

Tuesday

TODAY
78 / 66
Partly sunny

WEDNESDAY
79 / 64
Mostly sunny

THURSDAY
79 / 63
Mostly sunny



Weather news from The Post's Kim Miller:
myPalmBeachPost.com/weatherplus
LIVE RADAR: PALMBEACHPOST.COM
WEATHER ON THE BACK PAGE OF SPORTS

The Palm Beach Post

January 17, 2017

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LOCAL, B1

VOLUNTEERS PICK PEPPERS, TOMATOES ON MLK DAY

ACCENT, D1

STILL AMERICA'S SWEETHEART

Dorothy Hamill will talk about Olympics, health at conference



SPORTS, C1

FHSAA RULES PAHOKEE TO FORFEIT ALL 14 VICTORIES

ALL ABOARD FLORIDA TESTING TRAINS

Brightline test runs to begin this week



The first Brightline passenger train was unveiled Wednesday. It will undergo test runs on a new track between West Palm Beach and Lantana at midweek. The company plans to use sandbags to simulate the weight of passengers in the train's seats. DAMON HIGGINS / THE PALM BEACH POST

Daytime tests on new track are required by federal agency before passengers can ride; no traffic delays are expected.

By Jennifer Sorentrou
Palm Beach Post Staff Writer

WEST PALM BEACH — All Aboard Florida's Brightline rail service will start testing its first passenger train this week along a 9-mile stretch of the Florida East Coast Railway tracks that runs from West Palm Beach to Lantana.

But a planned quiet zone to silence train horns along the route will not be in place before the company begins testing the 489-foot-long train and its onboard systems, Brightline officials said.

Officials with several Palm Beach County cities and towns have been working for more than two years to create a continuous quiet zone from 15th Street in West Palm Beach, near the repair yard where Brightline will initially house its fleet of trains, south to the Broward County line.

Leaders in Miami Dade and Broward counties are taking similar steps — a move that will ultimately allow the quiet zone to stretch roughly 70 miles from PortMiami to West Palm Beach.

Quiet zones require a higher level of safety at intersections where the road crosses the tracks



This rendering shows a Brightline train in motion. Four trains, each featuring a different hue, are being completed in California and are expected to be delivered in the coming months. CONTRIBUTED

BRIGHTLINE GUIDE

Everything you need to know about the coming passenger rail service from West Palm Beach to Miami at: projects.mypalmbeachpost.com/all-aboard.

because trains don't blow their horns at those intersections.

Brightline plans to invest \$60 million in a series of safety improvements at crossings on the FEC tracks from Miami to West Palm Beach. Transportation planners in Palm Beach,

Broward and Miami-Dade counties have set aside more than \$12 million to cover additional upgrades that are also needed for the quiet zone.

That work is still underway, but Brightline officials have said the zone will be in place before it launches its passenger service this summer.

Brightline said Friday that it will begin testing its "BrightBlue" train, so called for the blue strips down the sides of its cars, midweek. The testing will occur on a

Brightline continued on A8

ORLANDO NIGHTCLUB SHOOTING

Pulse attacker's widow arrested in California

Noor Salman is charged with obstructing justice, aiding a terrorist group.

By Christine Stapleton, Antonio Fins and Eliot Kleinberg
Palm Beach Post Staff Writers

The widow of Orlando nightclub shooter Omar Mateen has been arrested in California on charges of obstruction of justice and providing material support to a terrorist organization — seven months after her husband gunned down 49 people in the worst mass shooting in U.S. history.

ALSO INSIDE

» Suspect in Turkey attack that killed 39 is captured, A2

According to the U.S. attorney for Middle Florida, Noor Salman will make her initial appearance in a federal courtroom in Oakland this morning.

Orlando Police Chief John Mina released a statement on Monday saying he was "glad" that Mateen's wife has been charged.

"Federal authorities have been working tirelessly on this case for more than seven months," Mina wrote. "We are grateful that they

Pulse continued on A10

POST ON WEATHER SNOW ANNIVERSARY



The Palm Beach Post ran this front page for its edition of Jan. 20, 1977, with a special frostbitten version of its banner to commemorate the previous day's extraordinary weather.

40 years on, residents recall the day it snowed

By Kimberly Miller
Palm Beach Post Staff Writer

Forty years ago this week, the atmosphere rose like a tent pole off the coast of California, pushing high pressure deep into the frigid reaches of northern Canada and sending potent arctic air plummeting to the tropics.

The unusual pattern turned the polar jet stream into a twisting river of powerful winds sweeping south over the warm Gulf of Mexico and into South Florida where climate history was made.

On the morning of Jan. 19, 1977, snow fell in Palm Beach County.

It was the day before a peanut farmer would be inaugurated as

the 39th president of the United States — a time before weather events were politicized, analyzed, dissected, sucked dry of magic and wonder.

In 1977, it was just snow in South Florida, and it was enchanting.

"We were up for school and I happened to look outside and then all heck broke loose," remembered Pam Sykes, who was 8 years old when she spotted the flakes in Lake Worth. "Everyone came out of their houses and were yelling on the street that it was snowing."

The snow that day had an icy reach as far south as Homestead Air Force Base — the farthest south

Snow continued on A7

POST IN-DEPTH REAL ESTATE

Uneven fortunes seen in county housing market

Strongest price growth is concentrated in the lower price ranges.

By Jeff Ostrowski
Palm Beach Post Staff Writer

By one measure, at least, Palm Beach County's housing market is on fire.

From late 2015 to late 2016, the county's home prices jumped 12 percent, the highest appreciation of any metro area in the country, according to a recent study by Ten-X, an online real estate marketplace based in California.

However, the strongest price

growth is concentrated in lower price ranges and more desirable neighborhoods. Meanwhile, rising values create their own challenges, and many real estate experts say prices already have begun to cool as home values have risen out of reach of many workers.

Palm Beach County's property prices have shot up in part because of the slow pace of construction of new homes. Burned by the crash, homebuilders are putting up relatively few houses in Palm Beach County.

"We've got limited inventory, so that scarcity has helped push prices

Real estate continued on A10

NATION & WORLD, A2

Last man to walk on the moon, Gene Cernan, dies

Apollo 17 commander continued to push for astronauts to follow his footsteps, still visible on the moon more than 40 years later.

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BONUS SECTION

In today's **Travel Extra**, in the pink in St. Barts.

Free to subscribers on the ePaper and at **myPalmBeachPost.com**.

FITNESS

Little-known yoga style is gaining popularity

By **Stephanie Kanowitz**
Special to The Washington Post

During a 75-minute kundalini yoga and meditation class at Lighthouse Yoga Center in Washington one Saturday morning, eight women stood and bent at the waist, letting their arms hang loosely as they swung them side to side in gradually larger swoops for about seven minutes.

This twist through the thoracic spine opens the shoulders and chest, instructor Julie Eisenberg told the group – pretty standard stuff for a yoga class. But this move has another goal: to “get the lymph flowing through your body to pick up toxins and get them out,” Eisenberg said.

The movement is called a kriya, or sequence of exercises. Kundalini, which roughly means “energy,” is based on kriyas, which can be a static pose or a repeated movement held for three to 11 minutes. They work to stimulate not just muscles but deeper internal systems.

“When you leave, you feel lifted,” said Cathy Berry, 42, of Silver Spring, Maryland, a student and teacher at Lighthouse. “It’s almost like a natural high.”

Eisenberg opened Lighthouse about five years ago to offer kundalini yoga along with better-known forms such as hatha, which focuses on alignment. Now, the kundalini classes are the most well-attended, she said.

They differ from better-known yoga styles such as vinyasa, or flow, and ashtanga, or power, in several ways. First, sound is an important part of kundalini. You won’t find pop music coming out of the speakers at a kundalini class, said Andrew Tanner, chief ambassador for Yoga Alliance, a nonprofit group representing yoga teachers, schools and studios. Instead, practitioners chant mantras through some kriyas to help them focus their minds and breath.

At the end of her class, Eisenberg plays a gong for five minutes while students sit or lie quietly. These gong baths, as they’re called, aid relaxation through the instrument’s vibrations. Eisenberg follows that with a meditation that is chanted in unison.

“It’s like walking into a whole different universe,” she said.

Yoga continued on D4

Dorothy Hamill: still America’s sweetheart



Former Olympic gold medal-winning figure skater Dorothy Hamill, who has suffered from lifelong depression and was diagnosed with breast cancer in 2008, will be the keynote speaker at the “A Woman’s Journey” health conference. CONTRIBUTED



Dorothy Hamill kisses her gold medal she won at the 12th Winter Olympic games. GETTY IMAGES



Steve Dorfman
Boomer Health

Forty-plus years removed from becoming an Olympic champion and the first thing most folks *still* bring up to Dorothy Hamill is ... *her* hair.

“Women love telling me ‘I had your hairstyle growing up,’” Hamill said with a laugh of the distinctive wedge cut she sported while winning the women’s figure skating gold medal at the 1976 Winter Olympics in Innsbruck, Austria.

Yes, some four decades after pioneering the “Hamill camel” (a camel spin that turns into a sit spin) and eventually becoming one of the skating world’s living legends, rarely a day passes without someone mentioning that perky little bob she wore as a 19-year-old.

Too bad – because, as anyone who’s followed Hamill’s life since then knows, there’s much more to this 60-year-old than her signature ‘do.

She’s a successful – and self-taught – businesswoman.

She’s struggled her entire life with depression – and become an advocate for others suffering from the condition.

She survived breast cancer in 2008.

And on Jan. 26, she’ll be discussing all that and more at Johns Hopkins Medicine’s annual “A Woman’s Journey” health conference at the Palm Beach County Convention Center.

‘I was always socially awkward’

From her earliest memories, Hamill said she felt “isolated” and “socially awkward” – and being thrust into international fame at 19 only exacerbated her discomfort.

“I wasn’t prepared for all that came with winning the Olympics,” Hamill recalled.

Reticent by nature, Hamill was simply overwhelmed.

By the attention.

By the non-stop interviews.

And by signing contracts to skate professionally – most notably as the headliner of the touring “Ice Capades” show.

“I was dealing with lawyers and agents and all sorts of opportunities – and felt totally out of my element.”

And then there was what she *wasn’t* feeling: any sense of enjoyment.

“I had just reached my lifelong goal – the pinnacle of my sport – and I should have been happy, but I wasn’t.”

Hamill said she now recognizes that these were the earliest signs of the depression she’d struggle with for the ensuing decades.

What’s more, her relationship with her mother – who

Hamill continued on D5

IFYOU GO

Johns Hopkins Medicine’s “A Woman’s Journey” health conference

When: Thursday, Jan. 26, 9 a.m. to 2 p.m.

Where: Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach

Description: Attendees will enjoy a Johns Hopkins heart-healthy breakfast, two seminars of their choosing and lunch with members of the Hopkins faculty. Hopkins Doctors and

specialists will present eight, hour-long seminars covering new medical treatments and important health issues facing women, such as strategies to reduce cancer risk, improve digestion to facilitate weight loss, and age well, among other topics. Legendary figure skating Olympic gold medalist Dorothy Hamill will be the keynote speaker.

More information or to register: 410-955-8660 or hopkinsmedicine.org

SCIENCE TIMES

A family’s shared defect sheds light on the genome

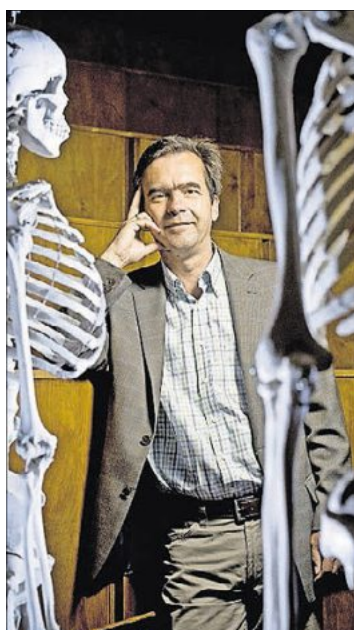
Under promise of anonymity, they are taking part in a study.

By **Natalie Angiers**
© 2016 New York Times News Service

They said it was their family curse: a rare congenital deformity called syndactyly, in which the thumb and index finger are fused together on one or both hands. Ten members of the extended clan were affected, and with each new birth, they told Dr. Stefan Mundlos of the Max Planck Institute for Molecular Genetics, the first question was always: “How are the baby’s hands? Are they normal?”

Afflicted relatives described feeling like outcasts in their village, convinced that their “strange fingers” repulsed everybody they knew – including their unaffected kin. “One woman told me that she never received a hug from her father,” Mundlos said. “He avoided her.”

The family, under promise of anonymity, is taking part in a study by Mundlos and his colleagues of the origin and development of limb malformations. And while the researchers cannot yet offer a way to prevent syndactyly, or to entirely correct it through surgery, Mundlos has sought to replace the notion of a family curse with “a rational



Stefan Mundlos of the Max Planck Institute for Molecular Genetics. NORBERT MICHALKE / MAX PLANCK INSTITUTE FOR MOLECULAR GENETICS, BERLIN VIA THE NEW YORK TIMES

answer for their condition,” he said – and maybe a touch of pioneers’ pride.

The scientists have traced the family’s limb anomaly to a novel class of genetic defects unlike any seen before, a finding with profound implications for understanding a raft of heretofore mys-

Genome continued on D5

COMING THURSDAY SPECIAL SECTION CELEBRATING 25 YEARS OF THE KRAVIS CENTER

Her Kravis memory: Childhood dream leads to career

The Raymond F. Kravis Center for the Performing Arts celebrates its 25th season this year.

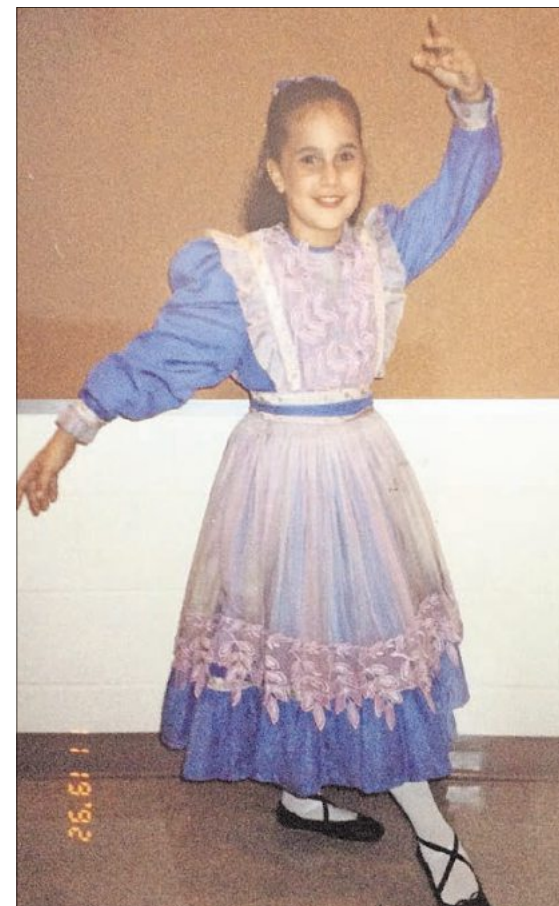
On Thursday, The Palm Beach Post salutes the Kravis Center with a special section full of reader memories about Palm Beach County’s cultural gem.

Performances at the Kravis have inspired millions of children – including Barbara J. Smoliak’s daughter, Ashley Jean.

Smoliak writes: “When the Kravis Center opened 25 years ago, I was 39 and my two daughters, A.J. (Ashley Jean) and Brittany were 8 and 6. I was a dance instructor at Art-Stage in Jupiter, so they both grew up in the dance studio with me.

“The first year Miami City Ballet held auditions for the classic production of George Balanchine’s ‘The Nutcracker,’ we were in! Not only was it a dream for my girls, but also for me. My daughters performed in the ballet for five years.

“My daughter A.J. went on to dance her summers in New York City as a trainee with the Joffrey Ballet, in Wisconsin with the Milwaukee Ballet and finally in Miami with the Miami City Ballet, perhaps the best experience she ever had in the world



Ashley today.

Ashley Jean Smoliak in 1992. CONTRIBUTED PHOTOS

of dance.

She is now the marketing manager for the Kravis Center.

“She found her love and passion at the Kravis – and now, she gets to stand on the grand

stage and savor the wonderful memories of her childhood where it all began.”

Celebrate the Kravis Center on Thursday in The Palm Beach Post.

Hamill

continued from D1

suffered from her own unacknowledged depression (“She was from a generation that didn’t discuss such things”) – had become strained to the point of periodic estrangement.

Heartbreak and tragedy

On the outside, though, you’d never have known anything was bothering Hamill.

Her high-profile romance with Dean Paul Martin – the handsome professional-tennis-playing son of entertainer Dean Martin – was juicy tabloid fodder.

Hamill has often called him “the love of my life” and their brief marriage (1982-84) ended, Hamill said, “because we were just in different places in our lives.”

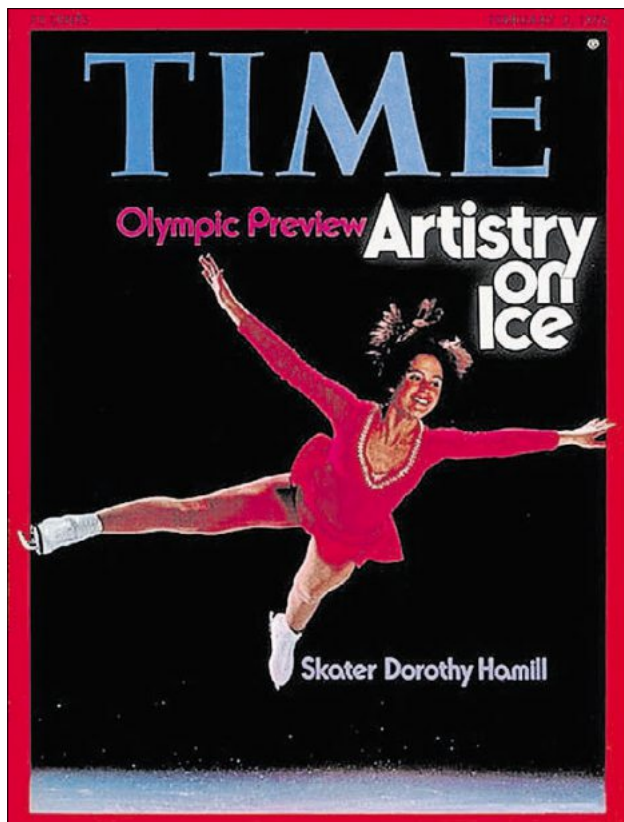
They tried couples counseling – but to no avail.

“I wanted to start a family, and he wasn’t there yet. We both still had a lot of growing up to do – but we talked of maybe being together again one day.”

Nonetheless, Hamill’s depression deepened.

“One day I was out to lunch with some girlfriends and started crying for no reason. That’s when I knew I couldn’t deny the way I was feeling anymore.”

So she sought



Dorothy Hamill was on seemingly every magazine cover – including Time – after capturing the gold medal in figure skating at the 1976 Winter Olympics.

counseling – and began taking antidepressant medication.

“There’s been a lot of trial and error with both,” she said.

In 1987, after a whirlwind courtship, she married Dr. Ken Forsythe. The nuptials happened so suddenly, Hamill didn’t get a chance to tell Martin. He learned of them from a friend.

And before the pair ever spoke again, Martin, an Air National Guard pilot, was killed in a plane

crash.

“Thirty years later, the only solace I try to take is that he died doing something he loved – but I still miss him every day.”

Motherhood, betrayal and divorce

Hamill and Forsythe had a daughter together – Alexandra – but their marriage ended in 1995 amid rumors of infidelity and tabloid photos of Forsythe cavorting with a younger woman. Hamill won custody



Olympic gold medalist Dorothy Hamill and Dean Paul Martin pose for cameras after they were married at All Saints Episcopal Church in California. GETTY IMAGES

of Alexandra and moved from California to Maryland to be near her skating coach.

This was when Hamill first noticed the telltale signs of depression in Alexandra: “The sparkle kind of went out of her eyes. It’s definitely something that runs in my family.”

Hamill found an “incredible” Baltimore-area therapist with whom she still speaks – though

she has since moved back to Indian Wells, California, with her third husband, John McColl, whom she married in 2009.

In her 2007 autobiography, “A Skating Life: My Story,” Hamill opened up about her depression in order to “help destigmatize the disease for everyone else who suffers in silence.”

When Hamill was diagnosed with breast cancer in 2008, she

underwent a lumpectomy and radiation – and was forced to stop taking her antidepressant medication.

“That made handling the cancer more challenging,” Hamill said.

Last March, Hamill’s mother died – but the pair had reconciled their relationship in the last few years.

“I’ll always be thankful for that.”

Though Hamill has had her share of trials and tribulations, you’d still never know it by looking at her.

Always a healthful eater (“But I’m not a fanatic!”), Hamill remains trim and youthful. She performs every so often and remains heavily involved in the sport – especially in a philanthropic capacity.

Partnering with the Kennedy Krieger Institute, Hamill created I-Skate, a program that enables children with physical disabilities to take to the ice. She personally instructs them.

And at next week’s health conference, Hamill will bring her personal touch to West Palm Beach.

“We make it an open question-and-answer session, so I can interact with everyone who wants to participate.”

And she’ll be happy to talk about anything attendees like – even her hair.

sdorfman@pbpost.com
Twitter: @stedorfmanpbp

Genome

continued from D1

terious diseases.

The mutations affect a newly discovered design feature of the DNA molecule called topologically associating domains, or TADs. It turns out that the vast informational expanse of the genome is divided up into a series of manageable, parochial and law-abiding neighborhoods with strict nucleic partitions between them – each one a TAD.

Breach a TAD barrier, and you end up with the molecular equivalent of that famous final scene in Mel Brooks’ comedy, “Blazing Saddles,” when the cowboy actors from one movie set burst through a wall and onto the rehearsal stage of a campy Fred Astaire-style musical. Soon fists, top hats and cream pies are flying.

By studying TADs, researchers hope to better fathom the deep structure of the human genome, in real time and three dimensions, and to determine how a quivering, mucilaginous string of some 3 billion chemical subunits that would measure more than six-feet long if stretched out nonetheless can be coiled and compressed down to four-10,000ths of an inch, the width of a cell nucleus – and still keep its operational wits about it.

“DNA is a superlong molecule packed into a very small space, and it’s clear that it’s not packed randomly,” Mundlos said. “It follows a very intricate and controlled packing mechanism, and TADs are a major part of the folding protocol.”

For much of the past 50 years, genetic research has focused on DNA as a kind of computer code, a sequence of genetic “letters” that inscribe instruc-

tions for piecing together amino acids into proteins, which in turn do the work of keeping us alive.

Read between the folds

Most of the genetic diseases deciphered to date have been linked to mishaps in one or another protein recipe. Scanning the DNA of patients with Duchenne muscular dystrophy, for example, scientists have identified telltale glitches in the gene that encodes dystrophin, a protein critical to muscle stability.

At the root of Huntington’s disease, which killed the folk singer Woody Guthrie, are short, repeated bits of nucleic nonsense sully the code for huntingtin, an important brain protein. The mutant product that results soon shatters into neurotoxic shards.

Yet researchers soon realized there was much more to the genome than the protein codes it encoded. “We were caught up in the idea of genetic information being linear and one-dimensional,” said Job Dekker, a biologist at the University of Massachusetts Medical School.

For one thing, as the sequencing of the complete human genome revealed, the portions devoted to specifying the components of hemoglobin, collagen, pepsin and other proteins account for just a tiny fraction of the whole, maybe 3 percent of human DNA’s 3 billion chemical bases.

And there was the restless physicality of the genome, the way it arranged itself during cell division into 23 spindly pairs of chromosomes that could be stained and studied under a microscope, and then somehow, when cell replication was through, merged back together into a baffling, ever-wriggling ball of chromatin – DNA wrapped

in a protective packaging of histone proteins.

Through chromosome conformation studies and related research, scientists have discovered the genome is organized into about 2,000 jurisdictions, and they are beginning to understand how these TADs operate.

As with city neighborhoods, TADs come in a range of sizes, from tiny walkable zones a few dozen DNA subunits long to TADs that sprawl over tens of thousands of bases and you’re better off taking the subway. TAD borders serve as folding instructions for DNA. “They’re like the dotted lines on a paper model kit,” Dekker said.

TAD boundaries also dictate the rules of genetic engagement.

Scientists have long known that protein codes are controlled by an assortment of genetic switches and enhancers – noncoding sequences designed to flick protein production on, pump it into high gear and muzzle it back down again. The new research indicates that switches and enhancers act only on those genes, those protein codes, stationed within their own precincts.

Because TADs can be quite large, the way the Upper West Side of Manhattan comprises an area of about 250 square blocks, a genetic enhancer located at the equivalent of, say, Lincoln Center on West 65th Street, can amplify the activity of a gene positioned at the Cathedral of St. John the Divine, 45 blocks north.

But under normal circumstances, one thing an Upper West Side enhancer will not do is reach across town to twiddle genes residing on the Upper East Side.

“Genes and regulatory elements are like people,” Dekker said. “They care about and communicate with those in their own domain,

and they ignore everything else.”

Breaking boundaries

What exactly do these boundaries consist of, that manage to both direct the proper folding of the DNA molecule and prevent cross talk between genes and gene switches in different domains? Scientists are not entirely sure, but preliminary results indicate that the boundaries are DNA sequences that attract the attention of sticky, roughly circular proteins called cohesin and CTCF, which adhere thickly to the boundary sequences like insulating tape.

Between those boundary points, those clusters of insulating proteins, the chromatin strand can loop up and over like the ribbon in a birthday bow, allowing genetic elements distributed along the ribbon to touch and interact with one another. But the insulating proteins constrain the movement of each chromatin ribbon, said Richard A. Young of the Whitehead Institute for Biomedical Research, and keep it from getting entangled with neighboring loops – and the genes and regulatory elements located thereon.

The best evidence for the importance of TADs is to see what happens when they break down. Researchers have lately linked a number of disorders to a loss of boundaries between genomic domains, including cancers of the colon, esophagus, brain and blood.

In such cases, scientists have failed to find mutations in any of the protein-coding sequences commonly associated with the malignancies, but instead identified DNA damage that appeared to shuffle around or eliminate TAD boundaries. As a result, enhancers from neighbor-

ing estates suddenly had access to genes they were not meant to activate.

Reporting in the journal Science, Young and his colleagues described a case of leukemia in which a binding site for insulator proteins had been altered not far from a gene called TAL1, which if improperly activated is known to cause leukemia. In this instance, disruption of the nearby binding site,

Young said, “broke up the neighborhood and allowed an outside enhancer to push TAL1 to the point of tumorigenesis,” the production of tumors.

Now that researchers know what to look for, he said, TAD disruptions may prove to be a common cause of cancer. The same may be true of developmental disorders – like syndactyly.

The Palm Beach Post
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HEALTH NEWS

Free eye care for rest of 2017

The Florida Optometry Eye Health Fund, in coordination with Community Health Center of West Palm Beach (2100 W. 45 St., Suite A-8, West Palm Beach) will be offering free eye care to eligible residents for the rest of the year. Call 561-840-8681.

Ongoing support groups

Regents Park Boca Raton (6363 Verde Trail, Boca Raton) offers the following free weekly support groups:

■ **Tuesdays**, 6:30 to 8 p.m.: Co-Dependency Anon-

ymous 12-Step Program;

■ **Wednesdays**, 6:30 to 7:30 p.m. and 7:30 to 9 p.m.: Overeaters Anonymous;

■ **Thursdays**, 6:30 to 7:30 p.m.: Overeaters Anonymous;

■ **Fridays**, 7 to 9 p.m.: Overeaters Anonymous. Call 561-483-9282.

Temple Emanu-El of Palm Beach (190 N. County Road, Palm Beach) offers the following free bi-weekly support groups on the second and fourth Thursdays of every month: From 10 to 11:30 a.m., caregiver support group; and from 1 to 2 p.m., a bereavement support group; call 561-832-0804.

For weekly co-dependency

meetings throughout Palm Beach, Martin and Broward counties, visit coda.org.

Alzheimer’s Community Care hosts the following support groups:

■ **Tuesdays**, 1:30-3:30 p.m., at Alzheimer’s Community Care (800 Northpoint Parkway, Suite 101-B, West Palm Beach);

■ **Wednesdays**, 1:30-3:30 p.m. at Our Savior Lutheran Church (1615 Lake Ave., Lake Worth) and 2:15-4 p.m. at First United Methodist Church (815 East Indiantown Road, Jupiter); and 1:30-3:30 p.m.;

■ **Thursdays**, 4:30-5:30 p.m. at St. Michael Lutheran Church (1925 Birkdale Drive, Wellington)

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A WOMAN'S JOURNEY



TOP ROW: Erin McGould and Dr. Charlene Gamaldo; Dorothy Kohl and Mary Freitas; Joan Klann and Amy Morse; Natalie Alvarez and Anita Gabler;
BOTTOM ROW: Susan Ricci and Lyn Michels; Sharada Shankar and Judy Wyman; Leslie Waldman and Janice Snyder.
PHOTOS: CAPEHART

Members of the committee for the 10th Annual *A Woman's Journey*, the renowned annual health conference presented by Johns Hopkins Medicine, hosted a kick off reception to finalize preparations for the 2018 event. To be held again at the Palm Beach County Convention Center on Thursday, January 25th the conference, which is from 9am-2pm, encourages women to take their health into their own hands by researching and speaking to experts in their fields.

Johns Hopkins sleep specialist and neurologist **Dr. Charlene Gamaldo** spoke to the group at the home of committee member **Mary Freitas** and shared how sleep problems present differently in women than in men.

Conference Co-Chairwoman **Erin McGould** shared with the group that attending *A Woman's Journey* years ago saved her father's life. She learned about Johns Hopkins through the conference and pushed her father to get himself checked out.

"I wouldn't have a dad if not for Johns Hopkins and this event," McGould said. "I'm

so grateful to all the Baltimore physicians who treated my father, and am happy to give back and be a part of *A Woman's Journey* every year."

The annual conference is one of the largest in the area, dedicated to sharing insights about advances in medicine and answering questions about health. Conference attendees will enjoy a heart-healthy breakfast, two seminars of their choosing and lunch with members of the Hopkins faculty. Hopkins doctors and specialists will present eight, hour-long seminars covering new medical treatments and important health issues facing women.

This year, the keynote speakers will be comprised of a panel of experts from Johns Hopkins, discussing regeneration with a focus on skin development.

Erin McGould and **Debra Vasilopoulos** are the event's chairs for 2018. **Lee Callahan**, **Betsy Meany**, **Susan Telesco**, **Norma Tiefel** and **Susan Keenan Wright** are founding chairs.

A Woman's Journey host committee members in attendance at the kick off

reception included **Natalie Alvarez**, **Anita Gabler**, **Joan Klann**, **Dorothy Kohl**, **Erin McGould**, **Lyn Michels**, **Amy Morse**, **Susan Ricci**, **Sharada Shankar**, **Janice Snyder** and **Kathy Wilson**.

Other committee members for the event include **Marianne Castle**, **Arlene Cherner**, **Cecil Cooper**, **Rachel Docekal**, **Mary Freitas**, **Linda Goings**, **Grace Halabi**, **Shelly Himmelrich**, **Pat Johnson**, **Sasha Klein, Esq.**, **Ellen Levy**, **Patricia McGrew**, **Betsy Meany**, **Shelley Menin**, **Sue Miller**, **Becky Moore**, **Allison Nicklaus**, **Nancy Offit**, **Nancy Parker**, **Susan Telesco**, **Debra Vasilopoulos**, **Cathy Wilson**, **Susan Keenan Wright** and **Judy Wyman**.

Sponsors for this year's *A Woman's Journey* include **Iberia Bank** and **Susan Telesco**.

For more information on the program, a schedule of the sessions, a list of speakers and registration information for the 2018 event, visit www.hopkinsmedicine.org/awomansjourney/palm_beach/ or call 410.955.8660.

Balance

Women's World

Issues affecting women's health encompass more than breast cancer and reproductive complications. A number of medical conditions facing both sexes present themselves differently for women, and trouble sleeping may be one of the most paramount according to sleep expert and neurologist Dr. Charlene Gamaldo, medical director of Johns Hopkins Medicine's Center for Sleep. Dr. Gamaldo and her colleagues have found a connection between insomnia and neurodegenerative diseases. Since women are two-thirds more likely to suffer from insomnia than men, this leaves them acutely vulnerable to developing Alzheimer's or dementia. Sleep is deeply personal and highly dependent on both environment and genetic expression, Dr. Gamaldo explains, but her team is committed to creating awareness and finding solutions for women.

Johns Hopkins Medicine sheds even more light on matters affecting females at the annual **A Woman's Journey** conference, taking place at the Palm Beach County Convention Center January 25. Over the course of a half-day, attendees can learn about groundbreaking research on regenerative medicine's role in stimulating skin growth and other hot topics like the opioid epidemic and the mind-gut connection. Cynthia Lersten, a U.S. nuclear energy advisor, will also share her experience as a metastatic melanoma survivor. (hopkinsmedicine.org/awomansjourney/palm_beach)



DR. GAMALDO OFFERS HER TIPS FOR A BETTER NIGHT'S SLEEP AT PALM BEACH ILLUSTRATED.COM/JOHNSHOPKINSSLEEP



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Palm Beach Daily News

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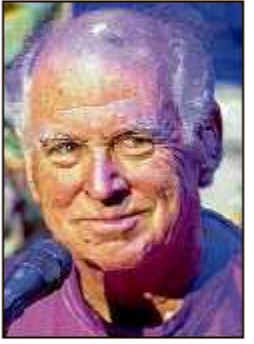
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SATURDAY, JANUARY 20, 2018

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Home owned by Jimmy Buffett might be landmarked



Buffett
Has acquired three homes on Root Trail through his real estate firm.

Singer-songwriter has owned modest wood-frame house on Root Trail since 2002.

By **WILLIAM KELLY**
Daily News Staff Writer

A century-old pioneer home on Root Trail, owned by singer Jimmy Buffett since 2002, soon might be landmarked by the Town Council.

The Landmarks Preservation Commission unanimously recommended landmark status Wednesday for the modest wood-frame house at 138 Root Trail.

Built between 1900 and 1915, the house is a good example of an early 20th-century South Florida vernacular frame home, according to landmark consultants Janet Murphy and Emily Stillings.

The irregular shaped house was built of wood framing on block piers and surfaced with wood clapboard siding. It stands on the south side of Root Trail. It is one of the oldest examples of frame vernacular in Palm Beach, and the scarcity of those that remain makes it even more significant, according to Murphy and Stillings.

There have been few alterations to the house over the last century, according to the designation report. There is no known architect and there was originally no building permit because of the modesty and age of the house. Stillings said she was not able to determine Buffett's position on the house being landmarked.

The houses on Root Trail are distinctive in Palm Beach. It's a narrow one-lane street, only a block long, and full of frame vernacular residences. The street is an enclave known for its resident artists and surfers.

PLANTING A TREE FOR ARBOR DAY



Meghan McCarthy / Daily News

Palm Beach Public School second-grade student Xenia Platt, 8, shovels soil around the base of a newly planted capirona tree Thursday during the Garden Club of Palm Beach's celebration of Arbor Day at Bradley Park. Second-graders from Rosarian Academy and Palm Beach Day Academy also participated in the event.

Trump delays island visit

He stays in D.C. while Congress works to keep government open; protest march here still planned.

By **IAN COHEN**
Daily News Staff Writer

Richard Birnbaum sat next to the Worth Avenue clock tower Friday afternoon, reading a book and listening to the waves crash against the sand. This morning, when hundreds of protesters are expected to gather, the area will be much louder. "It'll be hard to avoid it," the 70-year-old New York resident said.



Trump Has fundraiser planned tonight at Mar-a-Lago. At least 500 anti-Donald Trump protesters are expected to meet at the clock tower at the east end of Worth Avenue at noon today, but there were no signs of that late Friday afternoon. Indications of President Trump's expected arrival Friday evening, however, began early in the day, with traffic restrictions around Mar-a-Lago in place by 7 a.m. His arrival was canceled late Friday morning as Congress worked to reach a spending agreement to keep the federal government operating past midnight.

But a security alert issued by the **Trump**
Please see **TRUMP**, Page A4

Survivor to describe her journey



Lersten
Breakfast keynote speaker has battled melanoma for many years.

Johns Hopkins health event Thursday also covers topics from skin regeneration to the mind-gut connection.

By **JOHN NELANDER**
Special to the Daily News

Cynthia Lersten, who has been battling stage 3 and 4 melanoma for five years, was at Johns Hopkins for another round of treatment last summer. Then she hopped on a plane to Japan — to climb Mount Fuji.

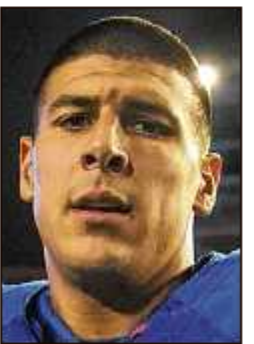
Using a combination of immunotherapy drugs and alternative medicine, she currently has no evidence of cancer, although she recognizes the melanoma could return any time.

Lersten, senior policy adviser for the National Nuclear Security Administration, will tell her story at the Johns Hopkins event A Woman's Journey, which takes place Thursday at the Palm Beach County Convention Center.

Other topics at the conference range from skin regeneration to relationships in blended families, the opioid epidemic, the impact of new data collection methods, and gender differences in heart disease.

Please see **JOURNEY**, Page A7

Author Patterson probes Hernandez murder case



Hernandez
Suffered from CTE, a disease commonly found in deceased football players.

By **IAN COHEN**
Daily News Staff Writer

James Patterson was crying. He had talked with police officers, interviewed football coaches and stood in the prison cell where Aaron Hernandez hanged himself. But what broke him, Patterson said, was talking to the mother of Odin Lloyd, the man who Hernandez was convicted of shooting to death in 2013.

"I believe that Hernandez's story is the most dramatic, complex and surprising murder mystery in the last 25 years," Patterson said.

Tonight, CBS will air a one-hour special on Hernandez, the former star tight end for the New England Patriots who was convicted of murder before killing himself in his jail cell in

Please see **HERNANDEZ**, Page A6



Author James Patterson stands in a prison cell once occupied by Aaron Hernandez. Patterson narrates a one-hour CBS special on Hernandez that airs tonight.

Courtesy of "48 Hours"



JOURNEY

From Page A1

"I'll be talking about my personal journey and about the immunotherapy drugs that I've used," said Lersten, the breakfast keynote speaker for next Thursday's event. "I've beaten the odds, but I'm still fighting to be where I am."

"Palm Beach is the first time I'm talking about it, and I want to talk about it because I try to give other people hope. This does not mean a death sentence for me; I treat it like a chronic illness. I'm out there working and living."

Lersten has traveled extensively for the federal government and was in the Middle East in 2001 when she was first diagnosed with Stage 1 melanoma. It was removed and she was clear of illness for nine years, but then it suddenly hit her lymph nodes. It has since affected her liver and colon area, but the cancer comes and goes.

"Right now, I have no evidence of disease," Lersten said in a phone interview. "But Stage 4 melanoma is very aggressive and unpredictable."

Still, she's ready to sing the praises of the immunotherapy drugs she has been treated with because they've been effective but less toxic than traditional approaches such as chemotherapy.

"I think part of the message is that immunotherapy drugs allow you to live; they don't stop you in your tracks like chemotherapy might," Lersten said. "There are drugs I've been on that aren't a piece of cake — you end up in an ambulance on your way to a hospital. But you can keep living pretty normally on these drugs — with a few bumps in the road."

Benefits of exercise

Johns Hopkins gerontologist Colleen Christmas will have a different message: Get moving. Her presentation at the conference will, in part, promote what she considers the best medicine of all — exercise.

"I'm going to focus on prevention as we age and talk about the science behind aging and what we know works and doesn't work," Christmas, an associate professor of medicine at the Johns Hopkins University School of Medicine, said by phone. "We want to be practical about the ways in which as our bodies age, so we can stay as healthy and independent, and cognitively intact, as possible."

"I think the biggest fear I hear from my patients as they age is frailty and dependence on others, and losing cognitive function and their memories. Those are the big areas I'm targeting."

Christmas believes that physical problems can often be helped through exercise. And staying active can stave off mental decline as well as physical deterioration, she said.

"It may not be a case of 100 percent prevention," she said. "I think staving off arthritis and keeping our muscles flexible and strong is incredibly important. I can't tell you how many people come to me and say, 'Oh, my knees are getting bad, so I can't exercise.'"

"I always say, 'Well, actually, the fact you have bad knees means that this is exactly the most important time for you to get exercising.' Let's slow down that arthritis by getting stronger. The same for mental health," she said.

IF YOU GO

The conference is held annually in West Palm Beach and four other Florida locations, as well as in Washington, D.C., and Baltimore. The Palm Beach County Convention Center event runs from 9 a.m. to 2 p.m. The Palm Beach Daily News is one of the sponsors of the event.

The cost to attend is \$165 per person or \$2,500 for a table for 10 for breakfast and lunch. You can register online at www.hopkinsmedicine.org/awomansjourney/registration_conferences.html.

Workshops at the conference include:

- What Your Genes Say About You: A Family Affair, which will discuss shifting relationships in blended families
- Hot Topics on Aging: Opioid Epidemic
- Pursuing Precision in Medicine
- The Mind-Gut Connection
- Warning Signs You Shouldn't Ignore
- Don't Skip a Beat, which will look at gender differences in cardiac illnesses

Christmas suggests maintaining mental acuity by learning something new, such as how to shoot



Christmas

pool. Engage in pastimes that occupy the mind: Read books and do crossword puzzles.

Americans have not adequately considered the negative consequences of taking a lot of medications, Christmas believes.

She'll said she'll discuss that at the conference on Thursday, and also focus on the importance of sleep, which she says protects the brain from aging.

Exercise has been shown to lower blood pressure, reduce stress and help people sleep better. Improved sleep also helps one's brain clear out chemicals that can cause Alzheimer's disease.

"Whether you enjoy walking, or running or yoga or swimming, it doesn't matter," she said.

"All of that's great. The most important ingre-

dient, really, is finding something you can stick with."

— john@pbeditorialservices.com

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RANGE FINDER

Vocalist, quartet show versatility. **Review, A2**



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FRIDAY, JANUARY 26, 2018

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Medical waste washing up on beaches



Buhler
A lot of the waste is from Dominican Republic and Haiti.

Friends of Palm Beach finds needles, vials and other refuse during cleanups on the island.

By **WILLIAM KELLY**
Daily News Staff Writer

A beach cleanup organization is warning beachgoers to watch out for needles, vials and other medical waste that has lately been washing ashore in greater

abundance.

"We're just letting people know it's out there and to be aware," said Diane Buhler, whose Friends of Palm Beach group has been cleaning trash from private beaches on the island for nearly five years.

Buhler told the Shore Protection Board Tuesday that she's noticing more medical trash from the Palm Beach Inlet down to Sloan's Curve. She provided pictures of needles, some of which were not capped, a syringe and vials picked up in Reach 3 at the end of Wells Road.

Labels identify a large part of the waste to be from

Haiti and the Dominican Republic, she said.

"Unfortunately, they use their rivers as a trash chute and their beaches as a landfill," Buhler said of Haiti, which has ongoing sanitation system problems. Ocean currents and easterly winds push the trash onto local shores.

Cargo and cruise ships contribute to the problem

by discarding waste in international waters a few miles from Palm Beach, according to Buhler and Eric Call, director of Palm Beach County Parks and Recreation.

Town crews clean the public beaches five days a week, including Midtown shores.

Please see **WASTE**, Page A5

First lady arrives quietly

She apparently is visiting Mar-a-Lago while husband is at summit in Switzerland.

By **CHRISTINE STAPLETON**
Daily News Staff Writer



Trump
Makes unexpected visit to Mar-a-Lago.

First lady Melania Trump arrived at Palm Beach International Airport on Thursday while her husband is away at a world economic forum in Switzerland, according to news reports.

A plane smaller with similar markings, called Air Force Two when used

Please see **FIRST LADY**, Page A3

'HAPPY' CHERUBS SING AT TEA PARTY



Meghan McCarthy / Daily News

Members of the Sacred Heart School's Cherub Choir Sarah Senat, from left, Samara Gilles, Kris Lubin, Nadjie Antoine and Vivian La sing "Get Happy" during the Friends of Sacred Heart School annual Garden Party Tea on Thursday at Neiman Marcus. The event, benefiting the Lake Worth school, also included a fashion show at the Worth Avenue store. See more on Instagram @ShinyShots.



Photo courtesy of Douglas Elliman

Former Apple CEO John Sculley III and his wife, Diane, paid nearly \$15 million for this renovated oceanfront house on a half-acre lot at 1214 N. Ocean Blvd., according to the deed recorded Thursday.

Genetic testing is the future, Johns Hopkins expert says

Annual Woman's Journey conference puts spotlight on health care issues.

By **JOHN NELANDER**
Special to the Daily News

Genetic analysis may soon go hand-in-hand with a routine physical at your doctor's

office in order to test for susceptibility to common diseases, a genetics expert said Thursday at a medical conference in West Palm Beach.

Genetic testing can already identify who's at higher risk for breast cancer, cystic fibrosis and the like, but physicians face the challenge of getting insurers to pay for it, said Dr.

David Valle, director of the Institute of Genetic Medicine at Johns Hopkins School of Medicine.

Valle and several colleagues spoke at the Palm Beach County Convention Center as part of the annual A Woman's Journey

Please see **TESTING**, Page A6

INSIDE

READY TO SELL

Former Apple CEO, wife buy oceanfront house

By **DARRELL HOFHEINZ**
Daily News Real Estate Writer

Palm Beacher and former Apple CEO John Sculley III and his wife, Diane, have paid a recorded \$14.925 million for an oceanfront house at 1214 N. Ocean Blvd.

They bought the house from an ownership company controlled by hedge-fund manager David Fiszel and his wife, Sarah Fiszel.

The Fiszels completely re-

built the 1951 house after buying it for a recorded \$5.84 million about five years ago. It occupies a half-acre lot at the corner of Mockingbird Trail and includes a beach parcel east of the coastal road.

The five-bedroom house has 6,469 square feet of living space, inside and out, according to the sales listing prepared by agents Payton Smith

*Please see SALE,
Page A2*

INSIDE

Classified	B6
Crossword.....	B4
Horoscope.....	B5
Movie Times	A4
Spotlight	A4
Today	A2

WEATHER

Today will be partly sunny, windy with a high of 72. A2

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TESTING

From Page A1

program. The *Palm Beach Daily News* is one of the sponsors of the event.

"All disease has a genetic component," he told attendees of a seminar called, "What Your Genes Say About You."

"It's coming," Valle said of the use of genetic testing in routine medical visits.

A health maintenance organization in Pennsylvania is already going that route, he said in an interview. "They have been sequencing a large percentage of their patients up front. They want to find out if they can do a better job for people who are at risk by keeping them out of trouble. And for people who are already sick, it's an informed way to fix them up."

"It also gets into what I would call health care economics.

"I'd argue that investing \$1,000 up front and recognizing people who are at risk and keeping them healthy, rather than treating them when they're sick, will be not only medically beneficial but economically beneficial."

There's resistance to routine genetic testing, not only from patients who'd really rather not know, but also from health insurance companies, he said.

"I think many medical centers are doing it, but they're doing it in a way to gauge its medical effectiveness and its economic effectiveness," Valle said. "Does a thousand bucks sound like an expensive

test to you? If you come to Johns Hopkins and drive out of the parking lot at night, you will have spent a lot more than a thousand bucks. But we need more data to convince people."

In the meantime, investigating family history can be an inexpensive



Valle



Treisman

way to get at least some handle on health risks. Valle noted that companies are promoting bargain-rate DNA testing, including one that offers a "Health + Ancestry Service" for \$169.

Valle said commercial tests may even suggest exercise and lifestyle practices based on your ancestry, but he thinks whatever medical information you can glean is more valuable. "Plus, it's kind of fun," he said.

Studies have shown that people who are at higher cardiovascular risk based on their genetics can work themselves into a lower-risk category with a healthier lifestyle. One study suggested that genetic risk can be halved with lifestyle changes.

A glimpse of the future of health care was also offered by Dr. Glenn Treisman, professor of psychiatry and behavioral sciences at Johns Hopkins, who said the study of gut bacteria may hold the key to disorders such as obesity.

"We're just starting to scratch the surface," he said. "We have associations, this is associated with this." For example, early exposure to antibiotics increases your likelihood of being obese, "but we don't know why that is."

There was a lot of interest at the conference in probiotics, and not surprisingly. The market for has been growing at more than 7 percent annually and could hit \$96 billion by 2020, according to Market Research.

The question is the subject of studies at Hopkins and other research centers.

There was a lot of interest at the conference in probiotics, and not surprisingly. The market for probiotics — live bacteria thought to stimulate the immune system and treat digestive disorders — has been growing at more than 7 percent annually and could hit \$96 billion by 2020, according to Market Research.

But Treisman is skeptical. "We don't know which ones are good for you and which aren't. If you really overwhelm the gut with something, it could be bad for you," he said.

"I tell people, eat yogurt, eat cheese — eat healthy foods that people have been eating for 1,000 years. But these really intensified, 10-zillion-bacteria probiotics, we don't know enough about them to be recommended.

"People go overboard; it's a fad. They think every problem is caused by one thing, and this is the thing of the moment. ... The idea you can cure all disease with one thing is a nice idea, but it's never worked."

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WOMAN'S JOURNEY

Hundreds attend Johns Hopkins medical seminars. **A6**



A CHARMER

Dramaworks' 'On Golden Pond' shimmers like lake on which it floats. **Review, A2**



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TUESDAY, FEBRUARY 6, 2018

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House design sent back for revisions

Parc Monceau project deemed out of scale for neighborhood.

By **DARRELL HOFHEINZ**
Daily News Real Estate Writer

When Manalapan businessman Jagbir Singh and his wife, Sarla, bought a house designed by the late developer Clarence Mack about four years ago on the South End, they said they planned to restore it.

The house, at 1700 S. Ocean Blvd., was one of the oceanfront homes flanking the entrance to Parc Monceau, an ocean-to-lake neighborhood of seven houses Mack designed in what became known as his Palm Beach Regency style.

The houses have flat roofs, symmetrical facades and classical details, including triangular pediments above doorways. Although two stories tall, they have relatively low ceiling heights, and that feature decreases their overall roof heights.



Pandula

Expert suggested lowering west side of the house. But once plans for a renovation of the Singhs' 1959 house got underway, it became clear to the couple that it was in such bad shape that renovation would not have been cost-effective, Jagbir Singh told the *Daily News* in September 2014.

Because the house wasn't landmarked, the Architectural Commission green-lighted its demolition that same month. It was the first in the neighborhood to be razed.

At the time, Jagbir Singh assured commissioners that he and his wife would build a house to complement the architectural character of the neighborhood. About a half-mile north of Sloan's Curve, the ocean-to-lake cul-de-sac is similar to another Mack development, Regents Park, just south of President Donald Trump's Mar-a-Lago.

The couple's new house would be "completely harmonious" with the neighboring architecture, Singh told the *Daily News* at the time.

It has taken three years for the plans to reach commissioners for review. And what they saw was a house with a two-story facade and classical detailing, which architect Jacqueline Albarran described as Regency in style.

The board, however, isn't yet convinced of the design's merit — or its overall size. So for the second time in two

Please see **DESIGN**,
Page A4

With divorce final, trial to focus on dividing empire



Photos by Lannis Waters / Daily News

Lucille "Lovey" Handelsman, left, and Burt Handelsman sit in court Monday before the start of their divorce trial. Circuit Judge Scott Suskauer's surprise ruling to grant a divorce means Lovey is entitled to 50 percent of the empire that includes shops on Worth Avenue, restaurants and office buildings in Delray Beach and West Palm Beach and other valuable land, from Key West to upstate New York.

Judge declares the Handelsmans' nearly 70-year marriage 'irretrievably broken.'

By **JANE MUSGRAVE**
Daily News Staff Writer

With no fanfare, a Palm Beach County judge declared the nearly 70-year marriage of Burt and Lucille "Lovey" Handelsman "irretrievably broken" Monday, allowing the trial to focus on the breakup of the couple's \$500 million real estate empire.

Neither Lovey, 89, her 90-year-old husband nor their adult children showed any re-

action to Circuit Judge Scott Suskauer's surprise ruling that came minutes after the opening of what is expected to be a monthlong trial.

Attorney Joel Weissman, who represents Lovey, for months has been pushing Suskauer to end the Palm Beach couple's marriage. Suskauer's decision means Lovey is entitled to 50 percent of the empire that in-

Please see **DIVORCE**,
Page A2



Boxes of legal documents fill the back rows of seating in the courtroom. The judge said that even at the end of the trial, it's unlikely he will be able to sort through complex financial and legal issues and immediately divide far-flung property holdings between Lovey, Burt and their three children.

12 who came ashore turned over to Border Patrol

Several told police they came from the Bahamas via boat found on beach.

By **IAN COHEN**
Daily News Staff Writer

A police report released Monday provided more details about the 12 people handed over to the U.S. Border Patrol after they were found wet and sandy walking on the island's far South End, some unable to speak English.

About 7 a.m. Saturday, police received a call about a boat that had washed ashore behind the Halcyon condominium at 3440 S. Ocean Blvd., according to the report. Police said they found two duffel bags inside the boat and 14 life jackets and one backpack on the beach near the boat.

Police soon found four women

and three men, all wet and covered with sand, walking south nearby, according to the report. One man, Peng Jin, 38, and one woman, Hong Yang, 46, had passports, but police couldn't identify the others because they

Please see **IMMIGRANTS**,
Page A5



Cindy Lersten and Dr. Lisa Ishii



Debra Vasilopoulos and Erin McGould



Betsy Meany and Kiki Esrick



Nancy Maio and Lee Callahan



Susan Keenan Wright and Dorothy Kohl

FOR THE WOMEN

Vital information about their health offered at Johns Hopkins conference

More than 300 local women and men attended the 11th annual Johns Hopkins Medicine's A Woman's Journey on Jan. 25 at the Palm Beach County Convention Center. Erin McGould joined Debra Vasilopoulos as co-chairwomen of the event.

During the health conference and luncheon, physicians presented seminars on the latest advances in preventing, detecting and treating diseases such as heart problems and cancer in women.

The conference opened with a heart-healthy breakfast and presentation by Cindy Lersten, who works for the Nuclear Regulatory Commission. The mother and avid hiker discussed her battle with melano-

ma and how she benefited from clinical trials at Johns Hopkins.

This year, the keynote address was composed of a panel of experts from Johns Hopkins, discussing regeneration with a focus on skin development. After breakfast, guests attended two, hourlong seminars of their choosing, presented by Johns Hopkins physicians.

"Each year, I'm blown away at how much I learn about our health and our family's," Vasilopoulos said. "Attending A Woman's Journey is a gift I give myself every year. It's an invaluable tool that gives us unlimited information from Johns Hopkins physicians with access to their wealth of knowledge on a variety of topics."

— ctrivino@
pbdailynews.com



Susan Telesco and Norma Teifel



Leslie Waldman and Dr. Justin Sacks

Story by Carla Trivino / Photos by CAPEHART

BEAUTY & WELLNESS

EXPERT SOLUTIONS



Brian Hass, MD
Hass Plastic Surgery & MediSpa

Common barriers patients consider when having plastic surgery.

While plastic procedures have gone mainstream, patients still struggle with certain barriers before making the commitment. Some of these can include:

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Will I look natural - will I still look like me? If you



Mitchell Josephs, D.D.S.
Implant, Cosmetic and Reconstructive Dentistry

2018 Dental Implant Research Update

Q: Dear dental brain. What should we be aware of in 2018 as far as developments in implants?

A: You see something new every day. Ten minutes ago, while coming back from lunch, I saw a man taking a walk while reading a book. Not a pamphlet, or magazine; I mean a book like a novel. This was new to me. I heard of people listening to podcasts and books on tape, but never one strolling with a Harry Potter hard cover in hand; eyes focused on the pages.

I decided to give this a try.

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of "stereognosis", the ability to perceive shapes and textures by feeling things in the mouth. This greatly reduces the quality of life in enjoying and properly



Daniela Dadurian, MD
Medical Director

The New 30-Minute Facelift - No Incisions - No Downtime - Instant Results YLift

While meeting with my patients for consultations, many have the same concerns regarding to facelifts. Many feel facelifts can be highly invasive and to have a long recuperating process. Others are concerned with stitches,

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enhances and beautifies the natural features making the procedure suitable