 6

■ **Palm Beach Pops** — The Best of Broadway. Eissey Campus Theatre, Palm Beach Gardens, 8 p.m., Dec. 6, \$75-\$85. 832-7677; palmbeachpops.org.

## Tuesday, Dec. 7

■ **Bocce in Downtown Park** — The American Bocce League 6-8 p.m. Dec. 7 at Downtown Park, south of The Cheesecake Factory, Downtown at the Gardens, Palm Beach Gardens. For more information and to register, visit www.americanbocceleague.com; 340-1600.

■ **Tai Chi for Arthritis** — 6-7 p.m. Tuesdays at Lakeside Center, 10410 N. Military Trail or 11 a.m.-12:30 p.m. Wednesdays at Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Class focuses on muscular strength, flexibility and fitness. Drop-in fee: \$9; resident discount fee: \$8. 10-class pass fee: \$80; resident discount fee: \$70. 630-1100; www.pbgfl.com.

■ **"Academy"** — The world premiere of a Faustian tale set at a prep school, Dec. 7-19, Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets: \$43-\$60. 575-2223.

## Wednesday, Dec. 7

■ **Wimpy Kid Wednesday** — 3-5 p.m., Lake Park Public Library, 529 Park Ave., Lake Park. Events and movie. Free; 881-3330.

■ **Hatchling Tales** — 10:30-11:30 a.m. Wednesdays, Loggerhead Marinelifelife Center, 14200 U.S. 1, Juno Beach. Free; marinelife.org.

■ **River Totters Arts n' Crafts** — 9 a.m. second Wednesday of each month (next session is Dec. 8), Loxahatchee River Center, 805 N. U.S. 1, Jupiter. Arts and crafts for kids. Cost: \$3; 743-7123.

■ **Jupiter Tequesta Orchid Society Annual Member Party** — 6 p.m. Dec. 8, Civic Center, Carliln Park, Jupiter. Orchid Society will supply turkey, ham, condiments, drinks and paper goods. Entrance fee: \$10 or a side dish that serves 10-12 people. Group will play bingo, \$3 per card, or two cards for \$5. The pathway up to the pavilion can be quite dark, so bring a flashlight. RSVP by Dec. 3 to 748-3632 or mbplante@comcast.net.

## Ongoing events

■ **Holiday Light Show** — See more than a quarter-million lights dance to choreography throughout December, 6, 7, 8 and 9 p.m. daily, Downtown at the Gardens Centre Court, Palm Beach Gardens. 340-1600.

■ **"Peace on Earth" exhibition** — Through Dec. 30, Lighthouse ArtCenter. Gallery Square North, 373 Tequesta Drive, Tequesta. Admission: free for members; \$5 ages 12 and up; free for under 12; free admission to public on Saturdays. 746-3101.

## December events

■ **Art After Dark** — Join the Norton Museum's chief curator and curator of European art, Roger Ward, as he discusses Vincent van Gogh's "Self-Portrait, 1889," on loan from the National Gallery of Art. Learn about tsutsumu, the art of gift presentation, and the cultural significance of gift-giving in Japan presented by Reiko Nishioka, director of education, at the Morikami Museum and Japanese Gardens. The Florida Dance Conservatory Youth Ensemble will perform scenes from The Nutcracker and carolers from the Alexander W. Dreyfoos School of the Arts will sing seasonal songs from 5-9 p.m. Dec. 9 at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach a cash bar, menu options from Café 1451. General admission rates apply; free to members and children 12 and under. Phone: 832-5196.

■ **Parents Night Out** — For ages 6-11; West Jupiter Recreation Center, 6401 W. Indiantown Road, Jupiter; 5:30-9 p.m., Dec. 10; \$5. Call 694-5430.

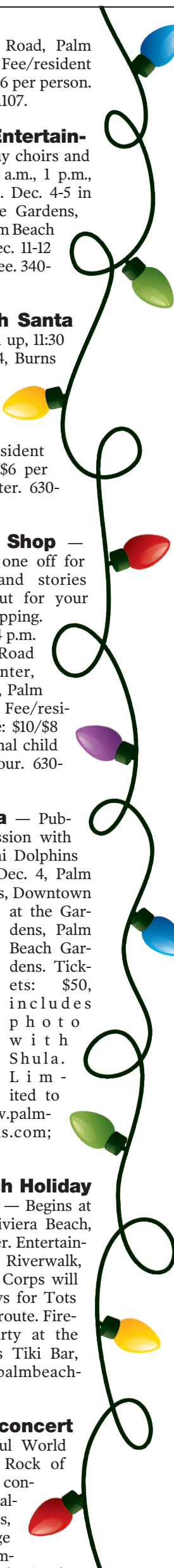
■ **"A Christmas Carol"** — The Charles Dickens tale, 7 p.m. Dec. 10-11, 2 p.m. Dec. 12, The Atlantic Theater, 6743 W. Indiantown Road, Suite 34, Jupiter. \$11-\$16; 575-4942; theatlantictheater.com.

■ **Sea Turtle Winter Holiday Celebration** — 10:30 a.m.-4 p.m. Dec. 11, Loggerhead Marinelifelife Center, 14200 U.S. 1, Juno Beach. Celebrate the tropical winter season, marinelife style. Presentations on cold-stun, penguins, sno-cones and more. Free; 627-8280, ext. 107.

■ **Movie by Moonlight/ "Elf"** — The popular holiday film, with Will Ferrell, James Caan, Mary Steenburgen, Edward Asner and Bob Newhart, gets a screening 7 p.m. Dec. 11, the Kravis Center's Gosman Amphitheatre, 701 Okeechobee Blvd., West Palm Beach. Rated PG. Tickets: \$5; includes free popcorn; 832-7469.



SHULA





# WHAT TO DO, WHERE TO GO

■ **Mike Super Magic and Illusion** — The winner of NBC's hit show "Phenomenon" was voted "America's Favorite Mystifier!" 6 and 9 p.m. Dec. 11, 7 p.m. Dec. 12, at the Kravis Center Cohen Pavilion's Helen K. Persson Hall, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$32; 832-7469.

■ **Stevie Ray Vaughn Experience** — Doors open at 8 p.m. Dec. 12, The Orange Door, 798 10th St., Lake Park. Tickets: \$10; 842-7949.

■ **Hubbard Street Dance Chicago** — The modern dance company is known for its innovative choreography and exuberance, 8 p.m. Dec. 14, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$20 and up. A free pre-performance discussion by former New York City Ballet star Steven Caras is at 6:45 p.m.; 832-7469.

■ **Palm Beach Gardens Concert Band Holiday Concert** — 7:30 p.m. Dec. 15, William T. Dwyer High School, 13601 N. Military Trail, Palm Beach Gardens; 746-6613.

■ **Judy Collins** — The singer famous for "Both Sides Now," "Amazing Grace" and "Send in the Clowns," is 71 and has a new album. She plays two shows for the Kravis Center's Adults at Leisure series, 11 a.m. and 2 p.m. Dec. 16, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25. Individual tickets go on sale Dec. 1; 832-7469.

■ **Idina Menzel with orchestra** — The Tony-winning Elphaba from "Wicked" performs hits from "Rent" and

"Wicked," as well as her own compositions, 8 p.m. Dec. 17, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up; 832-7469.

■ **Christmas with John Tesh** — The New Age musician and radio host plays a holiday show, 8 p.m. Dec. 18, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$20 and up; 832-7469.

■ **"The Mixed Nut Cracker"** — An updating of the Christmas classic by Atlantic Theater, at 7 p.m. Dec. 18 and 2 p.m. Dec. 19, Eissey Campus Theatre, Palm Beach State College, 11051 Campus Drive (off PGA Boulevard), Palm Beach Gardens. Tickets: \$21. 575-4942; theatlan-tictheater.com.

■ **Carter Brey and Christopher O'Riley** — The cello and piano duo play a concert that includes Bach's "Sonata in G minor for viola da gamba and keyboard," Justin Dello Joio's "Due per Due" (a world premiere) and Grieg's "Sonata in A minor for cello and piano," 8 p.m. Dec. 19, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$20 and up. Pre-performance discussion by Sharon McDaniel at 6:45 p.m.; 832-7469.

■ **Palm Beach Gardens Concert Band Holiday Concert** — 7:30 p.m. Dec. 20, Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets: \$12. 575-2223; www.jupitertheatre.org.

■ **The Nicki Parrott Trio** — With special guests Rossano Sportiello, piano, and Ed Metz, drums, 8 p.m. Dec. 21, The Harriet Himmel Theater, CityPlace, West



COURTESY PHOTO

Arturo Sandoval

Palm Beach. Tickets: \$35, \$15 for students with valid ID. Tickets: \$35; 877-722-2820 or www.jamsociety.org.

■ **Moscow Classic Ballet in "The Nutcracker"** — Tchaikovsky's timeless holiday tale, Dec. 22-24, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up; 832-7469.

■ **Monty Python's "Spamalot"** — The 2005 Tony Award winner for Best Musical tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Complete with flying cows, killer rabbits and taunting Frenchmen, 8 p.m. Dec. 26, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up; 832-7469.

■ **NBC's Last Comic Standing Live Tour** — With winner Felipe Esparza and finalists Roy Wood, Tommy Johnagin, Myq Kaplan and Mike DeStefano, 8 p.m. Dec. 27, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$15 and up; 832-7469.

■ **Paul Anka** — The singer of "Diana" and the composer of the English lyrics for "My Way" plays a concert, 8 p.m. Dec. 29, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up; 832-7469.

■ **Puttin' on the Ritz** — New York cabaret star Steve Ross sings Fred Astaire, Dec. 29-31, in the Kravis Center Cohen Pavilion's Helen K. Persson Hall, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$30 (\$45 New Year's Eve toast); 832-7469.

■ **Arturo Sandoval** — The trumpeter is joined by jazz singer Connie James, 8 p.m. Dec. 30, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$15 and up; 832-7469.

■ **Noon Year's Eve** — Countdown the Noon Year 2011 with free carousel rides, games, face painting, A Latte Fun characters and giveaways, 11 a.m.-1 p.m. Dec. 31, Downtown at the Gardens, Carousel Courtyard, Palm Beach Gardens. 340-1600.

■ **Mandy Patinkin** — "Dress Casual," with Paul Ford on piano. The Broadway singer and actor sings a range of songs, 8 p.m. Dec. 31, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up; 832-7469.

■ **The Capitol Steps** — Music and political satire, 5 and 8 p.m. Dec. 31, and 2 p.m. Jan. 1, Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets: \$50-\$85; 575-2223.

— Send calendar listings to pbnews@floridaweekly.com

WORLD PREMIERE MUSICAL!

## MALTZ JUPITER THEATRE

PRESENTS

A YOUTHFUL COMING-OF-AGE HIT NEW MUSICAL SET IN A PREP SCHOOL

# ACADEMY

POP MUSICAL!  
HANDSOME CAST!

"OUTSTANDING ENSEMBLE PERFORMANCE"

"MUSIC AND LYRICS"

"DIMF PRODUCTION AWARD"

## MEET THE CLASS OF 2010

# DECEMBER 7 - 19

"BEST MUSICAL"

For group sales: (561) 972-6117

For tickets: (561) 575-2223

www.jupitertheatre.org

1001 East Indiantown Road • Jupiter, FL 33477

PALM BEACH COUNTY CULTURAL COUNCIL

Palm Beach County Florida  
THE BEST OF EVERYTHING  
A TOURISM DEVELOPMENT COUNCIL RATED PROJECT

FLORIDA ARTS & CULTURE

FLORIDA DEPARTMENT OF CULTURAL AFFAIRS

MALTZ JUPITER THEATRE



## THE MASHUP

# How my father and Ahmad taught me to pass along a love of music

bradfordSCHMIDT  
bschmidt@floridaweekly.com



On the night of January 16, 1958, at the Pershing Lounge in Chicago, Ahmad Jamal sat down to play piano. He was joined, as he had been on many nights previous, by Israel Crosby on bass and Vernell Fournier on drums. The three were artists in residence at the Pershing, and had been playing together for months. On that Thursday night, though, Jamal's performance would change a few things. It would change how people thought about jazz. It would change the way musicians approached their craft. And it would change how I thought about my father, albeit after he died, by becoming part of a gift he gave me. It was a gift we never talked about, one he gave unknowingly, one I did not realize the value of while he was alive. But it was a gift all the same as I'll presently explain. For now though, all you need to know is that January 16 was the night that Ahmad Jamal's performance of "Poinciana" was recorded.

The song had been a standard in Jamal's repertoire long before the recording was made, and as I have no friends who were regulars at the Pershing in the late '50s I have no way of knowing if that particular night's rendition was in some way different from those that came before or after. The fact that it was recorded and

released on vinyl made that night's performance incredibly important — that's what would allow it to reach well beyond the confines of the Pershing and into history.

At the time, great jazz players were often judged by their ability to create fireworks. Virtuoso runs, complex arrangements and mastery of an instrument demonstrated with jaw-dropping playing were what mattered. But Ahmad Jamal's brilliance lay not just in how he played, but in how he didn't. Jamal was far more subtle than most of his contemporaries; he was a master of time and space. Musicians like Miles Davis, who once said "I live for the next Ahmad Jamal album," may have venerated Jamal, but the general public had yet to be hip to his style. That all changed when "At the Pershing: But Not for Me," the original album on which the Pershing Lounge recording of "Poinciana" appeared, was released. Unlike any jazz album released prior, it would remain charted for more than two years, and more than a half-century later the recording of "Poinciana" still stands up as one of the most perfect jazz piano performances. For years following its release, Chicago-style jazz was synonymous with piano and with Ahmad Jamal,



Ahmad Jamal

COURTESY PHOTO / WWW.AHMADJAMAL.NET

with that performance of "Poinciana."

But there's another time and place relevant to this story. The time was 1941, almost 20 years before "Poinciana" was recorded, and the place was Princeton University, where my father was attending school. His major was engineering, but he had an unofficial minor in music. Dad, apparently, liked to sing — something I didn't learn until long after he had given it up.

Originally in the glee club, Dad and six other Princetonians decided that they wanted a little more freedom of choice in what they sang and formed their own close-harmony a cappella

singing group called the Nassoons. The details of the Nassoons' formation seem to vary slightly depending on who's telling the tale, but there is one common thread: The group's big break came at a Yale/Princeton concert (or football game, or both — 70 years tends to introduce a bit of fog) at which the Nassoons were asked to perform. They chose to sing a song that the glee club had been banned from singing due to racy lyrics, "Perfidia" (Eminem wasn't around yet, apparently). A standing ovation followed the performance and my dad and his fellow Nassoons, having nothing

else ready, performed the same song as an encore. Their performance that day, like Jamal's would two decades later, reached far beyond the date and place it occurred. The Nassoons are a highly regarded a cappella group that tours and performs regularly, and even 70 years later they close every performance with "Perfidia."

During the decades I knew him, my father didn't sing much. At times he'd jump in and improvise a bass line to something on the radio, or he'd sing the old Nassoons theme or perhaps "Perfid-

SEE MASHUP, B9 ►

## MASHUP

From page B8



THE PRINCETON NASSOONS

ia," but he was quiet about it. Not that he was embarrassed by his singing; he wasn't. I think instead that he was worried about enjoying it too much or letting people know how much it meant to him once upon a time. He rarely talked about the Nassoons and I regret not asking him about the group when I had a chance, but he rarely talked about himself. If and when he did, I expect I paid him little mind, being more interested in girls and my own teenage angst than tales of an era that I assumed meant nothing to me.

Despite that lost opportunity to connect, he did pass his love of music on to me, if unwittingly; he may have walked away from singing but he never walked away from jazz. He had a ton of albums spanning decades that he listened to regularly, some of which I still have. Among them was the original release of that 1959 recording of "Poinciana." He never overtly let on how much he loved music and he never sat me down to listen to something he thought particularly brilliant. But the music was always there, a soundtrack to the living room or den in which he worked. He played music when he was happy, when he was angry, when he and my mother wanted to dance. It was Miles, or Ahmad, or Herb, or Erroll, or Benny that filled the house when I was young and demonstrated for me the transformative effect on mood that music could have; on his mood, on my mood. Had we spent the time to sit down and listen to music together, to talk

about it, I think we might have both been a bit better, and happier, for it. Music has a way of doing that.

It's something I've been doing with my children since they were tiny. My daughter, in fact, became a Bjork fan while in utero (no, I'm not kidding). She now plays French horn and argues with me about the relative merits of music I wish didn't exist (at least she's passionate about it). My son also loves music and has eclectic tastes: he recently developed an odd affection for Rammstein, the German industrial metal band. He appears to be heading toward being a drummer, though he mentioned wanting

to act (of course, that may be a 10-year-old's idea of a great way to meet girls — we'll see).

And me? I'm sure that growing up listening to Dad's records and watching him listen to his records helped develop my love of music and my desire to pass that on to my children. "Poinciana" held a particular place of honor in that experience and every note, every pause, every moment of that performance has stayed with me for me for 40 years.

Today when I hear that 1959 recording, I'm reminded of the gift my father gave me and that I'd like to have talked to him about it while he was alive. And then I think of the opportunity I was given with my children: that regardless of what horrid, auto-tuned disasters they choose to listen to now or in the future, Joe Jackson or the Beatles or Yes will in some way be their own "Poinciana." ■

— For *The Mashup*, Bradford Schmidt writes about meat, technology, music and mashups thereof. He welcomes suggestions, comments, questions and offerings of prime beef.

## Palm Beach State College holds ceramic art show and sale

The Art Gallery at Eisse Campus in Palm Beach Gardens presents the 7th Annual Ceramic Art Show and Sale on Dec. 3 from 10 a.m. to 8 p.m., and Dec. 4 from 8 a.m. to 3 p.m.

Handmade holiday gifts, including unique bowls, platters, pitchers, cups, mugs, teapots and glass art made by 18 professional and student artists, will be for sale. The artists will be available

to meet with customers throughout the show. Prices will range from \$5 to \$100. A portion of the proceeds from the event will go to the Art Alliance of Palm Beach State College.

The Art Gallery at Eisse Campus is located at 3160 PGA Blvd., in room 113 of the BB Building. For more information on this free event call 207-5015. ■

## Lighthouse ArtCenter sets gift market, café event

Artistic, handmade items from local artists and vendors will be sold at the Lighthouse ArtCenter's Holiday Gift Market and Café. This afternoon of gift buying and sweets sampling is Dec. 5 from 11 a.m. to 5 p.m., in the Museum at 373 Tequesta Drive in Jupiter. Shopping is free and open to the public; a \$5 donation is suggested to enjoy the café. Shopping proceeds support local artists and the ArtCenter's year-round educational and outreach programs.

Vendors offer a selection of unique hand-decorated gifts and apparel, and members of the committee have created their own specialties for sale, including culinary and artist aprons for children and adults, decorated dish towels, place mats, napkins, decorative pillows, sun dresses for little girls, knitted items and Christmas decorations, in addition to items they have purchased to sell at the event. There will also be home-baked goods and jams available in the cafe for shoppers to take home or use as gifts.

A crafting session for children is 1 p.m. and 5 p.m. at the School of Art. For a \$5 donation, children can stay busy in Santa's Workshop while their parents shop and visit the café.

For more information on the Lighthouse ArtCenter Museum, School of Art, exhibitions, programs and events visit [LighthouseArts.org](http://LighthouseArts.org) or call 746-3101. ■

## Spectacular Holiday Light Show!

### DOWNTOWN LIGHTS UP THE NIGHT

You won't want to miss this holiday celebration! Over a quarter million lights dance to choreographed music in a must-see light extravaganza.

### NIGHTLY PRESENTATIONS

November 27th – December 31st  
6pm, 7pm, 8pm & 9pm



Complimentary Valet Parking  
[DowntownAtTheGardens.com](http://DowntownAtTheGardens.com)

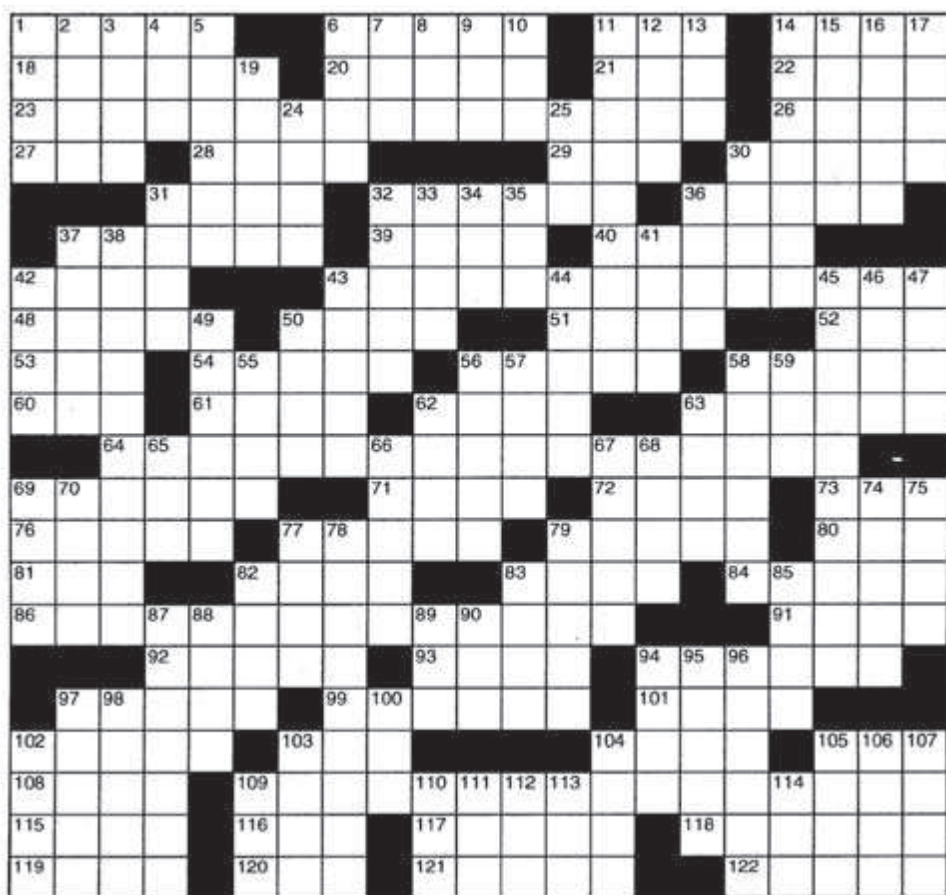
Stay Connected





# FLORIDA WEEKLY PUZZLES

## WHEREABOUTS



- ACROSS**
- 1 Winning
  - 6 In the know
  - 11 Ingot
  - 14 Nursery furniture
  - 18 Hook's mate
  - 20 Corday's prey
  - 21 Flamenco dancer's shout
  - 22 Mandlikova of tennis
  - 23 "Sunrise Sunset" musical
  - 26 Writer Hunter
  - 27 Southern constellation
  - 28 New Mexico resort
  - 29 Med. test
  - 30 Statistical focus
  - 31 Unruffle
  - 32 Reposes
  - 36 Michael of "Little Voice"
  - 37 Noxious atmosphere
  - 39 Dock
  - 40 Unburdens oneself
  - 42 Ostentation
  - 43 Alistair MacLean bestseller
  - 48 On the — (defenseless)
  - 50 Soft cheese
  - 51 Schoenberg's "Moses und —"
  - 52 —Magnon
  - 53 Benjamin of The Cars
  - 54 "Salome" character
  - 56 Elbows
  - 58 Implied
  - 60 Like a bairn
  - 61 Persia, today
  - 62 Augur
  - 63 Stratas or Stich-Randall
  - 64 Hitchcock opus
  - 69 Newspaper circular
  - 71 Deride
  - 72 Starting at
  - 73 Gumshoe
  - 76 Dirties
  - 77 Impose Prohibition, e.g.
  - 79 Propeller part
  - 80 Actress Thurman
  - 81 Part of USNA
  - 82 Small businessman?
  - 83 Fluctuate
  - 84 Dais covering
  - 86 Kiddie-lit classic
  - 91 Envelope abbr.
  - 92 — apso
  - 93 Neighbor of Saudi Arabia
  - 94 Rubble or Fife
  - 97 Bobbin
  - 99 Kyoto companion
  - 101 Jal —
  - 102 Thought-provoking
  - 103 Our omega
  - 104 Sacred image
  - 105 Air-quality org.
  - 108 Hasty
  - 109 Old folk song
  - 115 Kitchen addition?
  - 116 Clay, later
  - 117 Pale purple
  - 118 Combat mission
  - 119 Carries out
  - 120 Regret
  - 121 Grind one's teeth
  - 122 Mike of "Austin Powers"
  - DOWN**
  - 1 — Romeo
  - 2 It grows on you
  - 3 Snorri's stories
  - 4 Count up
  - 5 Corinthian consonants
  - 6 "— & Andrew" ('93 film)
  - 7 Pallid
  - 8 Cunning
  - 9 Stadium shout
  - 10 Nice season
  - 11 Where to find romance
  - 12 Easy as falling off —
  - 13 Part pugilists
  - 14 '66 Association hit
  - 15 Glossy black
  - 16 Pointless
  - 17 Simple ring
  - 19 Domain
  - 24 Downey of "Touched by an Angel"
  - 25 Agt.
  - 30 Lauder powder
  - 31 Promontory
  - 32 Cuttlefish kin
  - 33 Volez of "Mexican Spitfire"
  - 34 "Annabel Lee" monogram
  - 35 Pupil's place
  - 36 Tribe
  - 37 Opera's Grace
  - 38 Striking
  - 41 Cain's nephew
  - 42 Freightier front
  - 43 Pitchfork
  - 44 Spoken for
  - 45 Stress
  - 46 Author Murdoch
  - 47 "— creature was stirring . . ."
  - 49 Prepares eggs
  - 50 Grain husk
  - 55 Part of Q.E.D.
  - 56 Emulated Elle
  - 57 Scent
  - 58 — up (united)
  - 59 "Exodus" protagonist
  - 62 Submachine gun
  - 63 Walked
  - 65 — Aviv
  - 66 VCR button
  - 67 Black piano key
  - 68 Hors d'oeuvre holder
  - 69 "It — Right" ('56 song)
  - 70 First zookeeper?
  - 74 TV's "— Nest"
  - 75 Columnist Herb
  - 77 Geometry term
  - 78 Williams' was glass
  - 79 Botswana bigwig
  - 82 List ender
  - 83 Asian title
  - 85 Asian title
  - 87 Duds
  - 88 Crow's-nest cry
  - 89 — polloi
  - 90 Printer's measures
  - 94 Cantata composer
  - 95 Fugard's "A Lesson from —"
  - 96 Liberation
  - 97 Cold-war assn.
  - 98 Ersatz emerald
  - 100 Cartoon cry
  - 102 Hoarse horse?
  - 103 South African native
  - 104 Craving
  - 105 "Harper's Bazaar" artist
  - 106 Brace away
  - 107 Blows Gob
  - 110 Actress Taina
  - 111 Chinese principle
  - 112 Sievedores' grp.
  - 113 Advisory org.
  - 114 Go for it

◀ SEE ANSWERS, B5

©2010 King Features Synd., Inc. World rights reserved.

## HOROSCOPES

■ **SAGITTARIUS (November 22 to December 21)** Taking on that recent challenge impressed a lot of important decision-makers. Meanwhile, proceed with your holiday plans, and don't forget to include you-know-who in them.

■ **CAPRICORN (December 22 to January 19)** Disagreeing with an opinion you can't accept could be dicey, and your motives might be questioned. Best to wait to mount a challenge until you have support for your position.

■ **AQUARIUS (January 20 to February 18)** Getting involved in helping others in this increasingly hectic period not only makes the generous Aquarian feel good, but you could also gain a more substantive benefit from your actions.

■ **PISCES (February 19 to March 20)** The Piscean way of thinking clearly and objectively helps you resolve a complex situation without creating any ill will. Don't be surprised if your counsel is requested on another matter.

■ **ARIES (March 21 to April 19)** At this time you might want to resist that otherwise admirable Aries penchant for getting to the heart of a matter quickly. Keep in mind that a delicate situation calls for patience.

■ **TAURUS (April 20 to May 20)** Your aspects favor more diplomacy and fewer direct confrontations when dealing with a relationship problem. Avoiding hurt feelings can help in your search for the truth.

■ **GEMINI (May 21 to June 20)** Positive aspects are strong this week.

Although you might still have to deal with some problems caused by a recent period of turmoil, you are making progress, and that's what counts.

■ **CANCER (June 21 to July 22)** A family matter could benefit from your counsel. But don't come into it unless invited, and don't stay if you feel uneasy. Just remember to reassure one and all that you'll be there for them.

■ **LEO (July 23 to August 22)** As the truth about an ongoing situation emerges, you could find that you were right to defer judgment before you had all the facts. Now would be a good time to move on to other matters.

■ **VIRGO (August 23 to September 22)** Your plans to take control of a personal situation because you feel you are best qualified could create resentment. Best to hear what everyone else involved in the matter has to say about it.

■ **LIBRA (September 23 to October 22)** Uncovering some surprising background facts about that ongoing personal matter could make you reconsider the extent of your involvement. A neutral family member offers advice.

■ **SCORPIO (October 23 to November 21)** Religious or spiritual themes start to dominate your aspect this week. This can serve as a counterweight to the mounting effects of the season's growing commercialization.

■ **BORN THIS WEEK:** You have a way of persuading people to look at the positive possibilities that make up any choices they might face.

By Linda Thistle

2				6	4	
	6	1		7		9
		3	5			2
	2		7			5
	5	4		1	6	
3				2		4
	3			9	1	8
		7		5		9
1			8		7	

Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging  
★★★ Expert

©2010 King Features Synd., Inc. World rights reserved.

◀ SEE ANSWERS, B5

**OPEN 7 DAYS A WEEK**

**Sweet Greens Farmers Market**

LOCATED IN MIDTOWN  
next to Ill Forks Steakhouse

Just picked. Just caught. Just fresh.

**SEE THE DIFFERENCE!**

**10% OFF**

**YOUR ENTIRE PURCHASE**

With this ad. Not to be combined with any other offers. Limit one per customer.

sweetgreensmarket.com 561-624-0857  
4807 PGA Blvd. just west of I-95 & Military Trail

Every Mon/Tues/Wed FREE Dozen Eggs with \$25 or more purchase

**Murder Mystery Dinner Train**

Seminole Gulf Railway - Fort Myers, FL  
www.semgulf.com

A Unique Year Round Dining Experience  
Five Course Dinner, Comical Show & Train Ride  
Wednesdays—Saturdays at 6:30pm, Sundays at 5:30pm

**"A Christmas Peril"**  
Playing thru Dec 24

MAKE YOUR RESERVATIONS NOW  
**239-275-8487**

Other Holiday Events  
**Christmas Rail-Boat Trips\***  
Set Sail for a Christmas Light Display on Dec 13, 14, 20 and 21

**New Year's Eve Gala**  
Murder Mystery Dinner Party to Ring in the New Year  
Friday Dec 31


\*No Murder Mystery on Rail/Boat Trips



# LATEST FILMS

## '127 Hours'

**danHUDAK**  
www.hudakonhollywood.com



★ ★ ★ ½  
Is it worth \$10? Yes



You've likely heard the expression "between a rock and a hard place," but you've probably never thought about it the way it happens in "127 Hours."

Or maybe you have: The film is based on the real experiences of outdoorsman and survival guide Aron Ralston, here played with Oscar-worthy grit and smarts by James Franco. In April 2003, after hanging out with two fellow outdoor-loving females (Amber Tamblyn and Kate Mara) while canyoneering in middle-of-nowhere Utah, Aron falls down a crevice. A boulder pins his arm against a rock wall, and because the girls are gone and he didn't tell anyone where he was going, he has little hope of rescue.

Director Danny Boyle ("Slumdog Millionaire") smartly shows off the vast beauty of the desert and keeps an up-tempo, product-placement heavy pace in the first third of the movie. Although things slow down after Aron is trapped, that's not to say it gets boring; on the contrary, it's fascinating to see Aron logically think through his options and try to keep his cool.

Mr. Boyle's movies tend to have a vivid, immediate quality to them, and the heightened sounds (such as swallowing water), quick cuts and close-ups help emphasize the importance of every decision Aron makes.

Mr. Franco does a great job of using Aron's knowledge, instincts and intelligence to stay alive. We go inside Aron's mind as he distracts himself from the reality of the situation by thinking of family and loved ones, and he also sadly says goodbye to his parents via a video camera. These moments are alternately touching, funny and sad, and Mr. Franco is so engaging that we easily lose ourselves in Aron and his predicament.

When he figures out how to free himself, be prepared for five of the most brutal, tough-to-watch but exhilarating min-

utes you will ever see. In fact, enough people have fainted during this sequence that we can safely call it the "fainting five"; in full disclosure, it made me nauseous and I broke into a cold sweat. It was the nerve that got me. You'll know what I mean.

Some movies that are so powerful, vivid and impactful that seeing them once is more than enough. "The Passion of the Christ" and "The Pianist" were excellent dramas, but watching them takes such an emotional toll it's difficult to find the desire to see them again. Now we can add "127 Hours" to that list, and it may be the best of the bunch.

When "127 Hours" ends, you'll feel like a weight has been lifted from your chest. It's intense, suspenseful and exhausting to watch, and it's only 94 minutes. Even better, it leaves you asking your companions, "What would you do?" The truth is it's an impossible question to answer. Unless you're Aron Ralston. ■

— Dan Hudak is the chairman of the Florida Film Critics Circle and a nationally syndicated film critic. You can e-mail him at dan@hudakonhollywood.com and read more of his work at www.hudakonhollywood.com.

**in the know**

>> Aron Ralston has been back to the canyon numerous times, including one special trip to spread the ashes of his cremated hand.

## CAPSULES

REVIEWED BY DAN HUDAK  
www.hudakonhollywood.com

**Tangled** ★★★★★  
(Voices of Mandy Moore, Zachary Levi, Donna Murphy) Trapped in a tower her entire life by her evil mother (Ms. Murphy), longhaired Rapunzel (Ms. Moore) escapes after a thief (Mr. Levi) promises to take her to see a special starry night. Great animation, imagination, songs and humor make this an instant classic that's very deserving to be the 50th animated film released by Disney. Rated PG.

**Love And Other Drugs** ★★★★★  
(Jake Gyllenhaal, Anne Hathaway, Oliver Platt) Womanizer and successful pharmaceutical sales rep Jamie (Mr. Gyllenhaal)

meets his match in Maggie (Ms. Hathaway), a smart, free-spirited artist who challenges him for the better. The shift from lighthearted to serious is a bit abrupt, but strong performances from the leads and a tender (albeit conventional) ending make it a moving, effective drama. Rated R.

**The Next Three Days** ★★★  
(Russell Crowe, Elizabeth Banks, Olivia Wilde) Believing his wife (Ms. Banks) has wrongfully been given a life sentence for murder, loyal husband John (Mr. Crowe) devises an elaborate escape plan to get her out. Writer/director Paul Haggis ("Crash") nicely keeps things within the realm of plausibility, and Mr. Crowe plays John with such admirable conviction we can't help but root for him. Rated PG-13. ■

Via Condotti

**\$10 OFF**

Your Purchase of \$50 or More!  
Includes Clearance Merchandise  
Excludes Via's 'Essential Pant' & 'Not Your Daughter's Jeans'  
Expires 12/9/2010  
With This Ad

"The Best for Less"



**NORTH PALM BEACH**  
OAKBROOK SQUARE  
US 1 & PGA Blvd.  
(561) 622-5519  
Mon-Sat 9:30-5:30 • Sun 12:00-5:00

**MANALAPAN**  
PLAZA DEL MAR  
Across from Ritz Carlton  
(561) 585-1447  
Mon-Sat 9:30-5:30 • Sun 12:00-5:00

**allaboardtravel**  
Cruise, Hotel & Air Travel Packages

**EXCLUSIVE OFFERS!**  
PORT CHARGES ARE INCLUDED!!

**16 Day Spring Panama Canal**  
Sail Miami to San Diego with a full Panama Canal transit!  
**FREE AIR & BUS!**  
fr. \$1,299

**18 Day Roman Renaissance**  
Sail to the Azores, Spain, France & Italy plus 3 nts in Rome!  
**FREE AIR & BUS!**  
fr. \$1,699

**15 Day Classic Transatlantic**  
Sail to the Azores, Lisbon, Seville & Malaga plus 1 nt in Barcelona!  
**FREE AIR & BUS!**  
fr. \$1,399

**18 Day Enchanting Transatlantic**  
Pt. Canaveral to the Azores, Portugal, Belgium & Holland plus 2 nts Copenhagen!  
**FREE AIR & BUS!** fr. \$1,399

**19 Day Vegas & The Canal**  
3nts Las Vegas plus Mexico, Costa Rica, full Canal transit, Colombia & Key West!  
**FREE AIR & BUS!** fr. \$1,399

**All Aboard Travel**  
1.800.741.1770  
www.AllAboardTravel.com  
Prices per person plus taxes & fees. Subject to availability. Restrictions apply.

**SATURDAY**  
DECEMBER 18 • 5-9pm

Call 561-659-4931 or visit us online at www.OldNorthwood.org for more information

**TICKETS**  
available in ADVANCE:  
www.historichometours.com



TWENTY-THIRD ANNUAL  
**OLD NORTHWOOD CANDLELIGHT HOME TOUR**

Experience our History, Hospitality and Holiday Cheer!

Come join us for the original and longest continuously-running historic home tour in West Palm Beach. A magical evening not to be missed!



Historic Old Northwood, West Palm Beach, bordering between 26th Street to 35th Street, including Poinsettia and Spruce Avenues. Hospitality Tent located at the intersection of 30th Street and Spruce Avenue.



# FLORIDA WEEKLY SOCIETY

2nd Annual "Drink, Dine & Dance for the Dogs" to benefit Big Dog Ranch Rescue at Jupiter Beach Resort



RACHEL HICKEY/ FLORIDA WEEKLY

1. Doug and Erica Vine
2. Vickie Lassiter and Jayne Allen
3. Ashley Clark and Melissa Reiter
4. Rhonda Rifelli
5. Ashley Lowe, Emily Johnson and Sindy Conover
6. Robert Simmons, Karen and Tracy Sharp
7. Cindy Taylor, Marge Davis and Lauree Simmons
8. Grace Luxton, Kendall Jackson and Alex Gonzalez
9. Vanessa and Shane Simmons

**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).



# FLORIDA WEEKLY SOCIETY

## Fifth Annual Art in the Gardens at Midtown



1



4



5



2



6



3

RACHEL HICKEY/ FLORIDA WEEKLY

- 1. Christina Tufford and Melissa Church
- 2. Tammi and Michelle Lowe
- 3. Olivia, Patty and Hanna Rybolt
- 4. Ron and Nancy Atchley
- 5. Skye Howell and Julia Dietrich
- 6. Carolyn Horn and Dolce Grimes

**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).



# FLORIDA WEEKLY SOCIETY

## Downtown Lights up the Night at Downtown at the Gardens



RACHEL HICKEY / FLORIDA WEEKLY

1. Chris and Brendan Callaghan
2. Diane Wilt, Andrea Carlson and Kimberly Callaway
3. Victor and Jossy Muratti
4. Carri Jolley and Errol Sewlal
5. Zach Thompson, Lena Ruiz-Lopez and Ricky Saturnini
6. Adrianna Callaway, Audrey Labella and Chuck Callaway
7. Brittney Janoski, Ena Nanic and Vicki Eurich

**FLORIDA WEEKLY**  
YOUR NEWS AND ENTERTAINMENT SOURCE

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).



# FLORIDA WEEKLY CUISINE

## Fare is tantalizing, traditional yet eclectic at family-run Talay Thai



It's a family affair at this Thai restaurant, tucked away in the old El Toro space in the L.A. Fitness plaza. The mother of chef Charlie Soo is usually the greeter; other relatives sometimes help out in the kitchen, and the family comes from a group who has noted Thai restaurants in Atlanta.

Their web site notes that many of the recipes are traditional family dishes — I wouldn't mind being adopted. Soo has a steady hand with creative flair.

The restaurant is spread into two rooms — a dark bar dominates one half, with a few tables sprinkled around. There are a few screens for catching a game — it's become a neighborhood hangout where golfers, tennis types and others gather for happy hour. Certain nights, there are Wii video tournaments among patrons as well.

The main dining room, decorated with Buddha and childlike drawings that we learn were painted by elephants for the chef's parents in Thailand, is on three levels, and despite a brightly lit dining room, it still feels somewhat intimate. Tables have a single stem or blossom on each, and are set with starched tablecloths. Soft jazz is the background music, making it easy to hear your dinner mates.

We started with wine from a small but decent list — Sterling's Meritage (\$9 a glass). The blended red went well with the spices that came later in our foods — particularly well with the short ribs.

We had to choose from a number of appetizers: satay, spring and summer rolls, calamari or dumplings. An order of summer rolls, \$7, brought four pieces of the rice paper-wrapped rolls — translucent, soft and thin, but too rubbery and sticky at room temperature — we had to pull them apart on the plate. They encased rice noodles, cilantro leaves, matchstick carrots, a little scallion and lettuce shreds. The vegetables seemed limp and not as crisp as they should. This was the weakest dish of the night. On a previous visit, the spring rolls (also \$7) were perfectly crisp, flaky and delicious in contrast to these.

A cup of chicken tom kha soup (\$4; a bowl is \$7) was exceptionally tasty. In some versions around town, the fish sauce has overpowered the other delicate flavors, or the soup is too thick with coconut milk, but this was a nice balance between the coconut milk, stock, fish sauce, large pieces of white chicken, onion slices and straw mushrooms. Next time, we'll get a bowlful to prevent fighting over the last drop.

The signature dish here is Soo's take on short ribs — with panang curry (\$22). These are presented, as are all his dishes, with flair in snowy white bowls that make the curry colors tantalizing. Meaty, but tender — to the point of falling off those short cut bones (they're cut to his specific order), the beef is cooked long and slow in a braise, then dressed with the peanutty panang curry, with the heat chosen by the diner. In this case, a medium heat suited the dish. One of us thought the curry texture a little thick, though still flavorful and one of the best she's had. I prefer it to the runny, thin variety I've had in some Thai restaurants; it should cling to the fork and meat. The peanuts were finely ground — I've also had this with peanuts in whole or halves — but they should be as much a part of the sauce as the curry and cooked into it for flavor, as it is served here. The portion was plenty to share and worth the price.

A pork masaman curry (\$16) was our other entrée — all entrees proved enough for two diners. The four curries — red, green, panang or masaman, are offered with chicken, tofu, beef, pork or shrimp. Again we asked for medium curry and weren't disappointed, but medium on this dish was hotter, seemingly, than on the short ribs. The chef will prepare any dish with no heat, however, or scorchingly hot.

The masaman was rich — cardamom, tamarind, cinnamon and curry paste are mixed with a touch of coconut milk to form this creamy sauce. Each chef has his secret formula and most make their own curry mixtures. The balance was just right and nicely coated the pork and potatoes, cooked al dente and not into mush.

The contrast of the dishes shows a talent from a chef who can accomplish both traditional and eclectic. On previous visits, we've tried the chicken pad Thai (\$14) — a hallmark for many of how well a Thai restaurant can do. It's quite good here, with



MAUREEN DZIKOWSKI / FLORIDA WEEKLY

The brightly lit dining room is on three levels and still feels somewhat intimate.

soft noodles and the peanutty and scallion-filled sauce that works best, in our view, on chicken or pork. We went without heat for this dish, allowing the sweet flavor to stand alone and coat the noodles, sprouts, and sliced vegetables, but next time, we'll add some chili sauce (offered on the table).

All entrees are served with a red jasmine rice, from Texas. It was chewy and had its own flavor — and was the perfect starch to catch the last bit of curry in either bowl. White rice is the other choice.

Service was good, with only a couple of lapses; the cheery greeter at the door was Mrs. Soo, we learned. The only real fault was a busboy running food during the dinner hour — he mistakenly called the dish "Short ribs with masaman," rather than panang. A few lags in service were because of full-house crowds — reservations are recommended, especially on weekends.

A new pastry chef is part of the team here; he works off premises and had produced a small cake with pastry cream, but we were too full to enjoy the slice sent by the chef after our check had come.

Note that gluten-free menu items are available here; call ahead to find out exactly what's offered as items change.

Full disclosure about this review: Chef Charlie Soo knows me as a food writer from a previous restaurant in town, but none of his staff at Talay Thai does, and I was not recognized in my party until we had paid our check.

As he does most nights, he had come around to every table to check on diners. Tucked into a back corner, we were the last

table he visited. So throughout the meal, I was able to observe the service and plates going to other tables as well — any special treatment would have been obvious.

As always, I paid my full tab; *Florida Weekly* then paid me. ■

### in the know

#### Talay Thai Cuisine

7100 Fairway Dr. (in L.A. Fitness plaza),  
Palm Beach Gardens  
(561) 691-5662

**Ratings:**  
**Food:** ★★★★★  
**Service:** ★★★★★½  
**Atmosphere:** ★★★★★

>> **Hours:** Monday through Friday, 11:30 a.m.-9 p.m., Saturday, 5-9 p.m.

>> **Reservations:** Accepted, suggested

>> **Credit cards:** Major cards accepted

>> **Price range:** Lunch, \$4-\$11; Dinner, appetizers, \$4-\$10; entrees, \$14-\$28

>> **Beverages:** Full bar

>> **Seating:** Booths, tables and bar

>> **Specialties of the house:** Short ribs panang curry, pad Thai, pad Drunken and pad Siew; jumbo scallops with curry, Florida lobster pad Thai, masaman duck

>> **Volume:** Low

>> **Parking:** Free lot

>> **Web site:** www.talayonpaga.net

★★★★★ Superb  
★★★★ Noteworthy  
★★★ Good  
★★ Fair  
★ Poor

## Chefs make simple menus for running from kitchen to marathons

BY JAN NORRIS

jnorris@floridaweekly.com

A number of chefs in the area are lacing up their running shoes and hitting the pavement a few times a week, preparing for the Palm Beach Marathon set for Dec. 5 along Flagler Drive in downtown West Palm Beach.

Jeff Simms was going to be one of them. "I'm injured, so I have to sit this one out."

The Breakers' executive chef for banquet operations, Simms oversees marathon hours of kitchen work and battalions of chefs who prepare meals for hundreds at a time at the Palm Beach resort.

But an inflamed tendon on the bottom of his foot has shut him down from the real marathon.

"I had the same thing on the right foot, and it required surgery, so I guess I'm going to have to go through that before I can run again, but the doctor said absolutely no marathon."

He's not a stranger to the marathon. He first started running four years ago in an effort to lose weight and then entered the

race. "I initially weighed 255, and lost down to 180 or so; now it's crept back up as I've quit running. As soon as I can, I'll start training again."

When he is running, he runs with other marathon trainers and some chefs, including Geraldine Doyle, a chef at The Bistro in Jupiter. "She just did the full marathon in Ireland. It was pretty amazing — she did well," Simmons said. "Caroline Willems, one of the restaurant managers, is a phenomenal runner. She's super fast."

In training mode, Simms eats a formula diet that he calls 40-40-20 — that's 40 percent grains and starches, 40 percent vegetables and 20 percent lean protein. "It's a balance. You always eat before you exercise, too — a 100-calorie snack or something in your stomach. Why? You end up burning muscle instead of fat, otherwise."

He does no carb-loading as in early days of marathoners, who tanked up on spaghetti and rice and even candy.

"That's long gone. Now, you have a bagel with peanut butter and blueberries — that's my snack, with whole grain bread.

When you're actually running, you eat the power bars and gel packs of glucose and proteins every 45 minutes. Goo is the brand most use, but power bar makers have their own gels as well. The liquids get into your system faster," he said.

He also entered his first couple of triathlons last year. "I learned more from doing those, really. You can't eat a lot of meats or vegetables the week before — it upsets your stomach. They're hard to digest, so you want to put easy things on your stomach in the days leading up to it."

Chef Ricky Gopeesingh, executive chef at Jupiter Beach Resort, will be doing his first half-marathon this year. That's 13.5 miles.

The Trinidad native has been running since he was a boy on the Caribbean island, he said. Now, "It's a stress reliever for this business," he laughs.

"I did some friendly races when I was in Nevada, but I've never been one to run long distances, so this is something new for me. Before it was just one of those things you did with a party afterward — mostly for bragging rights."

He's training with some of the others of his kitchen team — Amy Simpson, the resort's banquet manager, and Jonathan Lester, the catering director.

"We do short runs — five to six miles during the week, then on weekends, 10 to 12 miles."

His training diet? "I don't really have one. We're all just conscious of what we eat. I don't go back for that second helping any more. We don't want to win the marathon, just complete it, so we're not going to carb up. I do get up early enough to eat a bowl of oatmeal before a long run; it sticks with you. But you don't want to run with anything heavy in your system."

"The main thing is to be well hydrated. When you run on weekends, they have water stations set up along the routes. It really helps provide a boost during your run."

Like Simms, he also goes for the Goo-type supplements. "They help refresh the electrolytes in the body."

He runs a course in Jupiter from Donald Ross along State Road A1A to the tip of Jupiter Inlet and back. "It's a nice little course, gets you warmed up." ■





Annual  
**HOLIDAY**  
 SALES EVENT

Receive a  
**\$1000**  
 Luxury  
 Certificate

If you own any luxury vehicle, from BMW to Mercedes-Benz to even a Lexus, you'll receive an additional \$1000 discount certificate\*, good towards any brand new 2010 or 2011 Lexus.

NEW LEXUS MODEL	\$2000 DOWN PAYMENT	\$3000 DOWN PAYMENT	\$4000 DOWN PAYMENT
New <b>2011</b> Lexus <b>IS250</b> STK#B5132982 	<b>\$399</b> LEASE PER MO. PLUS TAX	<b>\$379</b> LEASE PER MO. PLUS TAX	<b>\$359</b> LEASE PER MO. PLUS TAX
20 IS250 Vehicles at similar payments.			
New <b>2011</b> Lexus <b>ES350</b> STK#B2417719 	<b>\$449</b> LEASE PER MO. PLUS TAX	<b>\$429</b> LEASE PER MO. PLUS TAX	<b>\$399</b> LEASE PER MO. PLUS TAX
30 ES 350 Vehicles at similar payments.			
New <b>2011</b> Lexus <b>RX350</b> STK#BC041600 	<b>\$499</b> LEASE PER MO. PLUS TAX	<b>\$479</b> LEASE PER MO. PLUS TAX	<b>\$459</b> LEASE PER MO. PLUS TAX
68 RX350 Vehicles at similar payments.			
New <b>2010</b> Lexus <b>IS350C</b> STK#A2502967 	<b>\$8000</b> OFF MSRP		
5 IS350C Vehicles at similar savings.			
New <b>2010</b> Lexus <b>GX460</b> STK#AC034890 7 GX460 Vehicles at similar savings.	 <b>\$10,000</b> OFF MSRP		
New <b>2010</b> Lexus <b>LS460</b> STK#AC034890 22 LS460 Vehicles at similar savings.			

All lease offers above for 48 months. 10K miles per year. All Payments plus tax. First payment, tags and selected down payment, all due at lease signing. With 720 Beacon score. Dealer retains all rebates and incentives. See store for complete details. \* \$1000 discount certificate available on BMW, Mercedes-Benz, Audi, Acura, Infiniti, Cadillac, Lincoln and Lexus trade ins only. Must purchase a new 2010 or 2011 Lexus to receive discount. Offers not in conjunction. See store for complete details.

**Certified & Quality Pre-Owned Vehicles**

'04 VOLVO S60 SILVER /GRAY, 68K MILES, STK#42414911.....	\$9,991	'06 INFINITI M35X BROWN METALLIC, NAV, BOSE, 52K, STK#6M253558.....	\$20,891
'06 HONDA ACCORD LX SILVER/BLACK, GREAT CAR, STK#6A113570.....	\$10,993	'08 AUDI A4 BLACK, SUNROOF, 1 OWNER, 32K, STK#8A111407.....	\$21,492
'05 GMC SIERRA 1500 SLE RED/TAN, PRICED TO MOVE, STK#5E113706.....	\$12,891	'09 ACURA TSX TECH PKG BRONZE METALLIC, NAV, NEW TIRES, STK#9C006226.....	\$22,993
'04 TOYOTA 4-RUNNER SR5 BLUE/GRAY, NEW TIRES, MOONROOF, STK#48003038.....	\$12,994	'06 MERCEDES-BENZ SLK350 CONV. SILVER/GRAY LTHR, SPORT, 28K, STK#6F094658.....	\$25,891
'07 HONDA CIVIC HYBRID WHITE/BEIGE, 36K MILES, STK#75006631.....	\$13,891	'06 INFINITI QX56 BLACK/BLACK, SUNROOF, DVD, CHROME, STK#6N811463.....	\$25,992
'03 MERCEDES-BENZ SLK 320 CONV. SILVER, LTHR, SPORT, 32K, STK#3F274364.....	\$16,993	'09 LEXUS RX350 CERT, BLACK/BLACK, PRICED TO MOVE, STK#9C067017.....	\$25,994
'05 TOYOTA SEQUOIA LTD WHITE, 3RD ROW, NAV/CAMARA, STK#5S259708.....	\$17,492	'08 BMW 528IA BLUE/BEIGE, 1 OWNER, BEAUTIFUL, STK#8C110557.....	\$28,991

**Shop Online**

The Largest selection of new and used Lexus vehicles.  
[LexusofPalmBeach.com](http://LexusofPalmBeach.com)



**Smart Choice**<sup>SM</sup>

Everything you want to know including prices and payments upfront.



**7 Day Service**

Now open Sundays to Service your vehicle.  
[LexusofPalmBeach.com](http://LexusofPalmBeach.com)



**Find us. Friend us.**

