

THE TO DO LIST

Fun things to see and experience around town



Mixing traditional Irish music with punk rock, Flogging Molly will offer up plenty of goodness tonight at Revolution in Fort Lauderdale. FRAZER HARRISON/GETTY IMAGES

1. BEAUTIFUL BLUES

Ana Popovic, The Lyric Theatre

Returning for another fiery performance, Popovic is a force to be reckoned with and is known for her soulful blend of slide guitar and electric funk.

The show is 7 p.m. tonight. 59 SW Flagler Ave., Stuart. Tickets start at \$42. Information: www.lyrictheatre.com



2. LEARN

Learn to Kayak, MacArthur Beach State Park

Gain the skills necessary to get out on the water and see more of this great big, mostly blue, world in this land-based course.

The course is noon to 1 p.m. today. 10900 Jack Nicklaus Drive, North Palm Beach. Free with park admission. Reservations recommended. Information: www.macarthurbeach.org; 561-624-6952.

3. LISTEN

Flogging Molly, Revolution

Begin the St. Patrick's Day celebration a wee bit early with this Los Angeles-based, seven-piece band. Hoist a pint while enjoying their mix of traditional Irish music and spunky punk rock.

The show is 7 p.m. tonight. 100 Nugent Ave., Fort Lauderdale. Tickets start at \$28. Information: www.jointherevolution.net



Blues musician Ana Popovic will perform tonight at The Lyric Theatre in Stuart. CONTRIBUTED

4. BE GOOD

Film with Live Orchestra: 'E.T. the Extra-Terrestrial,' Mizner Park Amphitheater

Part of the Festival of the Arts, this show

will feature the hit movie as well as John Williams Academy Award-winning score performed by The Symphonia, Boca Raton and conductor Constantine Kitsopoulos. The show is 6 p.m. tonight. 590 Plaza



Kick back under the stars and watch the classic "E.T. the Extra Terrestrial" as the score is performed live by The Symphonia, Boca Raton tonight at Mizner Park Amphitheater in Boca Raton. UNIVERSAL CITY STUDIOS INC.

Real, Boca Raton. See website or call for ticket prices. Information: <https://myboca.us>; 561-368-8445.

5. LISTEN UP

News of the Week with Frank Cerabino, Mandel Public Library

Join The Palm Beach Post news columnist Frank Cerabino in a discussion of the news that is sometimes funny, often unpredictable, and always thought-provoking.

The event is 6:30 to 7:45 p.m. Monday. 411 Clematis St., West Palm Beach. Free. Information: www.wpbcitylibrary.org; 561-868-7701.

COMPILED BY POST FEATURES STAFF

Schwalbe

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so, he says.

"I love food and eating and I love the way that cooking brings people together. When we cook meals and share them that's where the great conversations take place, it's also how we celebrate and transmit our cultures. For example, most great home cooks are also great storytellers and every dish has a story. Book clubs and food are a perfect match." He eventually sold the website to Macmillan Publishers, where he now works.

His first book was "Send: Why People Email So Badly and How to Do it Better," which he co-wrote with his friend, David Shipley, in 2010.

They decided to write the book because email "was this thing that went from being some weird thing that academic people did to taking over our lives."

While "Send" offers guidance on how to behave in an email, Schwalbe is quick to point out that it's also "a book about how we treat one another. In any electronic medium, we are less good versions of ourselves ... we're more gossipy, etc."

Rule No. 1 for emails: "Never put anything in an email you wouldn't want to see on the front page of The New York Times."

They recently did a revised edition that says all the same rules apply to social media.

Speaking of technology, Schwalbe, who admits to being wedded to his phone

like most of society, believes in taking a break for books because "reading is one of the few things you do alone that makes you feel less lonely."

"While on the internet looking at whatever, you are reminded of everything that you don't have and all the fun that everyone else is having that doesn't include you. When you're reading a book, you're having an experience that anyone who is reading that book can share — books bring people together."

For Schwalbe, who lives in New York with his husband, David Cheng, reading equals radical listening. Because you can't change a book, you have to be quiet and listen — it's a form of meditation. "All readers know this intuitively."

Books also are linked to memories, he says.

"If you ask me what I was doing in the summer of 2000 and something, I might not be able to tell you, but if you ask what I was doing when I was reading 'The Kite Runner,' I can tell you."

His secret to maintaining a steady diet of books? Set your alarm for an hour or half-hour before you wake up and read a book first thing in the morning.

What about audiobooks? Though Schwalbe admits he doesn't listen to them often, he loves that they allow people to read books because, as far as he is concerned, the more people read, the better.

"The best audiobooks help you discover something in a book you didn't know was there. I don't read

my own books, an actor does, and when I listen I hear things I didn't know I put there," says Schwalbe.

His most recent work, "Books for Living," is a compilation of the books that have had an effect on his life. He starts with the rather obscure "Importance of Living" written in the 1930s by Lin Yutang. This book stresses the value of balance, including taking the time to nap, and still speaks to our times, says Schwalbe. The books are varied and include "Stuart Little" as well as "Giovanni's Room" and "The Girl on the Train."

While there are dozens of books he could have included, Schwalbe says his intent is to show that any book can change your life. "Every time I read a book

I ask myself, 'How has this book changed me?' One of the reasons I love reading mysteries and suspense stories is they help you learn who you can trust."

Schwalbe has taken the idea that books affect lives to the next level with a podcast that launched Feb. 22. Titled "But That's Another Story," he talks to people about the books that changed their lives. His first guest was Min Jin Lee, author of "Pachinko." The book that changed her life? "Middlemarch."

And what is Schwalbe reading? "I just finished an astonishing little book called 'Mrs. Caliban' by Rachel Ingalls. It was published in 1983 and The New Yorker called it a perfect novel."

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