

CULTURAL CALENDAR

SPONSORED CONTENT



Schedule your season — with our help

There's always something to do in the Palm Beaches! That's why every week, the Cultural Council of Palm Beach County helps you with three ideas — one that's free, one that's affordable and one that's a splurge. Your events curator is the Cultural Concierge, a free service that provides customized cultural recommendations and more at palmbeachculture.com/concierge.

Celebrate the 35th anniversary of Gumbo Limbo Nature Center this Saturday at the free Sea Turtle Day Festival.
[CONTRIBUTED]



DEAL



Join in for some paleontological fun this Saturday at the South Florida Science Center and Aquarium's Archaeo Fest. [CONTRIBUTED]

Dig up some history in West Palm Beach

Ever wanted to dig up fossils? Idolize fictional characters in the vein of Indiana Jones? We've got the perfect event for you. Education and entertainment combine for an exciting Saturday at the South Florida Science Center and Aquarium's Archaeo Fest 2020! There, you and your kids can hunt for shark teeth, hidden treasure and (plastic) dinosaur eggs, experience

paleontology labs with real scientists, and more. Don't miss it!

Archaeo Fest 2020: Saturday from 10 a.m. to 4 p.m. Admission is \$17.95 for adults, \$15.95 for seniors over 60, \$13.95 for children 3-12 and free for children under 3. Admission for dinosaur egg hunt is an addition \$3.50 per child. South Florida Science Center and Aquarium, 4801 Dreher Trail North, West Palm Beach. Info: 561-832-1988 or www.sfsiencecenter.org.

SPLURGE

Postmodern Jukebox at Festival of the Arts Boca

Ready for a sensational show? As part of its second and final weekend delighting audiences in Mizner Park this year, Festival of the Arts Boca presents a performance by Postmodern Jukebox. The YouTube-famous, ever-changing collective of talented musicians will perform its signature mix of

modern hits with a vintage twist and close the festival on stage this Sunday night. No matter your preference in music, Postmodern Jukebox is a surefire hit for audiences young and old!

Postmodern Jukebox: Sunday, March 8 at 7 p.m. Tickets start at \$40. Mizner Park Amphitheater, 590 Plaza Real, Boca Raton. Info: 561-300-4138 or www.festivalboca.org.



Postmodern Jukebox will close this year's Festival of the Arts Boca at Mizner Park Amphitheater this Sunday night. [CONTRIBUTED BY MARVIN CONTESSI]

FREE

Natural celebration in Boca Raton

Who could say no to a day of free festivities at one of the area's most fantastic nature centers? Gumbo Limbo Nature Center celebrates its 35th anniversary this Saturday with Sea

Turtle Day Festival! Come by with friends and family to enjoy nature talks, hands-on activities, live music, guided tours, food trucks and more. There will also be a performance led by Sol Children Theater, another Boca-based cultural organization. Have fun!

Sea Turtle Day Festival: Saturday from 9 a.m. to 4 p.m. Gumbo Limbo Nature Center, 1801 N. Ocean Blvd., Boca Raton. Paid parking for this event is available at Spanish River Park, 3001 N. Ocean Blvd., Boca Raton. Info: 561-544-8605 or www.gumbolimbo.org.

MCDANIEL

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as a sister. "She was just a warm, loving person."

The daughter of the late Mae and James McDaniel, Ms. McDaniel was born on Jan. 3, 1950 in Hampton, Virginia.

In 2000, she moved from a Rochester, N.Y. paper to work at The Post. For years, she lived here with her mother, who died in 2018.

She earned a bachelor's degree in music from the College-Conservatory of Music at the University of Cincinnati, a master's degree from Boston University's College of Fine Arts and a Certificate in Piano from the Paris American Academy in France.

She continued her education as a fellow at the National Arts Journalism Program at Northwestern University and the Knight Center for Specialized Journalism as well as the education and opera institutes of the Music Critics Association of North America.

She served as general manager of symphony orchestras in Springfield, Ohio, and Oakland, California.

Her reviews appeared in The Palm Beach Post, Palm Beach Daily News, the Democrat and Chronicle in Rochester, New York, Palm Beach ArtsPaper, South Florida Classical Review, American Record Guide, and other publications.

Her writing was recognized with awards from the Associated Press Managing Editors Association and the Gannett Rochester, New York newspapers.

In addition to her cousin, Shirley, she is survived by her cousin's son, Fela Reynolds; two aunts, Laura Shirley and Helen Jackson; another cousin, Robert Shirley Jr.; a caregiver, Lucretia Caldwell; and a goddaughter, Vivian Jackson.

Funeral services will be held at 10 a.m. March 13 at the Union Missionary Baptist Church, 3909 Broadway, in West Palm Beach.

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TO YOUR GOOD HEALTH

Get second shot for hepatitis A protection



Dr. Keith Roach

Dear Dr. Roach: Last July, I ate at a beach restaurant in Florida and shortly afterward was advised to get a hepatitis A shot, which I did. They also said to get the second shot in January 2020. Now I'm hearing that there may be complications with the second shot causing health problems and also that health insurance and/or Medicare won't pay for it. I have scheduled an appointment to receive the second shot at the end of January through my county health department.

Are these just scare tactics, or do you believe that the second shot is necessary? The health department said that since I didn't pay for the first shot, I will not be charged for the second

one, so that's good. — **G.B.**

Answer: Florida is experiencing a large outbreak of hepatitis A, which causes an acute illness. It is occasionally severe but always unpleasant. Fortunately, hepatitis A does not have a chronic form the way hepatitis B and C do. Hepatitis A is spread by contaminated food and water. There were numerous outbreaks reported through restaurants, not just in Florida, but also in Kentucky, Ohio, Tennessee and other states.

The hepatitis A vaccine is recommended for people who might have been exposed. The first dose should be given as soon as possible after exposure, and the second dose six to 12 months later.

I was not able to find any indication that there have been health problems related to the second dose, and I urge you to complete the two-dose series to give you long-lasting protection for the future.

Dear Dr. Roach: Two months ago, I had an upper respiratory infection that lasted for a long time, and

now I suffer from fatigue. My sister suffered for a long time with the same symptoms. She took CBD and says she feels better and stronger. I had open heart surgery to replace my mitral valve, and I take metoprolol and warfarin. Is it safe for me to take CBD? — **A.T.**

Answer: Cannabidiol, a nonpsychoactive component of cannabis (hemp), is marketed for many conditions. The scientific knowledge about its effectiveness and possible toxicities is quite limited. Similarly, the potential drug interactions are not known with certainty. Warfarin (Coumadin) is one of the most common drugs to cause concern, for both drug and food interactions. It is highly bound to proteins, and other drugs that compete with warfarin for protein binding can significantly change drug levels and small changes in drug levels can make the drug either useless or toxic. It also is metabolized by three different enzymes, one of which is commonly sped up or slowed down by other medicines, including

CBD. Although I could not find any published cases of harm from people taking both CBD and warfarin, CBD can affect the platelets, which could lead to increased bleeding risk in people taking warfarin. I would recommend against CBD oil in people on warfarin. If you did want to take it, you should have frequent checks of the warfarin effect by an INR test.

I couldn't find any good studies to show CBD is effective for frequent colds or fatigue. One study suggested cannabinoids such as CBD may worsen acute infection but may be beneficial for persistent respiratory infections. Fatigue was among the most common side effects noted with the use of CBD for a type of epilepsy, the only use approved by the Food and Drug Administration.

Finally, CBD is not regulated, and its purity is not guaranteed.

Write to Dr. Keith Roach at King Features, 300 W. 57 Street, 15th Floor, New York, NY 10019-5238

VEGAN

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accessible and friendly.

Two things make Death or Glory particularly attractive to those familiar with the downtown Delray bar and entertainment scene.

First: Not being in the midst of the Atlantic Avenue hustle and bustle makes it less hectic and easier to find parking.

Second: The meatless among us know how hard it is to find shareable bar food munchies that you don't have to specially order without the cheese or pick the bacon off, unless it's fries. A person can only order so many plates of fries while watching their friends partake in ooey-gooey apps until



Cauliflower stir fry is served at Death or Glory in Delray Beach. [THOMAS CORDY/PALMBEACHPOST.COM]

they start to get resentful.

Fortunately, this isn't an issue here, and even though it's not an exclusively vegan spot, there are enough eligible options to order several things for the table, as we did on a recent Friday happy hour outing. (We must add that because it's a restaurant as well as a bar, we felt

perfectly comfortable bringing our kid with us in the earlier part of the evening.)

The food: The impetus of the Vegan Eats series was celebrating places that had enough choices for the meatless so you didn't feel you were settling. And Death or Glory more than fits the bill, starting with

the crispy chickpeas with Cheetos seasoning. Original Cheetos were one of the things we mourned when going vegan, because they're the perfect after-cocktail snack — crispy, crunchy and covered in yum. Death or Glory ups their game, in that these delicious bits of snackery are warm, fresh out of the fryer. Also, it's chickpeas, which are actual food, so we don't feel bad about chowing down.

Other plant-based goodies: The creamy-on-the-inside Jackfruit fritters with coconut curry, because one of the first things you think you're giving up as a vegan is creaminess; the Drive-In Burger, which comes with an option of a vegan patty and the cauliflower stir-fry, because cauliflower is the vegetable of the moment and they do it right here.