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Doris Kearns Goodwin back at Festival of the Arts Boca

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After a year off to finish writing her new book on two presidents, historian and author Doris Kearns Goodwin will return to the eighth annual Festival of the Arts Boca next month.

Goodwin's talk at 7 p.m. March 13 in the Mizner Park Amphitheater will be her fifth at the festival, capping off six Authors & Ideas, including another Pulitzer Prize winner Geraldine Brooks on writing, and James Fallows on China. Itzhak Perlman is the headliner this year, and tickets for the talks and performances are at FestivalBoca.org or at 866-571-2787.

Between her books on Lincoln, the Kennedys and the other Roosevelts, and TV insights [she was on "Charlie Rose" for the State of the Union address], the recognizable Goodwin welcomes the give and take of an audience.

"I know when I get to my part, the people will be book readers and anxious to ask questions at the talk," she said. This time Goodwin continues on 24

Ninth sea turtle fest Saturday at Gumbo Limbo center

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With four exhibit tanks to show off, a new Neptune mural and tours of the sea turtle rehab, the city’s Gumbo Limbo Nature Center is ready for its closeup on Saturday at the ninth annual Sea Turtle Day Festival.

The hours are from 10 a.m. to 4 p.m., rain or shine. Admission is free with a $5 donation requested and $3 for a bracelet for all crafts and activities. All parking is in Spanish River Park this year. Visitors are reminded to bring cash to buy food from food trucks or merchandise from vendors; there’s no ATM on the premises.

“We have four very large sea tanks and each has a different habitat with local tropical fish and vertebrates and sea life, and we recently added a green sea turtle we put in our shipwreck tank," said Kristin Child, environmental program coordinator.

Visitors can expect make-and-take crafts all day for children ages 4 to 10, face painting and leaf printing, “which some of the older kids may like as well,” Child said. “You can see the Intracoastal

continues on 26

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Dr. Shinitzky explains, “Science has shown, when your brain nutrient levels drop, you can start to experience memory problems. Your ability to concentrate and stay focused becomes compromised. And gradually, a “mental fog” sets in. It can damage every aspect of your life.”

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