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Boca Raton Forum

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Doris Kearns Goodwin back at Festival of the Arts Boca

MARCI SHATZMAN MSHATZMAN@TRIBUNE.COM

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



KEARNS GOODWIN

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

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Ninth sea turtle fest Saturday at Gumbo Limbo center

MARCI SHATZMAN MSHATZMAN@TRIBUNE.COM

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

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ART FESTIVAL FOR THE KIDS



SPARK OF ART

At Sugar Sand Park, the Arts Spark Kids Fest took place. The event is an interactive festival of the arts for kids featuring creative, performing and visual arts. Bella Ackermann, 3, left; Janaya Ackermann, 6; and Corina Ackermann, 6, from Boca Raton, show off their puppets at the event. STAFF PHOTO/MARTA MIKULAN MARTIN

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24 BOCA RATON FORUM Wednesday, February 26, 2014 www.sun-sentinel.com/bocaraton BRF

Are you tired of feeling "foggy"... absent-minded... or confused? Teach Your Brain How to Remember Again -- with Just a Simple Pill

Find out how some people stay sharp and mentally focused --- even at age 90! *Here's their secret...*

By Steven Wuzubia, Health Correspondent; Clearwater, Florida:

Nothing's more frustrating than when you forget names... misplace your keys... or just feel "a little confused". And even though your foggy memory gets laughed off as just another "senior moment", it's not very funny when it keeps happening to you.

Well now, a retired Israeli submarine commander thinks he can fix that. "When you're responsible for protecting millions from harm; you must take your job seriously. You have to be focused, have intense concentration and a memory that won't tolerate failure." That's why ex-military man, David Rutenberg developed *Lipogen PS Plus*... A new military grade memory formulation that's helped thousands of people get their memory back. Even if you're in your 70's, 80's and beyond. You can now stay mentally fit, focused and "fog-free" *Here's why...*

Like gray hair and reading glasses... some people accept their memory loss as just a part of getting older. But it doesn't have to be that way. That's why *Lipogen PS Plus* has caught the attention of some of the world's most prominent brain experts.

Unblock Your Brain

Made exclusively in Israel, this incredible supplement feeds your brain the nutrients it needs to stay healthy. It was formulated by Dr. Meir Shinitzky, Ph.D., former visiting professor at Duke University, and recipient of the prestigious J.F. Kennedy Prize.

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".

In recent years, researchers identified the importance of a remarkable compound called phosphatidylserine (PS). It's

the key ingredient in *Lipogen PS Plus*. And crucial to your ability to learn and remember things as you age.

Earth-shaking Science

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continued from 1

will talk about her new book, "The Bully

Pulpit: Theodore Roosevelt and William Howard Taft," which came out last fall. The book also gets into the investigative journalists of the day, called muckrakers for exposing corruption, including Ida Tarbell and Nellie Bly, who had herself checked into an asylum to write about abuses from the inside.

Goodwin said she'll talk about comparisons to the communications' sea change and the Industrial Revolution in Teddy Roosevelt's time that both "squeezed the middle class."

"One of my favorite moments in the book is about the nervous disorders, because the pace of

life had picked up so much. People had moved from the country," she said.

Why does the festival keep asking Goodwin back, the only author who's a festival regular? And why is she so popular with festival audiences?

"The easy answer is that it's because she's Doris. She's smart, charming, amusing, interested in people and without pretension," said Cynthia Brown, in her second year as chairwoman of the Authors & Ideas program. "Her talks are always informative, and she seems to have a limitless font of information to share with us."

The authors are chosen to appeal to a cross-section of festival goers.

"We try to bring a mix of current events, literature and thought-provoking ideas," Brown said in an email.

"So this year, we have [James] Fallows, who will talk on China, which is an important topic right now. We have three speakers who will enhance our understanding of what it means to be human: Daniel Levitin on 'Your Brain on Music'; Barbara Schmidt on 'Vicktor Frankl's Man's Search for Meaning'; and National Humanities Award winner Anna Deavere Smith on 'Finding Grace Through Adversity.'

"Our quality of speakers is very high, and we feel that there is something of interest for everyone," Brown said.

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