

ARTS | TRAVEL | DINING | SMART THINGS TO DO

THIS WEEK

PALM BEACH
Auryn Quartet
takes stage

The Auryn Quartet performs at the Flagler Museum today at 7:30 p.m. The award-winning quartet has been performing across the globe for over three decades. The musicians also teach young musicians at the Music Academy in Detmold, Germany. \$70. 1 Whitehall Way. 561-655-2833; www.flaglermuseum.us.

LAKE WORTH
Author Jessica
Soffer to speak

Author Jessica Soffer will host a discussion on her novel "Tomorrow There Will Be Apricots" at the Atlantis Country Club today at 2 p.m. Soffer also will speak Wednesday at 2:30 p.m. at Frenchman's Creek in Palm Beach Gardens. This author event is part of the Mandel JCC of the Palm Beaches' 20th Annual Book Festival. \$25 for Lake Worth event; \$60 for Palm Beach Gardens event. 190 Atlantis Blvd.; 13495 Tournament Drive. 561-712-5200; www.jcconline.com.

WELLINGTON
Live music and
food trucks

No Strings Attached Band takes the stage at the Wellington Amphitheater on Thursday during the weekly Food Truck Invasion. No Strings Attached plays a mix of rock, Irish, blues and country music. Over two dozen food trucks are expected to be at the amphitheater from 5 to 9:30 p.m. The band will start at 6:30 p.m. Free. 12100 Forest Hill Blvd. 561-753-2484; www.wellingtonfl.gov.

BOCA RATON



"West Side Story" will be shown Friday at the Mizner Park Amphitheater. CONTRIBUTED

Festival of the
Arts kicks off

The 9th Annual Festival of the Arts BOCA kicks off on Friday with a performance by the Festival Orchestra BOCA playing songs from "West Side Story" while the film is shown in high-definition on the big screen. The kickoff performance begins at 7:30 p.m. at the Mizner Park Amphitheater. The festival continues through March 15. \$25-\$125. 590 Plaza Real. 561-368-8445; www.festivaloftheartsboca.org.

The Scene

Culture Editor: Larry Aydlette 561-820-4436 or pbaccent@pbpost.com



COMING TOMORROW:
THE SCENE

Jack Nicklaus' sweet weakness

TRAVEL

Big 'O' Festival is for the birds!

Fun will include stargazing, photo workshops, lectures, swampbuggy rides, more.

By Mary Thurwachter
Special to The Palm Beach Post

Grab your binoculars and your camera because the 14th annual Big "O" Birding Festival is March 11-16 on the shores of Lake Okeechobee in Hendry County.

The event spotlights the migratory birds in rural South Central Florida, home to more than 250 species, including limpkins, swallow-tailed kites and painted buntings, which fly through in October and April.

Trips to Audubon's Lake Okeechobee Sanctuary, only accessible by airboat, is new to this year's festival. Guided birding trips, photo workshops, stargazing, swampbuggy tours, pontoon rides and lectures are all part of the fun.

Several great birding trails within the region include Dinner Island Ranch, Okaloacoochee Slough State Forest, Spirit of the Wild, Stormwater Treatment Area #5 (STA5) in Hendry County, and Fishing Creek Wildlife Management Area - East & West in Glades County.

Festival-goers are likely to see fulvous whistling-ducks and mottled ducks; shorebirds like black-necked stilt; waders such as roseate spoonbill, wood stork and least bittern; and specialty raptors including crested caracara, snail kite and barred owl.

Host hotel for the event is Port LaBelle Inn, <http://portlabelleinn.magnusonhotels.com>. For registration or more information, call 863-675-0444, email bigobirdingfestival@gmail.com or visit www.bigobirdingfestival.com.

marytg@bellsouth.net

Swallow-tailed kites are raptors of the wetlands. They pluck small insects and lizards from the tops of trees to eat.



Roseate spoonbills (above) are among the birds watchers are likely to spot during the Big "O" Birding Festival. CONTRIBUTED PHOTOS



Snail kites (at left) are a type of hawk that feed mainly on — you guessed it — snails.



What's Liz got cooking?

A sneak preview of tomorrow's Food & Accent section, from Food Editor Liz Balmaseda

Food labels

As consumers, we've become more discerning about the quality of foods we buy at the supermarket. But too often we don't find the information we need on the labels that are supposed to provide guidance. We'll spell out what the food labels mean.

Sugar rush

The Kitchen Counselor explores the whims of a sweet tooth and reveals how he's learned to trick it into satiety.

Coming tomorrow

» Read it all, plus recipes, The Scene, beer news, food event and green market listings and more, **Wednesday in Food & Accent**



Buying higher quality meat can be confusing to customers, especially when producers use so many unregulated terms on the labels. LISA POWELL / COX NEWS SERVICE

OUT TODAY



Steve Carell was an Oscar nominee for his role as John Eleuthère du Pont in "Foxcatcher." SONY PICTURES CLASSICS

DVD:

Foxcatcher: Based on the true story of Mark and Dave Schultz — brothers and Olympic championship wrestlers — who found themselves involved with John Eleuthère du Pont, owner of Foxcatcher Farms an eccentric millionaire and their sponsor. This relationship ultimately proves fatal for one of the Schultzes, leaving his brother and his brother's widow to seek justice. Starring Channing Tatum, Mark Ruffalo,

lo, Steve Carell and Sienna Miller.

CD:

Piece By Piece, by Kelly Clarkson; **The Firewatcher's Daughter,** by Brandi Carlile; **Sanremo Grande Amore,** by IL Volo; **Return to Forever,** by Scorpions; **Hand. Cannot. Erase,** by Steven Wilson; **Lead Us Back: Songs of Worship,** by Third Day; **Conspiracy of Stars,** by UFO; **Black on Both Sides,** by Mos Def; **After,** by Lady Lamb the Beekeeper.

27TH ANNUAL Palm Beach Gardens Medical Center

Art Fest by the Sea



March 7th & 8th, 2015 | Saturday & Sunday 10am-5pm

FREE ADMISSION

Located on A1A in Juno Beach between Donald Ross and Marcinski Roads

Event is produced by Northern Palm Beach County Chamber of Commerce

For more information call 561-746-6615

www.ArtFestival.com