# LOCAL NEWS...

# Second teen killed in

Three days after a deadly crash in ompano Beach, a second teenager is succumbed to his injuries.

The Broward County Office of the

hes succumbed to his injuries the Medical Examiner and Traum Services confirmed to Broward Sherriff and Francisco and the Confirmed to Broward Sherriff and Traum Services confirmed to Broward Sherriff and Sherriff

tectives say that at some point, the tectives say that at some point, the Total the tectives are the tectives are the tectives. The collision caused Vice to lose control of the Mercedes. The Mercedes rolled onto its roof as it slid southwest across the roadway and into the path of eastbound raffic. That is when the Mercedes collided with a 2015 Levus RX 350. Additionally, a 2021 Toyota RAV4 was traveling eastbound on East Copans Road and was struck by debris as the Mercedes slid by it. Deputies on scene immediately began life-saw in the state of the technique o

#### Fatal crash investigated

Patal crash investigated
Detectives with the Broward
Sheriff's Office Traffic Homicide Unit
are investigating a fatal vehicle versus pedestrian crash that occurred
in West Park over the weekend.
According to investigators, at
approximately 9:40 p.m. on Saturday,
June 21, BSO deputies and Broward
Sheriff Fire Rescue responded to a
report of a person hit by a car near the
5600 block of Southwest 19th Street.
The preliminary investigation revealed that the victim was walking
eastbound on Southwest 19th Street
when, for some unknown reason, he
went to lay down halfway in the
driveway of a home in the area. Detectives say the victim remained
there for several hours before being
struck by the passenger side undercarriage of a 2025 Honda CR-V. The
driver of the Honda turned into the
driver of the was transported toes.
The victim was transported toes.
The victim was transported toes.
The victim was transported toes.
Motorcycle race ends in

morial Regional Hospital, where he was pronounced deceased.

Motorcycle race ends in fatal crash

A motorcyclist is dead, and another remains in critical condition after being involved in a fiery crash Sunday afternoon.

The fatal collision occurred at approximately 4:36 p.m. on June 29, near the 4400 block of U.S. Highway 27 in Weston. The preliminary onscene investigation revealed that 63-year-old Mario Vasquez and 35-year-old Mario Vasquez and 35-year-old Mario Wasquez and 35-year-old Mario Wasquez and 35-year-old Mario Wasquez and Mena-Echevarria were racing northbound on two separate motrocycles and Mena-Echevarria's 2019 Honda CBR 1000 RR collided in a sideswipe type crash. Following the collision, the motorcyclist and their bikes fell to the pavement and slid several hundred feet. Mena-Echevarria's motorcycle caught on fire and ignited a large area of grass in the center median.

BSO deputies, Broward Sheriff Fire Rescue, and other local law enforcement and fire rescue agencies responded to assist. Both drivers were transported to Memorial Regional Hospital with life-threatening injuries. Investigators were later informed that Vasquez had succumbed to his injuries and was pronounced deceased. As of this writing, Mena-Echevarria remains critical condition. The investigation continues.

# Big Beautiful Bill passes Senate

President Trump's Big Beautiful Bill passed the Senate Tuesday, with three dissenting votes. Sens. Rand Paul of Kentucky, who complained that it would add too much to the national debt, and Thom Tillis of North Carolina, who blasted the Medicaid cuts as damaging to his home state. Tillis announced Sunday that he won't run for re-election in 2026 after having clashed with Trump over his opposition. Senator Susan Collins also voted nay expressing concerns with the Medicaid cuts and said she prefers rasing taxes on high said she prefers raising taxes on high

said she prefers raising taxes on high earners. The bill passed Tuesday when the President Vance broke a 50-50 tie, providing the necessary vote for passage. Now, as of press-time, the bill must pass the House, which votes on Wednesday, one day after The Sentry goes to press). So, what's in the Big Beautiful Bill?

It renews tax cuts Trump signed into law in his first term, paying for them partly with cuts to Medicaid, food aid programs and clean energy funding.

No tax on tips, overtime and carloans

No tax on tips, overtime and car Iloans
The bill would exempt tips and overtime pay from federal income taxes, fulfilling two of Trump's cam-paign promises. It would also allow taxpayers to deduct up to \$10,000 of auto loan interest for U.S.-made ve-hicles.

No tax on tips, overtime and car local to the bill would exempt tips and overtime pay from federal income taxes, fulfilling two of Trump's cumpaign promises. It would also allow at the fulfilling two of Trump's cumpaign promises. It would also allow at the fulfilling two of Trump's cumpaign promises. It would also allow at the fulfilling two of the f



roads, cameras, lights and sensors. The package also includes \$2 billion for the Department of Homeland Security and \$29.9 billion for Immi-

# **Alligator Alcatraz** opens in Everglades

law suit last Friday try-ing to block the plan, arguing it could have devastating effects on the Ever-glades.

block the plan, arguing it could have devastating effects on the Everglades.

"The site is more than 96% wetlands, surrounded by Big Cypress National Preserve, and is habitat for the endangered Florida panther and other iconic species." said Eve Samples, executive director of Friends of the Florida Everglades, which is among the groups suing. "This sacheme is not only cruel, it threatens the Everglades ecosystem that state and federal taxpayers have spent billions to protect."

The land being used, roughly two hours west of Miami, is a little-used aristrip owned by Miami-Dade County, but it was taken over by the state for the facility under emergency powers DeSantis enacted in 2023 as part of his immigration crackdown. Under those powers, the state can seize the land for immigration enforcement-related activities. Using its emergency powers, Florida, led by its emergency management division, has brought in tents, construction crews and portable toilets, hired nearly a dozen vendors, seized the land and said the site is set to be operational in just seven days.

# Pompano Beach's 4th of July Fireworks **Spectacular**



Fisher Family Pier | 222 N. Pompano Beach Boulevard Friday, July 4th - 5:00 pm - 9:30 pm

Join us Friday, July 4th on the main beach by the Iconic Fisher Family Pier at 222 N. Pompano Beach Boulevard .The party kicks off at 5:00 p.m., so grab your crew, your beach blankets, and your lawn chairs and settle in for an epic night of entertainment!



25 **CENTS** 

# Human remains found

REWARD \$10,000\*

# HOMICIDE



# **ADLER** CORVIL

(PHOTO OF THE VICTIM)



Detectives with the Broward victim as Adler Corvil, and believe he Sheriff's Office Homicide Unit are investigating after human remains were found in the backyard of a his incident is asked to contact BSO house in Pompano Beach. A reward of up to \$10,000 is being offered for ast for the propagation of the propagatio

#### The 1928 HURRICANE - THE STORY OF MY FAMILY

CONTINUED FROM LAST WEEK

#### The 1928 hurricane on Lake Okeechobee, Ritta Island and Fort Lauderdale

The 1928 hurricane on Lake

Mr. H.O. Sebring, son of the founder of
Sebring, Florida, bought the land and started
Sebring Farms in 1918. He planned to have the
biggest avocado farm of all. He cleared 200 acres
of custard apple land and planted the trees but
the floods in 1922, 1924 and 1926 killed the trees.
The hurricane coming up in 1928 was destined to put a final end to this enterprise.
On the farm there were several houses for
white people and quarters for the colored. We
called the house we rented in 1927 the wrong
side out house because it had never been finsished outside.
Now my father was again farming on Ritta
Island with Uncle Mays. They went back and
forth on a 16-foot boat to work the land.
Mr. Sebring had a canal dug from the Miami
Canal out in the Lake to the land at Sebring
Farms so he could bring his own supplies in by
boat. He had a pump run by a steam boiler to
pump the water off the land. He had to bring in
pinewood to fire the boiler.
The canal gave us a swimming pool at our
back door; we even had a diving board. All of us
could swim. My brother and sisters and I helped
Daddy and Uncle Mays with the farm when we
were not in school. All of us would go over to
Ritta Island on the boat in the mornings.
Daddy set out so much work for us to do.
We usually solve the solve the solve the same the
Use Swam the canal then we were hone.
This was a distance of about a mile and a half.
Daddy would usually work until almost dark, he
would pole the boat, unless there were a lot of
people in it then he would row. He and Uncle
Mays brought out their produce on the boat.
They hauled a lot of beans from the island to the
mainland.
We had started to school when we came back
We had started to school when we came back

heavy strongin out metry protonce on the observable of the heavy they have been already and the strong of the stro

boat south ou us one of the 1928-power term of school was due-to start for the 1928-29 school year.

The lake was down to 3 feet in the summer but it rained and raised the lake to 13.87 feet between the 6th and 13th of August and in September it had rained almost every day so the lake was over

ie Okeechobee, Ritta Island and Foi

16 feet elevation.

18 feet elevation.

19 feet elevation.

19 feet elevation.

10 feet elevation.

10 feet elevation.

11 feet elevation.

12 feet elevation.

13 feet elevation.

14 feet elevation.

15 feet elevation.

15 feet elevation.

16 feet elevation.

17 feet elevation.

18 feet elevation.

18 feet elevation.

19 feet elevation.

18 feet elevation.

19 feet elevation.

19 feet elevation.

10 feet e

little old mud dike, which protected the mainland at that time.

Everybody he den elioyed the peanuts and
just before dark they picked a house for
everybody to go and take refuge in. They
picked V. B. Thirsks, the caretakers house.

Everybody except Uncle Minor went
there. He stayed in our house to look afters
there is the stayed in our house to look afters
house water was already knee deep and
sing, apparently the old mud dike, five to
eight feet high and about forty feet thick at
the base, had been breached by the lake and
was washed away.

The house was a good four feet off the
ground. By the time all the families had got
in, the water was high enough that it was
coming into the house.

They put all the small kids on the table in

put all the small kids on the table in

## **Pompano Pioneers** by Bud Garner



there was in addition to Mr. and Mrs. Thirsk, our family the Boots family, a Swede, Karl Karanch and several other people. The rest were colored. I don't know how many there were.

Mr. Will reports that there were 21 whites

here were colored. I don't show how many there were.

Mr. Will reports that there were 21 whites and 42 blacks.

The colored people were in the front The colored people were in the front The colored people were in the front The diverse of the colored people were in the front The colored people were in the stored the stored people were thought a hole in the kitchen.

By the time all of us got up in the ceiling the water was up over the windows. The wind was deafening and when there was a full you could hear the black people singing praying and crying.

The weather picked up and the house was moving. Of course, I didn't know what was happening, as I was only 13 years old but I was told later that the house floated off the piling and water cane up in the attic.

Mr. Thirsk and Daddy had knocked some of the metal roofing loose, making a hole through the roof. Daddy got out and was pulling a piece of tin off the roof and the wind blew him off the roof. That was the last he saw of the house.

He came up swimming on top of the water and he came in contact with a telephone pole. He hung on to the braces holding the first cross-arm until the water started down. The water was holding him up there. That's how high it was. As the wind slackened and the water receded, he slid down the pole and huddled there all night

Mr. Thirsk got out after Daddy and took

wind slackened and the water receues, net slid down the pole and huddled there all night.

Mr. Thirsk got out after Daddy and took his wife out. He reached back into the house and grabbed someone else to pull out and it happened to be me. He and his wife straddled the top of the house and he pushed me up there.

He was trying to get other people out of the house when the house disappeared altogether. It was pitch dark and you couldn't see anybody or anything. I started swimming toward the other houses, which would have been East of this house that we were in. I don't know how long I had been trying to swim until I bumped into some floating timber. I decided to hang on, which I did for the wind and the water carried me South of the old Sebring Farm.

Eventually, the nitheest I was holding.

Iney put all the small kids on the table in the kitchen as we went in the back door. The water continued to rise until it was halfway up the windows and rising more.

In the Thirsk house, which was large, and couldn't so I crawled up on them and

pulled a little old sweater that I had on up over my head as the wind and the rain were driving so hard against me.

I sat there until daylight. Then I attempted to swim back North. The water here was about knee deep and as I walked the water got deeper. After some hard wading I saw there were people off to my right. I started hollering and walking toward them. They finally heard me and it turned out to be Roy, Vernie and Willie Boots. They waited on me and thought until I got up there, that I was their fourth brother. It turned out that he was lost. We waded together and we finally saw the telephone pole that towered over the Mismi Canal and regal palms at the Bolies Hotel.

We kept going toward the hotel because we figured it might be standing which was. We came out on the old highway about a half-mile from the Mismi Canal. We came out near where Mrs. Larrick lives

came out near where Mrs. Larrick lives

about a half-mile from the Miami Canal. We came out near where Mrs. Larrick lives today.

There were no houses there at that time but we came to a house South of the road here which I believed was Dr. Tatums which the hurricane waters had floated south, back about a fourth of a mile, from the old highway. In this house, and Mrs. Marlin Lee and their family and old Mr. Burt Little and his son survived the storm. The house had floated off its blocks on Sebring Farm, floated a quarter of a mile and it had weathered the storm with the people in it.

We walked up to the house and met up with these people and they were chewing sugar cane that Mr. Tatum was trying to grow for old Southern sugar, which is U. S. Sugar today. We chewed some cane with them.

glow no do Soduniers usgal, when a C v.3. Sugar today. We chewed some came with them. The men folks had waded out and gone to the old Bolles hotel in Lake Harbor to see if they could find a hoat. Mr. Lee brought one back to pick up his wife and small children.

I waded up the ditch from that house to Road 27 which was right where Mrs. Larricks house is today which would be half way of tile middle of section one. We were watching while the men were trying get the boat tied up so everybody could get in it. I heard someone call my name I looked up and saw my Daddy across the canal. I jumped in and swam across to him I was glad to see him and he was glad to see me

CONTINUED ON PAGE 2

# What should you do if you're not welcome on vacation?

cently. And she had a decision to make.

"It was a combination of the high visitor taxes, signage prohibiting certain actions, such as sitting on steps or eating outdoors, and critical looks when I used English, "says Bennet publisher based in Tampa."

The unspoken message was: My presence wasn't welcome."

Bennet didn't know what to do. And it tums out that a lot of visitors may be in a similar situation this summer. The most popular tourist attractions will be more crowded than ever, experts say. In fact, the Louvre—the world's most visited museum—shut down earlier this month after its staff went on strike, with employees protesting ummanageable its staff went on strike, with employ-ees protesting unmanageable crowds brought about by mass tour-ism and chronic understaffing. Mean-

protests in Venice, Barcelona, and Lisbon.

"Popular destinations have a love hate relationship with tourists, especially this summer," explains Susan Sherren, who runs the travel design company Couture Trips.

"They cart live without tourists funding their economy. But at the same time, local affordability concerns and overcrowding have skyrocketed, making the locals quite upset. I really can't blame them and would not wish that influx of humanity in my city." Should you turn around and go home?

So what should you do if you feel like people don't want you there? Turn around and go home? No. As it urns out, there are proven ways to defuse these hostilities and set your tip on the right track. I know because I'm on the road almost every

with you.

But first, let's get back to Bennet's story. She could allow the unfriendly looks and the high taxes ruin her trip -- or she could do something about it.

She decided to do something.

"I had wanted to explore Venice for many years and hoped to bond with the city without feeling like I was disrupting its rhythm," she says.

noticeable difference when I used them."

Bennet also decided to support local businesses instead of visit-ing well-known tourist spots, and she stayed away from attractions

during peak times."I noticed that lo-cals became more welcoming when they saw my efforts to honor their cultural norms," she adds. Could it be that simple? Just stop acting like a touris? Maybe. How to deal with feel-ing unwelcome when you travel Experts say you can avoid a chilly reception on your next vacation. But the time to start thinking about it is now.

Experts say you can avoid a chilly reception on your next vacation. But the time to start thinking about it is now.

"Feeling welcome as traveler starts long before your plane lands," says Jessica Flores, chief experience officer for Tourism Cares, a nonprofit dedicated to advancing sustainability in the travel and tourism industry. "The best way to ensure a positive experience is to do your homework before arriving."

Don't go alone. That's the advice of Diane Rulke, a professor of organizational behavior at Carnegie Melion University who has lived in Europe in the property of the p

Rose, chie ALTOUR.

ALIOUR.
"By remaining flexible, respectful, and informed, you increase your chances of turning a frosty reception into a memorable, positive travel experience."

perience."

It's true -- Americans who assume everyone else speaks English ranks as one of the top annoyances at popular destinations.

lar destinations.

In other words, get some local advice -- and take it. And don't act like the place belongs to you (because it doesn't).

And how do I know that's true?

Well, I've had some experience with this.

What I do when they tell me to get

this.

What I do when they tell me to get lost

You might find this hard to believe, but even journalists like me are often unwelcome in places we visit. (OK, that was a joke.)

Tve always felt welcome in places like Turkey and the Middle Eastern Gulf states or the American South, which have long traditions of well-coming strangers. Tve felt less wanted -- which is a polite way of saying I've felt unwelcome -- in places like Australia, Brazil and parts of the Caribbean.

The first thing I always try to do is understand why they dislike tourists. And usually, there's a pretry good reason, ranging from silly ("You drive on the wrong side of the road") to or generations. Poplored my island for generations. Poplored my island for generations, protesters. But instead of walking past them, she stopped and asked them why they were demonstrating.

"There were five or six enormous

strating.

"There were five or six enormous cruise ships that docked in their small town harbor every day," she says.
"Turns out the continual chuming of giant engines means smoke regularly billows into nearby homes, affecting

That was a classy move. You don't want to be grouped with all the annoying tourists — you know, the ones that crowd the town square snapping selfies. It's the best way to set yourself apart with good manners and respect for local culture. So that's what I try to day

My final strategy is the hardest: I try to return their rage with kindness. When they grimace, I smile. And when they ignore me, I lean into my politeness.

strategies, I have friends in some

of the least hospitable places on Earth. And you can, too.

Christopher Elliott is an author, consumer advocate, and journalist. He founded Elliott Advocacy, a nonprofit organization that helps solve consumer problems.

problems.

He publishes Elliott Confidential, a travel newsletter, and the Elliott Report, a news site about customer service. If you need help with a consumer problem, you can reach him here or email him at chris@elliott.org.

### PROBLEM SOLVED BY CHRISTOPHER ELLIOTT

## Where's the refund for our Mexican vacation rental? I've been waiting for months.

After Betsy Webster cancels her stay at an apartment in Puerte Morelos, Mexico, she's offered a partial refund. But the mone, never came. What should she do?



#### Illustration by Dustin Elliott

Illustration by Dustin Elliott

Q: My husband and I reserved a room in the Layla Guesthouse
in Puerto Morelos, Mexico, earlier this year but had to cancel for
personal reasons. We canceled within the required time frame and
requested a refund (minus a 6 percent cancellation fee) but have yet
to receive it, despite assurances from the guesthouse that it was
being processed. Can you help us? — Betsy Webster, La Grange Park,

requested a relaum (minus a b opereent cancenamon tely out may yet to receive it, despite assurances from the guesthouse that it was being processed. Can you help us? — Betsy Webster, La Grange Park, II. A. You should have received your refund by now. But I think I know the reason for your delay.

The Layla Guesthouse is a six-room boutique hotel that was in the process of turning itself into longer-stay apartments when you contacted me. Your refund may have gotten lost in the shuffle.

The guesthouse applies a cancellation policy that's similar to one of a cruise line or tour operator. If you cancel within 20 days of arrival or more, you'll get 94 percent of your entire stay refunded. (The 6 percent cancellation fee covers the credit-card swipe fee and currency conversion.) If you cancel between 19 and 14 days before your arrival adte, you'll get 70 percent back. If you're between 7 and 1 day, it goes down to 25 percent.

You knew about these fees and agreed to them. In some ways, they are more generous than what you would have gotten with Airbab and Vrbo. In other ways, they are not. For example, none of the other platforms charge you 6 percent cancellation fees.

I would normally say that you could have avoided this problem by using one of the vacation rental platforms, but I ve seen more than a few refund problems with Airbab and Vrbo. Companies are quick to the control of the other platforms charge you 6 percent cancellation fees.

I would normally say that you could have avoided this problem by using one of the vacation rental platforms, but I ve seen more than a few refund problems with Airbab and Vrbo. Companies are quick to the platforms of the other platforms of the platform of the platform

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# Garner

CONTINUED FROM PAGE 1

He had been looking for members of our family. He thought hat we were all lost until he saw men. The Boots boys went to the Bolles Hotel. Daddy and I went back to the old Sebring Farm. We met Uncle Minor Thomas who had been searching for members of the family and hadn't found anybody. He had gone up in the attic of the wrong side out house as the water rose. It was big enough for him, brother and me to sleep up there as we always did.

brother and me to sleep up there as we always did.

The attic had broken loose from the house. He got out on top of it and it floated across the road and stopped. We sat straddle of it that stopped. We sat straddle of it that night. We then met up with Mr. Thirsk and the four of us searched around

and didn't find anybody.

We went back to the old Bolles
Hotel to spend the night. It was
open to everybody who could

squeeze in.

We went to sleep on the floor.

Some of the women had beds, only a few beds were available, the men slept on the floor. We made do with

at the old Bolles Hotel.

That morning affer the storm, as people were grimly searching for the lost in the waters, old Mr. Callahan came out of his two-story house where he lived alone down below. Lake Harbor.

The old house was about to fall down but it had somehow withstood the storm. The lod house has about to fall storm. The lod house was about to fall down but it had somehow withstood the storm. The lod house has a fall to the f

down but it had somehow with-stood the storm. The old man got out on the roadway and was walk-ing along. He was so deaf he could hardly hear.

cause I'm on the road almost every something to him he would cup his hand to his ear and say, Eh?

Not being able to understand them. Finally, looking around, he asked, What in the hell is going on? They shouted, We had a hurricane, where are you going? Hereplied, I'm going down to the post office to see if I got some mail.

They told him, There ain't no post office, it's gone. Miss Maude Wingfields store and post office built out in the lake at Ritta had been blown away.

Even in face of such great tragedy there was the momentary relief of the comic.

Mrs. Hughes, the school teacher, and her little boy word among those who were lost. Mid little boy in one of the cypress trees out here along the old riverheed. They drowned in his arms, the wind and the water were just too rough.

He hune on to them and knew

He hung on to them and knew exactly where they were when it was over and got them out first. They were the first bodies to be taken to the boathouse.

They were the first bodies to be taken to the boathouse.

We found all of our family on Tuesday. Uncle Mays and Aunt Berta were found up at Mr. Bishops farm but even though we looked we never did find their son and daughter.

All the bodies were taken to the boathouse of the Bolles Hotel. On Wednesday they were wrapped in sheets and put in pine coffins that the people from Clewiston and that area had sent in by boats.

All the dead were positively identified and their names put on the pine boxes. All of our family and everybody they had identified were taken to Clewiston on a large seine boat On Wednesday night, the seine boat On Wednesday night, the seine boat for we had to be considered to the color of the co

Clewiston.

The boat was loaded with people and had to go on. We got to Clewiston and my daddy found a fisherman there who had his motorboat running and they went our and the control of the control of

was painted on with white paint. Daddy always kept the place clean and the markers kept up. In 1943 I put permanent markers there. We came back to Clewiston that night and my dad left me to spend the night with Dean Duff, at his house on the ridge. My daddy came

back to Lake Harbor and searched

back to Lake Harbor and searched some more for my uncles little boy and girl but he couldn't find them. He tried to salvage and save anything of ours that he could find. He eame back the next day. The day after that my mother? The day after that my mother for the form of the first that that the first that

wrote and said he needed me to help him on Ritta to finish up a tomato crop he had to harvest.

My Aunt bought me a ticket and put me on the train to West Palm Beach. My daddy picked me up there and I came back to Lake Harbor and helped him finish up what little farming he had to do and I went back to Madison the followine years and came home

what little farming he had to do and I went back to Madison the following years and came home every summer, I graduated from Madison this School in 1935. I went to the University of Florida for three years. I had to drop out to help my Daddy on the farm and never diareturn to the University. (Mutt) Thomas married Virginia, in 1941 in Allapatta, and they went to Lake Harbor where she taught school. The Lake Harbor hurri-cane dead who were found and identified were buried in the Ortona centerted were buried in the Ortona centerted with the William of the Wi

Richard H. Thomas-1887-1928 Berta S. Thomas McCranie -

1928 Karl Hararectch-September 16,

Carrie Hall-September 16,1928 Virgil S. Boots-September 16,

o Madison Hall-1916-1928

Madison Hall-1916-1928
William H. Boots-Sept. 16, 1928
Permanent headstones erected
by C. A. Mutt Thomas in 1947 in
memory of members of his family
and others that lost their lives in
the 1928 Hurricane.
(Mutt Thomas is the nephew
of Melvin Johnson, husband of
Ovieda Hardin Johnson of Pompano Beach. Oviedas Family, The
Hardins, were pioneers of Pompano, being among the first settlers in this area.)

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SUNDAYS 11:30AM-6PM

# HEALTH

## Simpler, less costly virus testing in high-risk settings



creening for an immunological

The COVID-19 pandemic yielded important advances in testing respiratory viruses, but it also posed important unmet needs

respiratory viruses, but it also ex-posed important unmer needs in screening to prevent the spread of infections in high-risk settings. While PCR (polymerase chain re-action) tests are the gold standard for detecting viral infections, they remain a challenge for screening large numbers of people in places vulner-able to outbreak — such as health care centers and nursing homes— due to high costs and the fact that different tests are required for each virus.

rirus.

A new Yale study, however, finds A new Yale study, however, finds that an alternate strategy — using a nasal swab to screen for an antiviral protein produced by the body as a defense against infection — can be an effective method for ruling out respiratory infections, limiting PCR testing only to those who are most likely to be infected, and at a fraction

likely to be intecteu, and a...
of the cost.
Most people aren't going to have
viruses, so you don't want to do
sophisticated, expensive tests for
them. Ideally you want a simple, incompanying test...

sopimistrated, repeative tests in compensationally you want a simple, incorporation to the compensation of the immunological biomarker in more than 1,000 people (including children and adults, some who had a viral infection, and some who did not), the researchers found that using the less-costly screening test would enable a 10-fold or greater reduction in the need for PCR tests. This new approach, the findings suggest, may offer a valuable strategy for managing outbreaks and for routine screenings to prevent virus transmission in high-risk settings, said Ellen F. Foxman, an associate professor of laboratory medicine and mmunobiology at Yale School of Medicine (YSM) and senior author of the study.

Medicine (YSM) and senior author of the study.

"If you wanted to screen every person who walked through the door for every respiratory virus, it would be difficult and prohibitively expensive," said Foxman. "But we also know that in some settings with close (parters — like military settings, health care and rehab facilities, or assisted living centers — an infected person who might be asymptomatic can spread the infection to others.

The biomarker performed well in predicting viral infections regarding the research team utilized electronic records to evaluate the military settings, health care and rehab facilities, or assisted living centers — an infected person who might be asymptomatic can spread the infection to others.

The biomarker performed well in predicting viral infections regarding the research team utilized electronic records to evaluate the continuation of the research team to biomarker screening and the research team to be a screening and the research team to be a screening and the research team to be a screening and the rese

including people at high risk from getting very sick from the virus.

"So the question was, how doyou triage testing in these settings? Most people aren't going to have viruses, so you don't want to do sophisticated, expensive tests for them. Ideally you want a simple, inexpensive test that allows you to say, 'OK, you don't have a virus, you can go on your way,' and then focus further testing on the people who need it."

This strategy could have been useful during the early COVID-19 pandemic, when our hospital was sometimes testing 10,000 or more people per week.

First authors of the study were Julien Amat, a postdoctoral associ-

First authors of the study were Julien Amat, a postdectoral associate in Foxman's lab, and Sarah Dudgeon, a Ph.D. student in the research group of Wade Schulz, an associate professor of laboratory medicine at Yale. The study also involved a team of other collaborators in Yale's Department of Laboratory Medicine.

For the study, the researchers drew on an observation made by

For the study, the researcners drew on an observation made by Foxman's lab in 2017. In nasal swabs taken from patients with suspected respiratory infections, among those who tested positive for viruses with PCR tests antiviral defenses had also

who tested positive for viruses with PCR tests antiviral defenses had also been activated. This finding, researchers concluded, suggested that the presence of these antiviral proteins might be a useful indicator of the presence of a virus.

In the current study, they focused on the protein CXCL10 (a cytokine produced in the nasal passage in response to multiple respiratory viruses) using 1,088 swab samples collected from COVID-19 screening tests or clinical settings in Yale New Haven Hospital. They then performed a series of analyses — including a comparison with test results from PCR tests conducted using the same swabs, and mathematical modeling to predict resource saving the same swabs, and mathemati-cal modeling to predict resource sav-ings from using the test in different

ings from using or continuous scenarios.

The biomarker performed well in predicting viral infections regardless of patient age, sex, or other demographics, Foxman said.

What's more, the research team willing a least ropic records to evaluate the continuous records and the continuous

# Self-deception: The hidden way you might be cheating yourself People often cheat to win money, get prizes, or beat others. But what if there's nothing to gain except feeling good about yourself? Would people still bend the rules just to feel a bit smarter, more accomplished, or healthier? New research says yes—and shows exactly how and why they do it. A study led by Professor Sarah

lowest numbers. Rather than averaging the values or estimating honestly, they entered lower numbers, scores. Like in the earlier study, those who saw the correct answer



making it seem like they had eaten less.

This let them believe they were

This let them believe they were eating healthier than they actually were. Their cheating helped them build a better image of themselves without any outside reward—just a feeling of being more health-conscious.

scious.

a second study, researchers gave 195 adults a 10-question IQ test. Some participants had a chance to cheat: the correct answers were lightly highlighted. They were told to keep track of how many they got right and later report their scores themselves.

Afterward, everyone took another to the control of the cont

themselves.

Afterward, everyone took another 10-question test where cheating wasn't possible. They also guessed how well they thought they would do on that second test. The group who had cheated on the first test gave themselves higher scores than the control group and expected to do well again. Their belief wasn't based on their actual skill, though—it was based on a false sense of confidence built on cheating. When tested without help, they didn't score as high, showing their true ability was lower than they thought.

The results showed how cheating can warp someone's view of their own intelligence. After doing well with help, they started to believe they were truly smarter, and we will be the work of the control of the safe that they control the safe that they control they were truly smarter on the safe that they control they were truly smarter and words. One version of the task had no help. The other revealed the correct word

ended up claiming they solved more words. They also believed the task was a good way to measure intelligence—and that their performance reflected their smarts.

They rated their own intelligence higher than the control group did. They thought, "I'm doing well because I'm smart," rather than admitting, "I got help."

"Participants in the cheat group engaged in diagnostic self-decen-

"Participants in the cheat group engaged in diagnostic self-deception and attributed their performance to themselves," said the researcher. "The thinking goes, I'm performing well because I'm smart, not because the task allowed me to cheat." This shows how easily people reshape their thoughts to match the outcome

shows how easily people restrape their thoughts to match the outcome they want.

The lass experiment involved a financial literacy test. This time, re-searchers added a twist. Before tak-ing the test, some participants are a statement explaining that most adults in the country cannot pass a absic financial literacy test. This small detail had a big effect.

By adding uncertainty—making people doubt their financial skills— it became harder for them to deceive themselves. They now cared more about accuracy than about looking smart. Cheating dropped. After the test, participants also rated them-selves on financial traits like saving ability, understanding credit, and selves on financial traits like saving ability, understanding credit, and budgeting. Those who read the statement seemed more honest with themselves, showing that even a little doubt can reduce the urge to cheat

tentially very impor-tant pathological pro-

and self-deceive. Dommer explained, "How do we stop people from en-gaging in diagnostic self-deception and get a more accurate representa-tion of who they are? One way is to draw their attention to uncertainty around the trait itself. This seems to mitigate the effect."

By adding uncertainty—making people doubt their financial skills— it became harder for them to deceive themselves.

By adding uncertainty—making people doubt their financial skills—it became harder for them to deceive themselves.

Most people think of cheating as a conscious choice. They imagine someone knowingly taking advantage to win. But this study shows a conscious choice they are the studies of the

Even when there's nothing to win, people may still cheat Not for money or rewards, but to feel smarter, more capable, or healthier It's a quiet kind of cheating that hides behind self-confidence. That's what makes I hard to spot—and even harder to fix. This research helps show who honesty with yourself matters. By paying attention to uncertainty, and by understanding the subtle ways your mind can fool you, it becomes easier to grow in real and healthy ways.

# don't realize how they're skewing their own judgment. The first study involved 288 college students who were shown meal descriptions and asked to track calories using a food app. One group received exact calorie counts. The other didn't, and had to choose from the different calorie options. One example was a breakfast of pancakes and butter. The calorie options ranged from 300 to 560. Without clear data, many students in the group without calorie info chose the A new approach to Alzheimer's?

For decades, scientists have fo- the neuron that sends messages House Jameson Professor of Psy-

clumps o misfolded pro teins that accumulate between get fo Alzheimer's dis ease. But anti-amyloid theraamyloid thera-pies haven't made strong headway in treat-ing the devas-tating condition. Now, research-ers at Yale School of Medi-cine (VSM) are

they do it.

A study led by Professor Sarah Dommer of Penn State University explored how people cheat even when there's no reward beyond self-satisfaction. Her work explains that people sometimes fool themselves in ways that go unnoticed, even by their own conscious minds.

Cheating for Self-Worth Across four different experiments, researchers found that people cheat not just for things like cash, but also for how they feel about themselves. If cheating lets someone believe they're smart or capable, they may not even recognize their behavior as wrong. They lie to themselves and strong they are they are smart or capable, they may not even recognize their behavior as wrong. They lie to themselves and from talent, not cheating.

Believing in your brilliance feels great—until you realize the shortcut you took shaped the story, not the skill.

This self-deception is called di-

This self-deception is called di-

This self-deception is called di-agnostic self-deception. It happens when someone cheats, but then tells themselves the good outcome added due to their own ability. Even if it's clear they had an unfair advantage, they manage to block out that fact and boost their self-image instead. Dommer explained, "I found that people do cheat when there are no extrinsic incentives like money or extrinsic incentives like money or

people do cheat when there are no extrinsic incentives like money or prizes but intrinsic rewards, like feeling better about yourself. For this to work, it has to happen via diagnostic self-deception, meaning that I have to convince myself that I am actually not cheating. "This form of cheating isn't always deliberate. It can happen under the radar, where people don't realize how they're skewing their own judgment.

ey ao it. A study led by Professor Sarah

through electrical impulses—that form due to swelling induced by amyloid plaques. Previous research at YSM has shown that as these spheroids grow, they block electricate with other neurons.

In their latest study, this same tam, led by Jaime Grutzendler, MD, Dr. Harry Zimmerman and Dr. Nicholas and Viola Spinelli Professor of Neurology and Neuroscience, and Yifei Cai. PhD, associate research scientist in neurology, used a novel approach to reveal the intricate molecular architecture of axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids. They also identified a potential target for reversing the axonal spheroids to identify the signaling and protein-protein interchance the therm works and protein-protein interchance the spheroids to identify the signaling and protein-protein interchance the spheroids to identify the signaling and protein-protein interchance the spheroids to identify the signaling and protein-protein interchance the spheroids to identify the signaling and protein-protein interchance the spheroids to identify the signaling and protein-protein interchance the sphe

Neuroiogy and Neuroscience, and Yifei Cai, PhD, associate research the six of the process of the

chiatry.
"Our research introduces a new hypothesis that axonal spheroids are a po-

ways.

tissue. They discovered hundreds of proteins that were not previously known to exist within the spheroids. The approach also highlighted multiple important molecular signaling pathways within the structures. One of these, a pathway called mTOR that's involved in cell growth and metabolism, was overactive in axonal spheroids. So, the team conducted an additional experiment in which they applied amyloid to neuducted an additional experiment which they applied amyloid to neu-rons in a petri dish, causing them to develop structures similar to axonal spheroids in human and mouse tis-sue. When they introduced a phar-macological agent that blocked the mTOR pathway, the spheroids shrunk. This held true in mouse tis-sue as well

shrunk This held true in mouse tissue as well.

Paving the way to new therapies for Alzheimer's disease and beyond Grutzendler hopes his team's dataset will spur further research on axonal spheroids. These abnormal structures are not only significant in Alzheimer's disease, but also other neurodegenerative diseases such as amyotrophic lateral sclerosis and Parkinson's disease. Thus, future studies could lead to new therapeutic strategies for alof these conditions.

Grutzendler's team also halpans to investigate other signal-

of these conditions.

Grutzendler's team also has plans to investigate other signaling pathways identified in the study to further understand how to prevent axonal spheroid formative to the study to further understand how to prevent axonal spheroid formative to the spheroid pathways the spheroid pathology. The spass, "And hopefully with that, we can improve neural function in the context of Alzheimer's disease."

The research reported in this news article was supported by the National Institutes of Health The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health. This work was also supported by the Cure Alzheimer's fund, the Yale/NIDA Neuroproteomies Center, the BrightFoux Foundation, the Yale Alzheimer's Disease Research Center, and the Alzheimer's Association.

# Al Tool Interprets Echocardiograms in Minutes

Cardiologists use echocardiography to diagnose a range of finational or structural abnormalities of the heart. Using often over 100 videos and images that capture different parts of the heart, echocardiographers make dozens of measurements, such as the heart's size and shape, ventricle thickness, and the movement and function of each heart chamber, to assess patient heart health. A new study researchers find that an artificial intelligence (A1)-enabled tool can interpret echocardiograms with a high degree of accuracy in just a few minutes.

With a night degree of accuracy in jun-a few minutes. "Echocardiography is a corner-stone of cardiovascular care, but it requires a tremendous amount of clinical time from highly skilled read-ers to review these studies," says Rohan Khera, MD, MS, assistant

ers to review these studies," says Rohan Khera, MD, MS, assistant professor of medicine (cardiovascular medicine) at YSM and of biostatistics (health informatics) at Yale School of Public Health.

Khera is the paper's senior author and director of the Cardiovascular Data Science Lab (CarDS). "We wanted to develop a technology that can assist these very busy echocardiographers to help improve accuracy and accelerate their workflow."

The researchers found the Al tool, PanEcho, could perform 39 diagnostic tasks based on multi-view echocardiography and accurately detect conditions such as severe chocardiography and accurately detect conditions such as severiton, among others. This study builds on previous publications, including a 2023 publication in the European Heart Journal, that demonstrated the technology's accurary.

technology's accuracy.

Greg Holste, MSE, a PhD student at the University of Texas Austin

who is co-advised by Khera and is co-first author of the study, says, "We developed a tool that integrates information from many views of the heart to automatically identify the key measurements and abnormalities that a cardiologist would include in a complete report."

PanEcho was developed using 999,727 cchocardiographic videos collected from Yale New Haven Health patients between January 2016 and June 2022.

Researchers then validated thool using studies from \$1,130 Vale New Haven Health patients as well as three external data cohorts from the Heart and Vascular Center of Semmelweis University in Budapest, Hungary; Stanford University Hospital; and Stanford Health Care.

"The tool can now measure and assess a wide range of heart conditions, making it much more attractive for future clinical use," says Evangelos K. Oikonomou, MD, Pbhli, clinical fellow (cardiovascular medicine) and co-first author of the study. "While it is highly accurate, it can be less interpretable than the read from a clinical. It's still an algorithm and it requires human oversight."

While PanEcho is not yet available for clinical use, the paper disable for clinical use and the paper disable for clinical use

sight."
While PanEcho is not yet available for clinical use, the paper discusses several potential future clinical applications of the technology. For instance, echocardiographics could utilize the tool as a preliminary reader to help assess images and videos in the echocardiography lab. It could also serve as a second set of eyes to help identify potentially missed abnormalities in existing databases.

missed abnormances in existing databases.

The researchers also note that this technology could be particularly valuable in low-resource settings, where access to equipment

world, where clinicians typically use a handheld ultrasound and wait for those images to be interpreted by a cardiologist elsewhere." says Khera. "Even with lower-quality images, our model was very resilient and acquired highly accurate determination."

Khera and his colleagues are now working to conduct studies to assess how using the tool might hand to the same that the same paint care in the echocardiography laboratory at Yale. "We are learning much more about how clinicians use the tool in a real-world setting, including modifications to their workflow, their responses to the information, and the value, if any, that this tool adds in clinical context," says Khera. "Al tools like the one validated in his study have the potential to help us increase our efficiency and accuracy, ultimately allowing us to screen and treat a larger number of patients with cardiovascular conditions," says Eric J. Velazquez, MD, Robert W, Berlin Professor Medicine (cardiovascular medicine) and chief of Yale Cardiovascular medicine and chief of Yale Cardiovascular medicine) and chief of Yale Cardiovascular medicine and chief of Yale Cardiovascular medicine) and chief of Yale Cardiovascular medicine. W. Berliner Professor of Medicine (cardiovascular medicine) and chief of Yale Cardiovascular Medicine. "I'm proud of Yale's continued commitment to investing in cutting-edge research to help us innovate new ways to deliver care."

# The causes and complications of snoring

Nearly half of adults habitually snore when they sleep.
For some, it's not a problem. For others, it may affect the quality of their bed partner's rest. It can also be associated with sleep apnea, a condition affecting a person's ability to breathe and the quality of their sleep. "It could be suggestive of something more going on," said Dr. Necraw Goyal, director of head and neck surgery at Penn State Health. Snoring is caused by relaxed throat or nasal tissue that vibrates when it collapses while the body is horizontal during shut-eye.

"A lot of it has to do with how air flows through your nose and mouth," Goyal said. "When we sleep, muscle tone lapses and tissues vibrate much as a reed does when you play a musical instrument."

Those who sleep on their back are more prone to anoring than side sleepers because of how gravity collapses tissues and muscles in the airway. Sometimes sleeping propped up with a wedge pillow or in a recliner instead of horizontally can help lessen snoring. For some, some gravity of the source of the state of the s

genetic anatomic öbstruction such as a deviated septum, large tonsils, a floppy soft palate or a large neck circumference.

People with disorders such as cerebral palaty or degenerative dis-eases may be prone to snoring, be-cause they have less muscle tone as-is. Medications (such as seda-tives) and alcohol can also decrease muscle tone.

Those who are overweight or obese with a body-mass index higher

than 25 may also be at risk, because they may have extra tissue and weight

than 25 may also be at risk, because they may have extra tissue and weight around the airway.
Others only snore, on occasion, when they have allergies or a cold.
Snoring becomes a problem when it interferes with someone's or their bed partner's ability to get enough restful sleep. In some cases, snoring is associated with sleep panea, where a sleeping person stops breathing, oxygen levels drop and he or she awakens gasping for air, preventing a restful night of sleep. "If you snore and feel you are getting poor quality sleep, it may be a good idea to see your family doctor about an evaluation for sleep apnea," Goyal said.
When snoring is caused by an obstruction in the mouth or throat, dental appliances or surgical repair of the soft palate may help.

