

WESTERN AND CENTRAL PALM BEACH COUNTY

NEIGHBORHOOD POST

FLEXING HER MUSCLES



Olympic Heights High School senior Rylee Burrell shows her classmates her muscles before the Class of 2022 graduation at the South Florida Fairgrounds recently. Burrell was on the weightlifting team. GREG LOVETT/THE PALM BEACH POST

IN FOCUS



Daphne and Julia Edgarde, of Boca Raton, combined their love of piano and charity to create a fundraiser, "Pennies for Piano." PHOTO PROVIDED

Piano-playing sisters make beautiful music during Symphonia fundraiser

Faran Fagen

Special to Palm Beach Post
USA TODAY NETWORK

Boca Raton mom Sapphira Edgarde loves how the piano has struck a chord in the hearts of her two daughters.

"I love when I can hear their expressiveness in their playing — like I can feel how they feel the music — that they're not just playing the notes but have a connection to the music," Edgarde said. "And I love that I don't have to ask them to practice."

In fact, 9-year-old Julia and 7-year-old Daphne Edgarde have been playing only three years and have already logged 500 practices each.

"I love watching my hands move across the keyboard. I like playing chords, and I love hearing my sister play," Julia said.

The Donna Klein Jewish Academy students were introduced to the piano through "Meet the Orchestra," an outreach program of The Symphonia of Boca Raton.

The sisters attended a rehearsal and also got to interact with the musicians and their instruments. The experience left an indelible impression on the girls.

Last year, the two combined their newfound love of classical music with their love of giving back (they are active in their school's Philanthropy for Kids in Action program), and created "Pennies

for Piano," a virtual recital for friends and family that raised more than \$500 for The Symphonia and the International Alliance for Women in Music.

"The Symphonia makes me want to continue playing because I did a mitzvah," Daphne said.

This spring, the girls were invited backstage during The Symphonia's season finale performance, "Poetic Mysteries," to meet featured piano soloist Lindsay Garritson and principal conductor Alastair Willis.

The Edgarde sisters said they were inspired by a number of classical composers, and Willis challenged them to

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About Town

Eddie Ritz
Palm Beach Post
USA TODAY NETWORK

Pianist to share magic fingers at St. Andrew's

The ivories are going to get seriously tickled in Lake Worth Beach on Friday night as the Arts at St. Andrew's, the Farmworker Coordinating Council, the Guatemalan Consulate of Lake Worth Beach and the Global Leaders Program present Guatemalan concert pianist Alfonso Hernandez at St. Andrew's Episcopal Church in Lake Worth Beach.

Hernandez will perform virtuosic pieces by several Guatemalan composers as well as favorites from the standard repertoire.

Learning about music with his father at age 4, Hernandez was 7 when he entered the National Conservatory of Guatemala, where he graduated with honors.

As a Conservatory student, he won nearly every national competition available and debuted as a soloist with the National Symphonic Orchestra of Guatemala when he was 12.

Moving to the United States to pursue a bachelor's degree in music performance at the University of Houston, he graduated cum laude in 2013 and represented the piano department in the commencement ceremony.

In 2015, Hernandez received a full scholarship to complete a professional performance certificate at Lynn University in Boca Raton, working closely with Roberta Rust. He is currently a doctoral candidate in musical arts at the University of Maryland.

Hernandez is also a fellow of the Global Leaders Program, a select group of 60 arts professionals invited to take part in a year-long program that teaches them how to best use their gifts to connect with communities, do outreach programs and bring art into the

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Ritz

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community. It is curated by nine top universities and think tanks, from Harvard and Georgetown to Duke.

The free concert Friday is part of St. Andrew's Episcopal Church's "Arts at St. Andrew's" program.

The program began 14 years ago and usually features one performance per month in season and slightly fewer shows during the summer.

"There is a long history of churches being involved in the arts and we feel we are following this great tradition," said St. Andrew's coordinator of cultural programs Margot Emery. The shows also have proven an excellent way to reach out to the community and to highlight the area's diversity.

The church has been collaborating with the Guatemalan Consulate of Lake Worth Beach to bring members of the local Guatemalan community to see the show.

The concert is free and open to the public and will be followed by a reception in Frazell Hall.

Though the admission is free, people can make donations to benefit Farmworker Coordinating Council of the Palm Beaches.

What: Arts at St. Andrew's featuring Guatemalan pianist Alfonso Hernandez

Where: St. Andrew's Episcopal Church, 100 North Palmway, Lake Worth Beach

When: 7 p.m. Friday

Cost: Free

Information: www.standrewslw-b.org

Just Salad opens second Palm Beach Gardens location

No more excuses. It's never been easier to get healthier — and happier, thanks to Just Salad.

The owners had a "soft opening" for their Northlake Boulevard location in May, but now it's official: The second Just Salad in Palm Beach Gardens is open and offering specials.

The fast-casual eatery's focus is on everyday health and sustainability.

Offering a set menu of salads, soups, wraps and smoothies, Just Salad allows customers to build their own salads and bowls from a selection of ingredients in-



Alfonso Hernandez will perform Friday night during Arts at St. Andrew's at St. Andrew's Episcopal Church in downtown Lake Worth Beach. PROVIDED PHOTOS

cluding fresh vegetables, nuts, cheeses, spices, clean proteins and more.

Today they will offer their \$5 Meal Days, where customers who order in the store get a discounted \$5 meal.

In an effort to reduce waste and greenhouse gas emissions, the eatery has their signature Reuseable Bowl Program in which customers can purchase a reuseable bowl for \$1 and will receive a free topping with every reuse.

There will be a VIP Bowl Day on Wednesday offering \$5 meals for Reuseable Bowl customers who purchase meals in-store.

What: Just Salad

Where: 3331 Northlake Blvd., Palm Beach Gardens

Information: www.justsalad.com

Eddie Ritz is a journalist at The Palm Beach Post, part of the USA TODAY Florida Network. He has lived in the West Palm Beach area for more than 30 years and, from mild to wild, will cover noteworthy community happenings. You can reach him at eritz@pbpost.com. Help support our journalism. Subscribe today.



Consider getting some goodness into your diet the delicious way with an Earth Bowl at Just Salad's new location on Northlake Boulevard in Palm Beach Gardens.



Boca Raton sisters Julia Edgarde, left, dressed as Schubert, and Daphne Edgarde dressed as Chopin. PHOTO PROVIDED

Sisters

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continue practicing every day, which the girls happily agreed to. Garritson then wrote personal notes of inspiration to each girl in their prized classical musician autograph book.

"When the girls shared their favorite composition they like to perform (Julia's favorite is Mozart's Piano Sonata No. 16 in C Major K545, and Daphne's favorite is Chopin's Nocturne Op. 9 No. 2), we were wildly impressed," Willis said. "To be so committed to something at such a young age was quite inspirational to see. This won't be the last time we hear from Julia and Daphne, I'm confident."

Julia drank in the performance details, including the absence of the conductor's baton.

"That was interesting to me because I have never seen that before," she said. "I

also liked seeing the pianist's hands up close when she performed."

Daphne said the introductions before the concert helped make the performances onstage "more enjoyable."

The sisters grew up in a home filled with instruments, including drums, tambourines, xylophones and keyboards. They prefer making music to screentime.

Their mother credits the girls' piano instructors, who have been "funny and loving teachers who have guided them and helped them grow," she said.

Daphne says her goal is to "continue practicing piano for as many consecutive days as I can."

Julia says she wants "to be able to look at a piece of music, play it a few times, and then put it away and be able to play it by heart... In 10 years, I see myself still having a love of the piano and classical music and having practiced for over 4,000 days in a row."

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