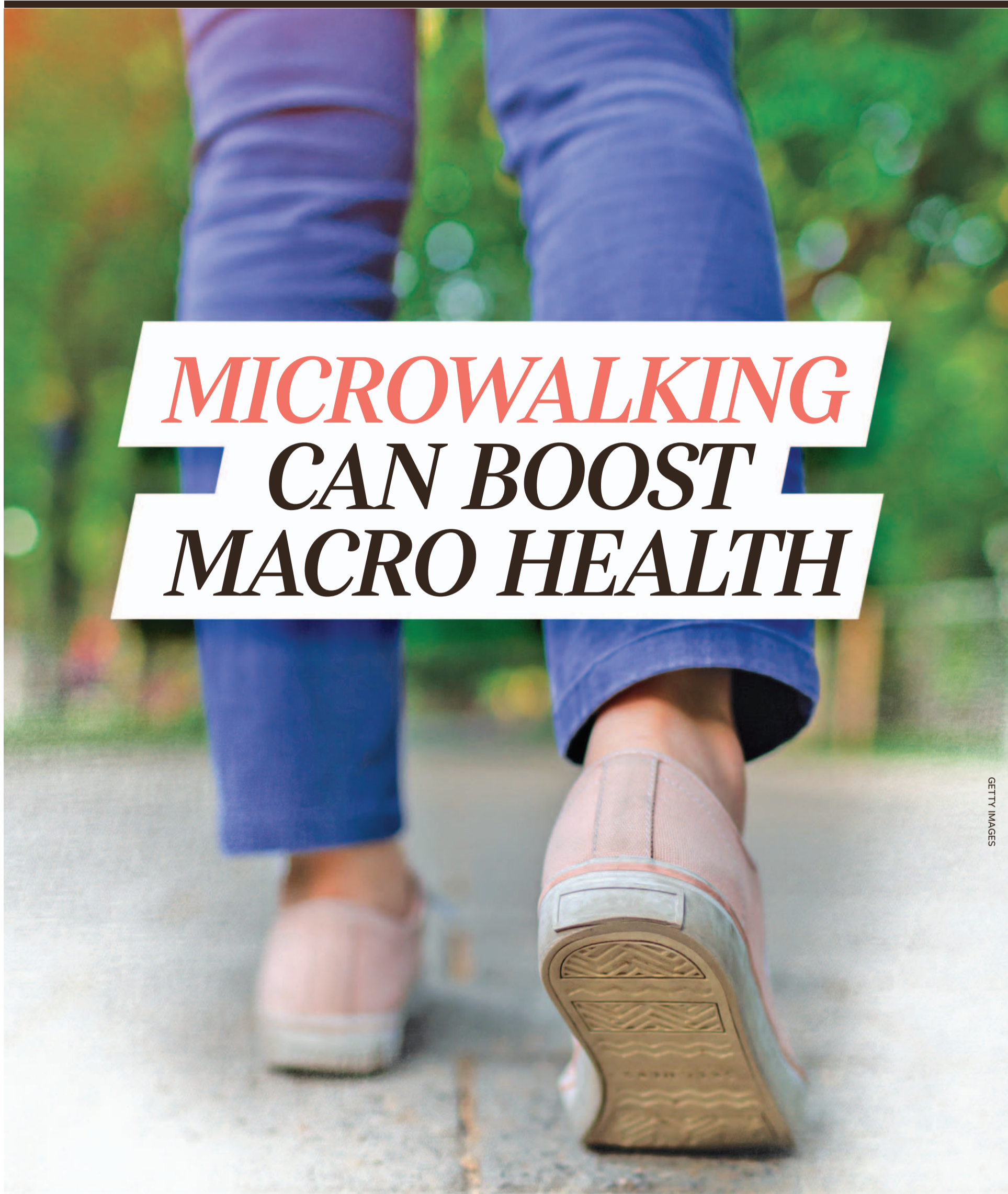


ACCENT + HEALTHY LIVING



GETTY IMAGES

MICROWALKING CAN BOOST MACRO HEALTH

Lulu Chang Special to USA TODAY 10Best

Getting a move on is good for your health; you'll find few arguments to the contrary. But most people lead busy lives and finding time to exercise can be difficult. The good news: You don't need that much time to reap the benefits. Research shows that taking microwalks, or short walks, throughout the day can improve your overall health and well-being. • There's no trickery here – the name says it all. • “Microwalks are short bursts of intentional walking sessions, typically lasting 5 to 10 minutes, taken multiple times throughout the day,” says Dr. Zulia Frost, co-founder and clinical director of Recharge Health. “Unlike traditional walks that may last 30 minutes to an hour, microwalks are designed to fit into small pockets of time, often during work breaks or transitions between activities.” **See MICROWALKING, Page 2D**

Impact 100 to host free women's health symposium in Boca Raton



Health Matters
Steve Dorfman
Palm Beach Post
USA TODAY NETWORK

Impact100 Palm Beach County will be hosting a free women's health symposium on Monday at The Boca Raton.

The presentation is part of the Impact Talks speaker series created by Impact 100 Palm Beach County Co-Presidents Jeannine Morris and Kimberly Boldt.

The free events are designed to bring together women to hear the stories of other women impacting our community, including the stories of Impact 100 Palm Beach County's \$100,000 nonprofit grant recipients.

The primary purpose of the Impact Talks series is to connect, engage, and inspire women to work together collectively to improve our community through grant funding.

Monday's Impact Talks at The Boca Raton will feature three local women whose main professional focus is on helping improve the health and well-being of women in our community.

The event's speakers — and the topics they'll cover

First, Robin Rubin, an instructor at Florida Atlantic University, will discuss how the classroom work she does impacts the community by educating young people in their journey to become social workers.

“Social work and social workers provide an important social safety net by identifying the needs of individuals or families and connecting them with community services that will help meet those needs,” explained Rubin. She said she trains students and would-be social workers in positive psychology, including how to remain resilient and develop mental fortitude to promote long-term mental health and well-being. She'll also provide tips for how attendees can incorporate some of those lessons into their own lives.

Dr. Berthline Isma is a visiting faculty member at Everglades University and a visiting professor in the Department of Osteopathic Medicine at Nova Southeastern University's College of Public Health. She is a former research profes-

If you go

What: Impact Talks women's health symposium presented by Impact 100 Palm Beach County

When: 5:30 p.m. Monday, Feb. 24

Where: The Boca Raton, 501 E. Camino Real, Boca Raton

Admission: Free

Info: impact100pbc.org

sor of public health in the Department of Health Promotion and Disease Prevention at Florida International University. She is currently president of the Florida

See DORFMAN, Page 3D

Dorfman

Continued from Page 1D

Public Health Association.

A public health practitioner and epidemiologist, Isma's primary focus is to improve outcomes for those who have yet to fully benefit from public health and intervention strategies.

"My health 'activism' is guided by my passion for helping people who are disenfranchised — not only in the U.S. but also around the world," said Isma.

She mentors young people, particularly young women, in vulnerable communities. Isma's research focuses on health disparities among racial and ethnic minorities. She's especially passionate about strategic planning to improve the health in residents in underserved communities, and the prevention of sexually transmitted diseases (most notably HIV/AIDS) and tuberculosis.

Maureen Mann will be the third featured panelist. Mann is vice president of the Lynn Cancer Institute and Lynn Women's Health and Wellness Institute at Boca Raton Regional Hospital. She is responsible for the strategic and daily operations of one of the largest cancer institutes in Florida and a comprehensive women's center that cumulatively services more than 250,000 patient visits annually.

Mann advocates for women's health by educating the public regarding health-care services available for women at Boca Raton Regional Hospital.

"To effectively impact communities, women must maintain their own health and vitality," noted Mann. She will share her knowledge about women's health care, access to services, and resources available for women to receive the physical, emotional, and mental health support they need.

"Women are uniquely suited to recognize community needs and to find a way to meet those needs," said Impact 100 Palm Beach County Co-President Morris. "Women who attend the event will learn how they can be a part of impactful community change through funding the grants that Impact 100 PBC awards each year when women join Impact."

How Impact 100 Palm Beach County works

In addition to hearing from the expert speakers about issues related to wom-



Impact 100 Palm Beach County Co-Presidents Kimberly Boldt and Jeannine Morris PROVIDED BY IMPACT 100 PALM BEACH COUNTY

en's health, attendees will also learn about how members of Impact 100 Palm Beach County are able to make a difference in the community — especially when it comes to supporting other women.

"The giving model of Impact 100 Palm Beach County is unique," said Morris.

Each member contributes \$1,000 toward grant funding and the co-presidents say that 100% of the annual contribution is returned to the local community in the form of grants to local nonprofit organizations.

(They do note there also is a \$100 administrative fee that is applied to operational expenses.)

So with this membership model "each member is equal — there are no contributors who give more — and each member is entitled to vote for the grant recipients they favor, so it is a fully democratic process" according to Morris.

Boldt and Morris said that last year, the organization's 820 members awarded some \$820,000 to local nonprofits; this year's goal is to reach a membership of 1,000 so that grants will total \$1 million when next they're awarded.

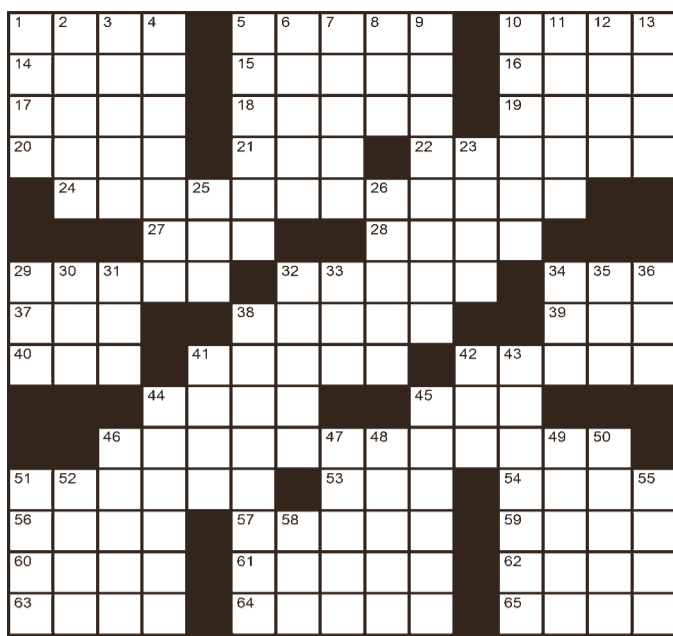
The co-presidents believe an important takeaway from Monday's event will be how attendees can learn the best ways to connect and support one another through the use of their own unique talents.

"Women will learn that Impact 100 Palm Beach County provides an inspiring way to make impactful community change," said Boldt.

Morris echoed those sentiments: "The more women who hear about Impact 100 Palm Beach County, the more women who will join and exponentially increase the community change we are fostering."

THE DAILY COMMUTER | STELLA ZAWISTOWSKI

- ACROSS**
- Checker or Frisbee
 - College student's choice
 - tense verb
 - Obsessed with
 - Clued in
 - Middle voice part
 - gobi (curry dish)
 - Domesticated
 - Celebrity
 - Tall and lean
 - Government spy group: Abbr.
 - Fancy home
 - Athlete who snatches
 - Historical period
 - Name of 12 popes
 - Run after
 - piano
 - Stomach muscles
 - Your and my
 - Crystal-lined rock
 - Whale's home
 - Cat or hamster
 - Loans
 - Made disapproving sounds
 - Small taste
 - Plop on a couch
 - Blockbuster with dinosaurs: 2 wds.
 - Like leis and bouquets
 - Global commerce group: Abbr.
 - "We made it!"
 - Merit
 - Best possible
 - Part of a poem
 - Barely defeat
 - Grassy area
 - "Only Time" singer
 - Changed the color of
 - Athletic awards
 - Fly high
- DOWN**
- Rotary phone part
 - Relative by marriage
 - Rock
 - Oreos, e.g.
 - Green tea powder
 - Anticipate
 - Pianist Ahmad
 - Smelted material
 - Give a new meaning to
 - Thick purees
 - Church table
 - Doctor's "right now!"
 - Ripped
 - Simple earring
 - College senior's test: Abbr.
 - Apple tablets
 - Police officer
 - Color
 - Painting or sculpture
 - Units of heredity
 - Singer Stewart
 - Inquire
 - Spelling contest
 - Disheartened
 - "Oh, please!": 3 wds.
 - Turkish currency



Created by Stella Zawistowski

2/18/25

Monday's Puzzle Solved

A	B	B	Y	O	S	C	A	R	E	B	B	S	
B	L	U	E	U	P	O	N	E	D	A	R	K	
C	O	S	T	T	R	A	N	S	I	S	A	Y	
C	H	I	E	F	E	X	E	C	U	T	I	V	E
				D	I	E		U	G	H	N	O	
H	O	L	D	I	T	R	E	E	L				
A	B	O	U	T	P	E	R	S	I	S	T	E	D
T	I	R	E	I	D	A	H	I	D	E			
S	T	I	L	E	T	T	O	S	C	O	N	G	A
				A	R	T	S	L	A	W	Y	E	R
C	A	U	S	E	D	I	P						
C	O	N	S	T	A	N	T	I	N	O	P	L	E
A	C	N	E	S	E	R	V	E	D	U	A	L	
M	O	O	R	O	N	I	O	N	F	A	R	E	
P	A	Y	S	N	E	S	T	S	S	U	N	G	

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2/18/25

- | | |
|-------------------------|-------------------------------|
| 42 Helpful hint | 49 Horned zoo animal |
| 43 Paper fasteners | 50 Nairobi's country |
| 44 Overcooked, as steak | 51 Give a meal to |
| 45 Chastises | 52 "— Madonna" (Beatles song) |
| 46 Author — Luis Borges | 55 Have on |
| 47 Use a broom | 58 Smack-talk |

CRYPTOQUIP | COPYRIGHT 2025 KING FEATURES

W B H T N D V H W X K D Z Y C Z B
 B D N P G Q H V N D B W P G Z Q X N L H
 M N D H X L H, P Y D N I J V G N J Q Z Y I L
 G H M N H C N D T G P Q W X K.

Yesterday's Cryptoquip: POPULAR BAND WHOSE MEMBERS ENJOY EATING CHOCOLATE CANDIES DURING EVERY LIVE SHOW: BONBON JOVI.

Today's Cryptoquip Clue: H equals A

BRIDGE | FRANK STEWART

Harlow the Halo

"The man could go to a restaurant with no money to pay his bill," Unlucky Louie fumed, "and he would find a pearl in his oyster."

Louie meant the player we call Harlow the Halo. His finesses always win, his key suits split well and his errors never cost.

"I was West in a penny game," Louie told me, "and Harlow played at four hearts. I led a diamond, and East took the ace and returned a diamond. Harlow ruffed, drew trumps and led a club to dummy's jack. East took the queen and led another diamond."

High clubs

"The Halo ruffed again," Louie went on, "and led a second club: seven, king, ace.

Harlow ruffed the next diamond and won the and won the last four tricks with high clubs and the ace of spades. Can you believe it?"

Harlow misplayed — and survived as usual. If East refuses to win the second club, Harlow must ruff something with his last trump to return to his hand; he never gets his club tricks.

If declarer correctly attacks his side suit before drawing all the trumps, he always makes his game.

Daily question

You hold: ♠ K 10 5 2 ♥ 7 3 ♦ A 10 9 4 ♣ A Q 5. You open one diamond, your partner jumps to two hearts, you bid 2NT and he bids three hearts. What do you say?

Answer: Partner's jump-shift showed slam interest, and his three hearts shows long, strong hearts as well as a powerful hand. Your hand is minimum, but your values are prime and your queen of clubs is bolstered by the ace.

Cue-bid four clubs to say that you are not averse to slam.

South dealer
 E-W vulnerable

NORTH
 ♠ A J 9 4 3
 ♥ 8 2
 ♦ Q 5 3 2
 ♣ K J

WEST
 ♠ Q 8 7
 ♥ 6 5 4
 ♦ K 8 7 6
 ♣ 7 3 2

EAST
 ♠ K 10 5 2
 ♥ 7 3
 ♦ A 10 9 4
 ♣ A Q 5

SOUTH
 ♠ 6
 ♥ A K Q J 10 9
 ♦ J
 ♣ 10 9 8 6 4

South	West	North	East
1♥	Pass	1♠	Pass
2♥	Pass	2NT	Pass
4♥	All Pass		

Opening lead — ♦ 6

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BOGGLE BRAINBUSTERS

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.



BOGGLE POINT SCALE
 3 letters = 1 point
 4 letters = 2 points
 5 letters = 3 points
 6 letters = 4 points
 7 letters = 6 points
 8 letters = 10 points
 9+ letters = 15 points

YOUR BOGGLE RATING
 151+ = Champ
 101-150 = Expert
 61-100 = Pro
 31-60 = Gamer
 21-30 = Rookier
 11-20 = Amateur
 0-10 = Try again

Boggle BrainBusters Bonus
 We put special brain-busting words into the grid of letters. Can you find them?
 Find AT LEAST FOUR TYPES OF CHEESE in the grid of letters.

Answers to Monday's Boggle BrainBusters: GREEN BLACK WHITE CREAM BEIGE. BOGGLE is a trademark of Hasbro, Inc. © 2025 Hasbro, Inc. Distributed by Tribune Content Agency, All Rights Reserved. www.bogglebrainbusters.com

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Can't wait for your answers?
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