

BAHAMAS & CARIBBEAN

	Today	Thu.
	H/I/L O W	H/I/L O W
Antigua	86/79 s	86/78 s
Barbados	86/76 s	86/77 pc
Freight	88/79 t	90/80 t
Havana	94/74 t	91/73 t
Kingston	90/80 t	90/81 t
Montego Bay	89/77 t	89/77 t
Nassau	92/80 pc	91/81 s
Port au Prince	91/77 t	89/76 t
San Juan	88/78 t	89/78 sh
Santo Domingo	86/77 t	86/77 s
St. Thomas	88/78 t	88/79 pc

Variable cloudy with scattered showers and isolated thunderstorms today. Scattered showers and a few storms will continue through the evening hours.

CANADA

CITY	Today	Thu.
	H/I/L O W	H/I/L O W
Calgary	54/51 t	Saint John 78/58 pc
Edmonton	74/53 pc	Saskatoon 74/50 pc
Halifax	74/57 pc	St. John's 55/45 c
London	88/69 pc	Toronto 84/70 pc
Montreal	92/71 pc	Vancouver 69/56 s
Ottawa	91/70 t	Victoria 68/53 s
Quebec	88/68 t	Windsor 90/71 t
Regina	71/51 c	Winnipeg 63/55 t

LATIN AMERICA

	Today	Thu.
	H/I/L O W	H/I/L O W
Araguain	90/76 t	93/78 pc
Asuncion	82/68 pc	89/63 pc
Barranquilla	89/77 t	91/77 t
Refugio City	89/78 s	89/77 t
Belo Horizonte	85/55 s	84/54 s
Bogota	74/54 t	71/53 pc
Buenos Aires	59/50 pc	54/45 pc
Caracas	91/77 pc	89/76 t
Cuaca	86/71 t	84/70 t
Cusco	71/58 s	73/57 c
Guatemala City	80/60 pc	79/60 pc
Guayaquil	85/73 t	83/72 pc
Lima	67/60 pc	67/59 pc
Managua	89/75 t	92/74 pc
Maracaibo	94/79 pc	92/79 t
Medellin	74/54 t	71/53 pc
Merida	101/75 pc	97/75 s
Mexico City	77/56 t	74/55 t
Monterrey	100/75 pc	101/75 s
Montevideo	55/45 pc	56/48 t
Panama	85/75 t	84/74 t
Quito	69/47 t	68/46 t
Rio de Janeiro	80/68 s	82/69 pc
San Jose	87/77 pc	88/77 t
San Pedro Sula	85/63 pc	86/63 t
San Salvador	52/68 pc	92/58 pc
Santiago	51/38 t	58/35 t
Sao Paulo	81/58 pc	85/59 s
Tegucigalpa	85/63 pc	86/63 t

WORLD

	Today	Thu.
	H/I/L O W	H/I/L O W
Amsterdam	60/53 t	64/55 t
Athens	94/76 s	96/80 s
Baghdad	117/83 s	118/86 s
Barranquilla	78/68 pc	75/66 pc
Beijing	97/74 s	90/73 s
Berlin	80/72 s	87/76 s
Berlin	71/58 t	69/57 t
Brussels	64/51 t	65/50 t
Budapest	91/64 s	71/54 t
Caizo	100/77 s	100/78 s
Conjuguagan	68/54 pc	68/57 pc
Dublin	112/85 pc	114/82 s
Frankfurt	62/48 t	66/54 pc
Frankfurt	70/54 t	69/53 t
Geneva	64/48 t	64/48 t
Hong Kong	90/82 t	90/83 t
Jerusalem	93/66 s	91/66 s
Johannesburg	65/39 s	65/40 s
London	66/51 t	69/52 pc
Madrid	89/57 t	90/58 t
Milan	80/57 t	80/57 t
Moscow	82/66 pc	78/60 c
Nairobi	60/54 c	71/53 pc
New Delhi	93/83 t	91/81 t
Paris	64/52 t	70/52 t
Rome	92/69 t	87/64 s
Seoul	84/71 pc	86/70 pc
Stockholm	69/54 pc	71/53 pc
Sydney	57/43 pc	62/43 pc
Tel Aviv	91/73 s	89/74 s
Taipei	81/75 t	84/74 t
Vienna	75/57 pc	65/54 t
Warsaw	74/59 t	71/53 t
Zurich	62/51 t	63/49 t

CRAIG SETZER'S FIVE DAY FORECAST

Today	Thursday	Friday	Saturday	Sunday
High: 92 Low: 81 Mostly sunny, hot.	High: 92 Low: 81 Mostly sunny, hot.	High: 91 Low: 82 Mostly sunny, hot.	High: 91 Low: 82 Mostly sunny, hot.	High: 91 Low: 82 Mostly sunny, hot.
Wind: East 10 mph	Wind: East 10 mph	Wind: E 10 mph	Wind: ESE 15 mph	Wind: East 15 mph



NATIONAL FORECAST MAP FOR NOON TODAY



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MARINE OUTLOOK

TIDES	HIGHS	LOWS
Miami Harbor entrance	3:36 a 4:24 p	10:00 a 10:27 p
Port Everglades	3:27 a 4:16 p	9:51 a 10:18 p
Bakers Headover-Inside	4:51 a 5:40 p	11:34 a
Key West	3:16 a 4:14 p	12:13 p 11:28 p
Boynton Inlet	5:02 a 5:50 p	12:09 p
Jupiter Inlet	3:49 a 4:37 p	9:55 a 10:22 p
Lake Worth Inlet	3:18 a 4:07 p	8:38 a 10:15 p
Hillsboro Inlet	2:36 a 4:24 p	10:04 a 10:31 p

FORECAST MARINE FORECAST AREA

St. Augustine to Jupiter Inlet East winds 5 to 11 mph.

Jupiter Inlet to Key Largo East winds 5 to 11 mph.

Key Largo to Dry Tortugas East winds near 11 mph.

Cape Sable to Tarpon Springs East winds 5 to 11 mph.

Lake Okechobee level: 14.78 ft. 24 hr. change -0.04 ft.

SUNBURN ADVISORY

Today's maximum safe exposure level:
UV Index: 11 Extreme
Minutes to burn: 5

SUN & MOON

Date	Phase	Time
Jul 19	Full	6:38 a.m.
Jul 26	Last Q	8:15 p.m.
Aug 2	New	2:54 p.m.
Aug 10	First Q	1:50 a.m.

Yesterday's pollen index: 7, which is low.
The Mold index: 2000, which is high.
Source: Florida Center For Allergy & Asthma Care

SOUTH FLORIDA ALMANAC

	BROWARD	MIAMI
High, 12 hours ending 5 p.m.	92	93
Low, 12 hours ending 5 p.m.	83	82
Mean	88	88
Normal mean	84	84
Record high	97 (1980)	95 (1981)
Record low	69 (1968)	69 (1934)
Surf temperature at 3 p.m.	88	91
Air Quality Tuesday	Good	Good

BAROMETER/HUMIDITY

	Broward	MIAMI
8 a.m. Miami	30.10 in./72%	30.09 in./69%
5 p.m. Miami	30.07 in./61%	30.07 in./72%

RAINFALL (in inches)

	Broward	MIAMI
24 hours ending 5 p.m.	0.00	0.00
This month	0.30	1.32
This year	28.30	30.43
Above/below normal for month	-2.30	-1.54
Above/below normal for year	-1.95	2.55

FLORIDA

	Today	Thu.
	H/I/L O W	H/I/L O W
Daytona Beach	92/75 t	92/74 pc
Fort Myers	93/76 t	93/76 t
Gainesville	96/72 t	96/73 t
Hollywood	91/80 t	91/80 t
Homeside AFB	90/80 t	90/79 t
Jacksonville	96/75 t	96/76 t
Key West	92/83 pc	92/82 pc
Melbse	91/75 t	93/75 t
Orlando	95/77 t	94/76 pc
Pensacola	89/80 t	89/80 t
Tallahassee	95/75 t	95/75 t
Tampa	92/79 t	92/79 t
Tayemist	94/83 pc	94/83 pc
Vero Beach	89/72 t	90/73 pc
West Palm Beach	90/81 t	90/81 t

UNITED STATES

	Today	Thu.
	H/I/L O W	H/I/L O W
Albany, NY	91/72 pc	90/70 t
Albuquerque	88/62 t	85/69 pc
Anchorage	73/58 sh	71/55 pc
Asheville	88/67 t	89/67 t
Athens, GA	96/74 pc	96/74 t
Atlanta	93/75 pc	93/75 t
Atlanta City	86/75 t	92/75 t
Austin	86/72 pc	90/78 pc
Baltimore	84/74 t	89/74 t
Bangor	87/67 pc	85/67 t
Baton Rouge	93/76 t	92/75 t
Billings	79/55 pc	80/56 t
Birmingham	92/76 t	94/76 t
Boston	81/54 s	85/59 s
Brownsville	95/79 pc	93/79 pc
Burlingame	89/73 pc	84/69 t
Burlington, VT	92/75 pc	88/71 t
Casper	82/43 s	82/46 pc
Charleston, SC	91/79 pc	96/78 t
Charlotte	92/72 t	94/73 t
Cheyenne	88/50 t	81/52 pc
Chicago	88/71 t	86/66 pc
Cincinnati	89/70 t	88/69 t
Cleveland	90/73 t	86/69 t
Columbia, SC	101/77 pc	100/77 t
Corpus Christi	95/79 pc	91/79 pc
Dallas	92/79 pc	93/79 pc
Dayton	89/70 t	86/73 t
Denver	92/57 pc	86/56 pc
Des Moines	89/65 t	84/64 pc
Detroit	89/72 t	89/66 t
Duluth	89/59 t	89/58 sh
El Paso	103/70 pc	106/77 pc
Fairbanks	81/50 pc	85/63 pc
Fargo	74/57 t	70/54 t
Flagstaff	84/48 t	85/51 s
Fort Wayne	87/70 t	85/66 t
Fresno	99/69 t	103/69 t
Grand Rapids	86/70 t	84/62 pc
Green Bay	88/67 t	79/61 t
Greensboro	91/71 t	95/72 t
Harrisburg	84/72 t	91/73 t
Honolulu	89/75 pc	88/75 sh
Houston	95/80 pc	95/78 pc
Indianapolis	89/72 t	85/67 t
Kansas City	91/73 t	88/73 t
Knoxville	92/71 t	92/72 t
Lansing	86/70 t	85/62 t
Las Vegas	106/84 s	110/84 s
Little Rock	95/78 pc	95/76 t
Los Angeles	74/63 t	73/64 t
Los Angeles	92/75 pc	89/73 t
Madison	88/66 t	89/65 t
Madison	94/78 pc	94/77 t
Manila	90/80 t	90/80 t
Milwaukee	82/73 t	82/73 pc
Minneapolis	85/62 pc	74/58 t
Mobile	90/76 t	91/77 t
Nashville	92/75 pc	92/73 t
New Orleans	92/79 t	90/79 t
New York	84/72 t	82/77 t
Norfolk	89/77 t	92/78 pc
Oakland	77/56 t	70/56 t
Oklahoma City	90/77 pc	90/74 pc
Philadelphia	87/74 t	84/77 t
Phoenix	110/86 t	111/87 t
Pittsburgh	88/70 t	86/68 t
Portland, ME	80/60 pc	79/56 t
Portland, OR	89/72 t	82/56 pc
Providence	86/68 pc	84/73 t
Raleigh	92/72 t	90/75 t
Reno	94/60 t	91/62 t
Richmond	88/74 t	96/76 pc
Sacramento	97/61 t	93/59 s
Salt Lake City	89/69 t	91/71 t
San Antonio	90/77 pc	100/77 pc
San Diego	74/65 pc	76/65 t
San Francisco	73/55 t	74/55 t
Santa Fe	94/59 s	95/59 pc
Seattle	73/56 pc	75/56 pc
St. Louis	94/73 t	94/71 t
Tucson	106/79 pc	107/79 pc
Tulsa	96/78 pc	96/73 t
Washington, D.C.	86/73 t	94/73 t

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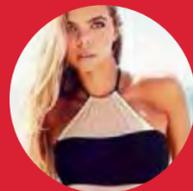
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Tropical Life

PEOPLE
KAI LANI SWIM-WEAR MAKES A SPLASH AT SWIM WEEK, 4C



Fish cakes plated with salsa and yogurt sauce by Olivia and her mother Daylet LaRoche, below right.

Recipe by Kendall girl, 12, takes the (fish) cake

BY DAYSI CALAVIA-ROBERTSON
Special to the Miami Herald

It took just a few minutes — and one bite of baked bass — for Olivia LaRoche to know she had a winning recipe.

But the Kendall 12-year-old, whose “Bountiful Florida Fish-BFF Cakes” recipe earned her a seat at this year’s Kids’ “State Dinner” hosted at the White House by first lady Michelle Obama, had been carefully crafting it for days.

And thinking about it for much longer.

For the past two years, LaRoche and her mom, Naylet LaRoche, have entered the Healthy Lunchtime Challenge, a nationwide recipe contest for kids that promotes cooking and healthy eating and is part of the Let’s Move! initiative created by the first lady to help children and families lead healthier lives.

Olivia’s submission was chosen as a finalist the first year she entered. This year, she won.

“I’m glad the recipe made it as a finalist because it gave us an extra boost to keep going and not give up,” said Olivia, a Doral Academy Charter Middle School seventh-grader who has been joining her mom in the kitchen since she was 4.

“I told my mom ‘We can do it!’ We’ve already come so close.”

This year marked the last chance for Olivia to

SEE WHITE HOUSE, 7C



DAYSI CALAVIA-ROBERTSON For the Herald

Olivia LaRoche, 12, is one of 56 winners in national kids’ recipe contest

Recipe is locally sourced with mango and avocado salsa

Contest is part of first lady Michelle Obama’s push for kids to eat healthfully

DINNER IN MINUTES

Have a taste of France this Bastille Day

Here is a bistro meal with a taste of France that’s perfect for Bastille Day on Thursday — or anytime. The mild, warm climate and bright sun in the South of France nurture and sustain the colorful array of ingredients. The sauce for the chicken uses anchovies as a base; they practically melt to nothing when sauteed, yet they give the sauce a rich flavor. Be sure to rinse the fish well before use. This



BY LINDA GASSENHEIMER
Tribune News Service

will remove most of the salt.
Garlic potatoes take

SEE DINNER, 2C

NOURISH

Sage advice for how to make a summer pop

These frozen fruit pops are an upgrade of the ones my mom would make for me when I was young. They were a cool break on a hot summer day that seemed to make everyone happy — me, because they were a sweet treat, and her, because they were relatively good for us kids.

The accompanying recipe builds on that approach but uses fresh pureed fruit rather than



BY ELLIE KRIEGER

juice. That makes the pops more intensely flavorful, with the full, deep essence of blackberry in

SEE POPS, 2C

TEST KITCHEN

Summer salads use protein-packed quinoa

Q: Is quinoa a grain or seed? How do you prepare quinoa so it’s not mushy?

A: These questions about quinoa come up often. Although quinoa (KEEN-wah) is a seed that comes from the goosefoot plant, it’s commonly put into the grain category for a couple of reasons. (Quinoa is also related to spinach and beets.) First, it’s treated like a grain because you cook it



BY SUSAN SELASKY

like a grain. Secondly, quinoa’s nutritional properties, especially its fiber, mirror those of grains like

SEE TEST KITCHEN, 10C



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H1

FROM PAGE 1C
DINNER

only minutes in the microwave.

Fred Tasker's wine suggestion: Ask your wine merchant for a minerally Provence-style white marianne.

HELPFUL HINTS

- To give chicken a crisp texture, make sure the skillet is very hot before browning.

- Look for low-sodium, no-added-sugar pasta sauce.

- Any type of olive can be used.

COUNTDOWN

- Prepare ingredients.
- Make chicken.
- While chicken cooks, make potatoes.

SHOPPING LIST

Here are the ingredients you will need for tonight's Quick Fix Dinner.
To buy: 3/4 pound bone-

less, skinless chicken breast, 1 small tin anchovy fillets packed in water, 1 bottle low-sodium, no-added-sugar pasta sauce, 1 small jar black pitted olives and 1 pound red potatoes.

Staples: Olive oil, garlic, salt and black peppercorns.

Linda Gassenheimer

is the author, most recently, of "Delicious One-Pot Dishes," featuring 60 recipes designed to be stewed, braised, slow-cooked or steamed, each in a single pot. Her website is dinnerinminutes.com. Follow her on Twitter @lgassenheimer. Email: linda@dinnerinminutes.com

Garlic Potatoes

Recipe by Linda Gassenheimer

1 pound red potatoes, about 3 1/4-cup cubes
2 crushed garlic cloves
1 tablespoon olive oil
Salt and freshly ground black pepper

Wash potatoes, do not peel and cut into 1/2 to 1-inch cubes. Place in a microwave-safe bowl with the garlic. Microwave on high 5 minutes or until soft. Remove from microwave and toss with olive oil and salt and pepper to taste.

Per serving: 223 calories (29 percent from fat), 71 g fat (1 g saturated, 4.9 g monounsaturated), no cholesterol, 4.5 g protein, 37.1 g carbohydrates, 4 g fiber, 42 mg sodium.

Yield: 2 servings



HANDOUT TNS

Chicken Provençal. To give chicken a crisp texture, make sure the skillet is very hot before browning.

Chicken Provençal

Recipe by Linda Gassenheimer

3/4 pound boneless, skinless chicken breast
1 teaspoon olive oil
3 anchovy fillets packed in water, rinsed
1 cup low-sodium, no-added-sugar pasta sauce
4 pitted black olives, cut in half

Remove visible fat from chicken. Heat oil a nonstick skillet over medium-high heat and brown chicken 2 minutes. Turn chicken over and add anchovies. Sauté 2 minutes to brown chicken. Mash the anchovies with the back of a spoon until they practically melt. Lower heat and add the pasta sauce. Cover with a lid and simmer 5 minutes. A meat thermometer should read 165 degrees. Place chicken on individual plates. Spoon sauce over the top, add the olives and serve.

Per serving: 330 calories (30 percent from fat), 10.9 g fat (1.9 g saturated, 4.5 g monounsaturated), 141 mg cholesterol, 44.3 g protein, 10.9 g carbohydrates, 2.5 g fiber, 701 mg sodium.

Yield: 2 servings

FROM PAGE 1C
POPS

every frosty bite, and more nutrient-rich. Although the puree is strained of seeds, which removes some of the fruit's fiber, the bulk of its health benefits are retained. Using whole fruit also allows you to take advantage of the wealth of fresh berries — blueberries would be a nice substitute — in the market this time of year.

But that's not all. These pops get another layer of flavor from fresh sage. The herb is steeped in hot water and muddled to release its fragrant flavor. Then the infused liquid is added to the blackberry puree along with lemon



GORAN KOSANOVIC For The Washington Post

Blackberry Sage Pops.

and honey, and the mixture is poured into molds and frozen. The result is a bold-flavored frozen treat

that will make a kid's summer day but has enough flair to appeal to grown-ups as well.

Krieger blogs and offers a weekly newsletter at www.elliiekrieger.com.

Blackberry Sage Pops

Yield: 6 pops

If your sage leaves come from the garden, be sure to rinse them thoroughly so they're free of grit. You'll need 6 popsicle molds or small, freezable cups, plus sticks.

From cookbook author and nutritionist Ellie Krieger.

1/2 cup packed fresh sage leaves
3/4 cup boiling water
1/4 cup honey
3 1/2 cups (12 ounces) fresh or frozen blackberries
2 tablespoons fresh lemon juice (from 1 lemon)

Place the sage leaves in a small bowl or mug and pour the boiling water over them. Use a wooden spoon to muddle (mash) the leaves slightly, then let steep for 3 minutes. Discard the leaves; stir in the honey until it has dissolved.

Combine the blackberries, the honey-sage water and the lemon juice in a blender; puree until smooth. Strain through a fine-mesh strainer, stirring and pressing with a spatula to extract as much liquid as possible. You should wind up with about 2 cups of strained puree. Discard the solids.

Divide the blackberry puree among 6 pop molds. Insert a wooden stick into each and place in the freezer for at least 5 hours.

Per pop: 70 calories, 0 g protein, 17 g carbohydrates, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 3 g dietary fiber, 14 g sugar

The New York Times
Crossword

Edited by Will Shortz No. 0608

ACROSS

- 1 Young fellow
- 5 Contrarian
- 10 Former Israeli P.M. Barak
- 14 Beef on the hoof
- 15 Go like heck
- 16 Arnold, Ronald or Roland
- 17 Military vehicle for actor William?
- 19 Ballroom motions
- 20 Gibbons, e.g.
- 21 Part of a comedy routine
- 22 Strong suit
- 23 Part of a certain cape
- 24 Makeup for actor Kevin?
- 27 So last year
- 29 Burj Khalifa's home: Abbr.
- 30 Nevertheless

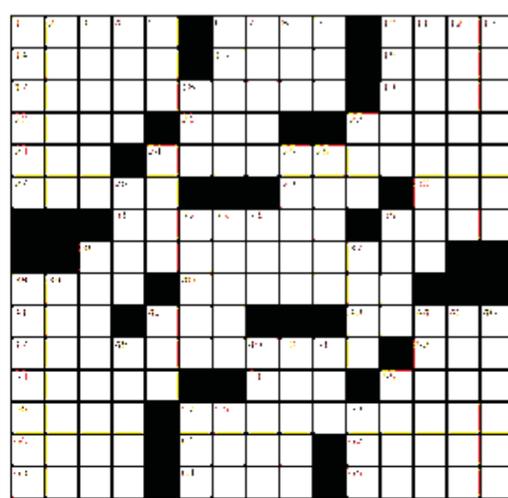
- 31 Much of the moon's landscape
- 35 Department store department
- 36 Footwear for actor Ted?
- 38 Product that can maintain a bikini line
- 40 Tailoring measures
- 41 She, in Lisbon
- 42 [That is so disgusting!]
- 43 Chalupa go-with
- 47 Cudgel for actor Christopher?
- 52 Texter's reaction to a joke
- 53 Playground re-act
- 54 Xbox
- 55 Up to it
- 56 Not too shabby

- 57 Equipment for actor Michael?
- 60 Krabappel of Springfield
- 61 City ESE of Turin
- 62 Proselytizer's handout
- 63 Need a bath badly
- 64 "Hey, take it easy!"
- 65 Beely T brand

DOWN

- 1 C's equivalent
- 2 Perfect place
- 3 People people
- 4 Sneakers that come in over a hundred designs
- 5 Metallurgist's sample
- 6 Dormered area, maybe
- 7 "Fantabulous!"
- 8 Color similar to Crayola's Tumbleweed
- 9 Bug big-time
- 10 Supply, as a chair
- 11 Salon supply
- 12 A lillion
- 13 Jumps ship
- 18 Draft org.
- 22 Moriarty, to Holmes
- 24 "Feel the _____" (2016 campaign slogan)
- 25 Tend to
- 26 Ottoman title
- 28 Sign of past trauma

ANSWER TO PREVIOUS PUZZLE



PUZZLE BY SEAN DOBBIN

- 32 Like Mongols
- 33 Patio grill accessory
- 34 Two of nine?
- 35 Badlands sight
- 36 Feature of a landline, but not a cellphone
- 37 Trans-Siberian Railway city
- 38 Practitioner of aromatherapy and astrology, maybe
- 39 How birthday cake may be served
- 42 Metro (byronic car)
- 44 Competitor of The North Face
- 45 Comforting words
- 46 "Fare!" and others
- 48 Big employer in Rochester, N.Y.
- 49 Classic TV sidekick
- 50 Where Uttar Pradesh is
- 51 Onetime title for Carly Fiorina
- 55 Uttar Pradesh city
- 57 "The _____ is a ass"; Dickens
- 58 Baseball bat material
- 59 Ultimate degree

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DEAR ABBY

Sex education should start as early as it can



JEANNE PHILLIPS

Dear Abby: I know you provide a booklet to help teens with questions about sex. But when should I talk to my son or give him a copy? He will turn 9 soon. I know that is young, but kids today are exposed to so much so early. — Kristen in Maryland

Dear Kristen: You're absolutely right; they are. They also mature earlier than children of previous generations. That's why it is so important for parents — and guardians — to begin discussing subjects like alcohol, drugs, sex and family values well before their children start experimenting. So talk to your son now. Do not be shocked if he tells you he has already heard it all from contemporaries. If he has, ask him to tell you what he knows, because what he heard may

be inaccurate, and it will give you a chance to correct any misinformation.

My booklet "What Every Teen Should Know" can help to start the conversation. It has been distributed in doctors' offices and by educators and religious leaders, as well as parents like you who may find it uncomfortable to discuss these topics with their children. It can be ordered by sending your name and address, plus check or money order for \$7 (U.S. funds), to Dear Abby Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. Before giving your son the booklet, first read it yourself. The more information you can provide, the better prepared your son will be to make informed choices in the future.

Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

CAROLYN HAX

People don't have to adhere to old gender roles in the dating scene

Carolyn Hax is away. The following is from March 12, 2010.

Dear Carolyn: I thought you were right on in your answer to B. from Maine [about who pays for dates, Feb. 2]. You were correct to suggest kindness. However, I think your answer was a little simplistic when you said, "Note, none of these [rules] is gender-specific," including, "if you ask someone to dinner, you pay."



BY CAROLYN HAX
tellme@washpost.com

Let's be real: The rules are not gender-specific, but the rituals are. Who does most of the asking? Our culture's courtship rituals are based

upon gender roles of previous generations. The man's role is the provider (paying for the dinners, dating, dancing, driving expenses).

What do you suggest men do to be kind, but also not always be expected to pay?
— B. from Virginia

The only way any of us can change anything outside ourselves is to make changes inside. If you want women to pick up some checks, then date self-

supporting, independent-minded women.

If you want women to do the asking, then make yourself accessible — easy to talk to, slow to judge, receptive to invitations.

And if you think men have it bad in this area, then, instead of seeking knee-jerk justice for yourself, first find out whether cosmic justice hasn't long since beaten you to the scene. Men have to ask! (Women have to wait while

someone else decides their fate.) Men have to pay for dating! (Women have to wonder what men want from them — love or sex?) Men do all the work during courtship! (Women then get to do the men's laundry, dishes and vacuuming in perpetuity, and, oh, child-rearing.) Men have to be breadwinners! (Women have to depend on someone else to support them.)

Certainly a lot of these totems are already falling or

fallen. Still, anyone invested in further liberation from gender-based expectations would be served best by treating the opposite sex not as the enemy but an ally.

The talk: You want individual circumstances, to determine everything from who buys dinner to who becomes primary breadwinner. The walk: Challenge and purge your biases in all areas and value others who do the same.

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Hormel ALWAYS TENDER WHOLE OR HALF BONE-IN PORK LOIN CUSTOM CUT & WRAPPED TO ORDER \$1.79 Lb.

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THICK CUT ONLY Hormel ALWAYS TENDER CENTER-CUT BBQ PORK CHOPS \$2.49 Lb.

U.S.D.A. CHOICE NATURE VEAL BREAST OF VEAL POCKET FOR STUFFING UPON REQUEST \$1.29 Lb.

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PRODUCE

GEORGIA SWEET SEEDLESS WHOLE WATERMELON \$2.99 Ea.

DELMONTE GOLDEN RIPE BANANAS 49¢ Lb.

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DELI

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Doris OWN TOP ROUND ROAST BEEF \$8.99 Lb.

CARANDO DOMESTIC PROSCIUTTO \$4.99 1/2 Lb.

Doris FAMOUS EGGPLANT CAPONATA \$4.99 Lb.

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Boar's Head GENOA SALAMI \$7.99 Lb. | Boar's Head HONEY MAPLE TURKEY BREAST \$8.99 Lb. | Boar's Head AMERICAN CHEESE WHITE • YELLOW \$5.49 Lb.

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WINES

WINE VALUE OF THE WEEK

COLUMBIA CREST H3 LES CHEVAUX \$12.98 750 ML. A blend of Merlot, Syrah & Cabernet. This tasty treat is severely under priced. 90 Points

EARTHQUAKE CABERNET OR ZINFANDEL \$19.98 750 ML.

WHITEHAVEN SAUVIGNON BLANC 750 ML \$13.98

KENDALL JACKSON VR CHARDONNAY 750 ML \$9.98

CORVO RED (NERO D'AVOLA) OR WHITE (INSOLIA) 750 ML \$7.99

PLEASE VISIT OUR LOCATIONS FOR OTHER IN STORE SPECIALS

BAKERY

FRESH CHOCOLATE FUDGE CAKE \$9.99 7 In.

OVEN FRESH SOURDOUGH BAGUETTES \$1.79 Loaf

FRESH BAKED ASSORTED COFFEE CAKES \$4.99 Ea.

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FRESH CUSTARD OR CHEESE FILLED LARGE PASTICIOTTI \$1.99 Ea.

GROCERIES

BELLINO IMPORTED ITALIAN AMARETTI COOKIES \$1.79 7 Oz.

Doris OWN HOMEMADE PLAIN BREADCRUMBS 99¢ Lb.

CENTO EXTRA VIRGIN OLIVE OIL 17 Oz \$3.99

JOHN'S OF NEW YORK RICOTTA CAVATELLI 16 Oz \$3.49

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THE CHEESE CORNER

JARLSBERG IMPORTED SWISS CHEESE \$7.99 Lb.

PINNA IMPORTED ITALIAN RICOTTA SALATA BY THE CHUNK \$7.99 Lb.

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"FROM OUR KITCHEN"

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HOLLYWOOD

2424 Hollywood Boulevard
954-921-9647
Mon.-Sat. 9:00-6:00 pm
Sun. 9:00-4:00 pm

SUNRISE

10057A Sunset Strip
954-749-1919
Mon.-Fri. 8:30-7:00 pm
Sat. 8:30-6:30 pm
Sun. 8:30-5:00 pm

CORAL SPRINGS

2077 University Drive
954-346-7774
Mon.-Fri. 8:30-7:00 pm
Sat. 8:30-6:30 pm
Sun. 8:30-5:00 pm

BOCA RATON

9101 Lakeridge Boulevard
561-482-0770
Mon.-Fri. 8:30-7:00 pm
Sat. 8:30-6:30 pm
Sun. 8:30-5:00 pm

PEMBROKE PINES

10020 Pines Blvd.
954-499-0600
Mon.-Fri. 8:30-7:00 pm
Sat. 8:30-6:30 pm
Sun. 8:30-5:00 pm

NORTH PALM BEACH

11239 US Hwy 1
561-517-8488
Mon.-Sat. 8:30-8:00 pm
Sun. 8:30-6:00 pm

THE MUSIC SCENE

Cheyenne Jackson on new CD: This is who I am

BY MARK KENNEDY
Associated Press

Cheyenne Jackson is proudly old-fashioned about music.

The Broadway star, whose credits include “All Shook Up” and “Finian’s Rainbow,” has recorded cast albums and his own pop records, but his heart is in the classics. He’s showing his true colors on “Renaissance,” a new studio album adapted from his one-man show, “Music of the Mad Men Era.” The CD has songs such as “Besame Mucho,” “Somethin’ Stupid” and “A Change Is Gonna Come.”



Jackson

Jackson also has rejoined FX’s “American Horror Story” (last season, he played the husband of Lady Gaga’s character).

The CD has a great mix of songs, including ones by Joni Mitchell, Elton John and Sam Cooke. What connects them?

Over the last few years, I really have just been searching myself and figuring out what really is my voice. And, to be honest, I had to go back to the beginning of my life and the first music that I ever loved and responded to. And that was the American Songbook and jazz — Nat King Cole and Sarah Vaughn and Ella Fitzgerald and Frank Sinatra. As a little kid in the woods up in northern Idaho, it’s the stuff that always connected the most with me.

The thing that makes my heart sing and the thing that connects the most is this style of music. When I first started singing it as a young person, everybody said, ‘It’s so old-fashioned.’ ... As I’ve gotten older, I’ve said, ‘No, no. This is who I truly am.’

Is there one song on the album that has lots of meaning?

‘A Song for You.’ I’ve never performed it before, but I feel like I have, if that makes any sense. It’s a song that I’ve have loved since I was 10.

Getting cast in “American Horror Story” seems like a nice gig.

The best thing about it is that it’s such a creative space. It’s like a theater troupe. Everybody’s constantly pushing each other and challenging each other and encouraging each other to make bold, crazy choices.

Have you learned any special skills for season 6?

Wild horses could not drag it out of my body. Suffice it to say it’s very, very exciting.

MIAMI SWIM WEEK

Funkshion show features local swimwear line

BY CATERINA BALZANO

Born and raised in Miami, sisters **Jordana Queddles** and **Jessica Sierralta** always had an eye for swimwear and bikinis.

In 2000, Sierralta opened Mermaids Swimwear, a boutique in South Miami that sells swimwear and accessories in such known brands as Tori Praver, Lolli Swim, Mara Hoffman and Mikoh.

Seven seasons ago, the sisters launched their own brand, Kai Lani, and this year, for the first time, they will be working with Funkshion during Miami Swim Week to showcase their new collection, Free Bird.

Kai Lani, which has been seen on celebs like Rihanna, Kourtney Kardashian and her daughter Penelope Disick, will be collaborating with Anna Kosturova for a runway show at 6 p.m. Saturday at the Funkshion tent, 2100 Collins Ave. We talked to Sierralta about the upcoming show.

How are you preparing for this year’s Miami Swim Week?

I’m taking it so seriously, and it’s so big for us, and we’re so excited to be a part of Funkshion this season. I have been nonstop making amazing VIP bags for our guests and just preparing and getting everything in order, making sure we have the best models and that our fashion show is on point with the styling.

Tell us about the new collection.

It’s like a late 1960s, early 1970s vibe with a modern twist, and we will have a lot of our signature cuts which we are really known for. We started the original mesh bikini so we’ll have some of that, and our signature V-cut bikini bottoms will still be in the collection. But we’re also going to have a lot of new, and we’ll also be debuting our cover-up collection, finally. It’s ready-to-wear and really pretty. We also do our kids styles, and it mimics our adult collection.

The 1960s-1970s ‘vibe,’ what does it entail?

We added patches to some of our bikinis. We’ll be having the high-waist look. Denim



Kai Lani Instagram

Top to bottom: a black mesh one-piece; Kourtney Kardashian and daughter Penelope in Kai Lani swimwear; a print bikini.

is a big theme throughout our collection. Lots of roses — one of our prints is called Guns and Roses, which is totally 1980s but also the whole theme of the rose styles. We’ll also be doing ombre tassels and a lot of lace.

How many years have you been involved and doing swimwear?

I was 16 when I started. I worked at a local swimwear store for 16 years, and then I started my own swimwear boutique in 2000. Then seven seasons ago my sister and I felt like there was a need in the market for something new and fresh so we started designing our own swimsuits.

Where can we buy your swimwear?

We are in 40 different stores. We are online, we are in Revolve.

What do you look for in a suit?

I look for comfort, quality, something a little bit flirty and fun. I love prints. My sister and I are such print girls, and we are really known for our print. They’re really strong this season.

What’s trending in the swimwear market?

Brights, that bohemian feel, high waist, high-neck suits. Metallics are really big.

What are some of your favorite spots in Miami to hang out?

My sister and I do go out a lot. We are the biggest foodies, so we are always at new restaurants, always going out and about, so I like the Pawn Broker rooftop bar. Our favorite sushi place hands down is Makoto at the Bal Harbour Shops. We love going to the 1 Hotel rooftop bar.

What is your favorite thing about Miami?

How diverse it is. There’s just such a great mix of people and the vibe of Miami. I could not live anywhere else. I have never lived anywhere else. It’s such a great mix of different people. You go other places, and it’s not that much of a melting pot. I love that. I love the spice of Miami and how fun it is and great nightlife and the beach.



I STALKED HIM... AND I WAS LIKE, ‘WE HAVE TO DO THIS!’

Jennifer Lopez to ‘Today,’ on enlisting Lin-Manuel Miranda to co-write ‘Love Make the World Go Round,’ a track for the Pulse shooting victims

BIRTHDAYS



Stewart

Actor **Patrick Stewart** is 76. Actor **Robert Forster** (“Banyon”) is 75. Singer-guitarist **Roger McGuinn** of The Byrds is 74. Actor **Harrison Ford** is 74. Actor-comedian **Cheech Marin** is 70. Actress **Daphne Maxwell Reid** (“Eve,” “The Fresh Prince of Bel-Air”) is 68. Actor-director **Cameron Crowe** is 59. Comedian **Tom Kenny** (“Spongebob Squarepants”) is 54. Actor **Ken Jeong** (“Dr. Ken,” “Community”) is 47. Singer **Deborah Cox** is 43. Actor **Steven R. McQueen** (“The Vampire Diaries”) is 28. Singer **Leon Bridges** is 27. Actor **Kyle Harrison Breitkopf** (“The Whispers”) is 11.

PRIME-TIME TELEVISION SCHEDULE

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
2 PBS	Nightly Business Report	Changing Seas	Supernature -- Wild Flyers Survival in the sky. (N)	NOVA Humans face challenges.	9 Months That Made You The Final Countdown.	Marie Antoinette Controversial monarch.						
3 CBS	Entertainment Tonight (N)	The Insider (N)	Big Brother House guests vie for the power of veto. (N)	Criminal Minds Til Death Do Us Part. Brides are murdered.	American Gothic Garrett gives into temptation. (N)	CBS4 News 11pm (N)	The Late Show With Stephen Colbert (11:35) (N)	James Corden				
3 NBC	Extra (N)	Access Hollywood (N)	America’s Got Talent The Judge Cuts 2. Contestants advance to the next round. (N)	The Night Shift All In. The team treats Topher’s mom.	Ch. 7 Wknd News at 10:00 (N)	NBC 6 South Florida News	The Tonight Show Starring Jimmy Fallon (11:34) (N)	Late Night-Seth Meyers				
7 FOX	Inside Edition (N)	Deco Drive	MasterChef Cooking for 101 veterans. (N)	Wayward Pines Jason receives devastating news. (N)	Ch. 7 Wknd News at 10:00 (N)	Ch. 7 News at 11:00 (N)	Deco Drive	Inside Edition (N)	Ch. 7 News at 11:00			
10 ABC	Wheel of Fortune	Jeopardy! (N)	The 2016 ESPYs Celebrating the best moments of the year in sports; John Cena hosts. (N) (Live)			Local 10 News at 11	Jimmy Kimmel Live (11:35)	Nightline (12:37) (N)				
17 PBS	Antiques Roadshow Letter from 1897; mechanical bank.	Doc Martin Gentlemen Prefer. Martin must fire Elaine.	Midsomer Murders (8-58)	Midsomer Murders (9:44) Bad Tidings. (Part 2 of 2)	All Shook Up: Miami’s Glory Days of Music (10:32)	Ralph Munroe’s	Charlie Rose (N)					
23 UNI	Sueño de Amor (N)	Un camino hacia el destino	Por Siempre Joan Sebastian	Noticias 23	Noticiero Uni	Contacto Deportivo (N)						
23 MNT	The Big Bang Theory	The Big Bang Theory	The Closer The LAPD and the FBI investigate a case.	The Closer One of Brenda’s detectives is ambushed.	2 Broke Girls	2 Broke Girls	Mike & Molly	Mike & Molly	Family Guy	Celebrity Page (N)		
23 ION	Law & Order Evil Breeds.	Law & Order Nowhere Man.	Law & Order	Law & Order	Law & Order Vendetta.	Law & Order Gaijin.	Law & Order Caviar Emptor.					
23 CW	Two and a Half Men	Two and a Half Men	Penn & Teller: Fool Us (Season Premiere) (N)	Whose Line Is It Anyway?	Whose Line Is It Anyway?	NewsFix (N)	Seinfeld The Kiss Hello.	Seinfeld The Busboy.	Modern Family	Everybody Raymond	Everybody Raymond	
51 TELE	Decisiones	Noticiero	Eva la Trailera (N)	La Esclava Blanca (N)	El señor de los cielos (N)	Noticiero 51	Titulares, Mas	La Esclava Blanca				
A&E	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty
AMC	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***	Jaws (75, Suspense) Roy Scheider, Robert Shaw. A man-eating shark terrorizes a New England resort town. (PG) ***
AP	Tanked	Tanked	Tanked (9:01)	Tanked: Unfiltered (10:02)	Tanked: Unfiltered (11:03)	Tanked (12:04)						
BRV	Housewives/NYC	Housewives/NYC	Housewives/NYC	Housewives/NYC	Housewives/NYC	Housewives/NYC	Flipping Out					
CNBC	Jay Leno’s Garage	Jay Leno’s Garage	Jay Leno’s Garage (N)	Jay Leno’s Garage								
CNN	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	Town Hall: Being Black	CNN Tonight w/ Don Lemon	Anderson Cooper 360					
COM	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park
DSC	Dual Survival	Dual Survival: Untamed (N)	Dual Survival Burning Island.	Dual Survival								
ESPN	2016 ESPYs Countdown (N)	2016 T-Mobile Home Run Derby	The Kelly File (N)	Hannity (N)	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Cutthroat Kitchen	Bull Riding Championship.		
FNC	Greta Van Susteren	The O’Reilly Factor (N)	Cutthroat Kitchen (N)	Tyrant Cockroach. (N)	Tyrant (11:05) Cockroach.							
FOOD	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped
FSN	Destination	Halls of Fame	NHRA Drag Racing Summit Racing Equipment NHRA Nationals. From Norwalk, Ohio.	Any Given Wednesday	Spy (15, Comedy) Melissa McCarthy. An undercover CIA analyst becomes an unlikely secret weapon. (R) ***	Property Brothers						
FX	The Amazing Spider-Man 2 (14, Action) Andrew Garfield, Emma Stone. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **
HBO	The Man From U.N.C.L.E. (15) Henry Cavill. ***	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **	San Andreas (15, Action) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (PG-13) **
HGTV	Property Brothers: Buying	Desperate	Desperate	Property Brothers: Buying	Hunt Vintage	Hunters Int’l	Property Brothers					
HIST	American Pickers	American Pickers	American Pickers	American Pickers	Pawn Stars	American Pickers (12:03)						
LIFE	Little Women: LA	Little Women: LA	Little Women: LA	Little Women: LA	Little Women: Atlanta (10:02)	Little Women: Atlanta (11:02)	Little Women: LA (12:02)					
MSN	Hardball Chris Matthews	All In With Chris Hayes (N)	The Rachel Maddow Show	The Rachel Maddow Show	The Last Word	All In With Chris Hayes	The Rachel Maddow Show					
SYFY	Turistas (06) Josh Duhamel, Melissa George. Stranded travelers find danger in the Brazilian jungle. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **	Resident Evil: Apocalypse (04) Milla Jovovich, Sienna Guillory. Survivors of a deadly virus battle zombies. (R) **
TBS	Seinfeld	Seinfeld	Big Bang									
TCM	Cowboy Canteen (44, Musical) Charles Starrett. (NR)	Hour of the Gun (67, Western) James Garner. Wyatt Earp and Doc Holliday pursue bushwhacking rustlers. ***	Hour of the Gun (67, Western) James Garner. Wyatt Earp and Doc Holliday pursue bushwhacking rustlers. ***	Hour of the Gun (67, Western) James Garner. Wyatt Earp and Doc Holliday pursue bushwhacking rustlers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***	The Magnificent Seven (60) Yul Brynner. A man in black recruits hired guns to defend Mexican villagers. ***
TLC	I Am Jazz	My Big Fat Fabulous Life	My Big Fat Fabulous Life (N)	My Big Fat Fabulous Life (N)	I Am Jazz (10:01) (N)	My Big Fat Fabulous Life	I Am Jazz (12:02)					
TNT	Castle The Blue Butterfly.	Castle Once Upon a Crime.	Castle A Dance With Death.	Major Crimes Foreign Affairs.	Major Crimes Skin Deep.	CSI: NY The Lying Game.	Expedition Unknown					
TRAV	Expedition Unknown	Expedition Unknown	Expedition Unknown (N)	Imp. Jokers								
TRUTV	Greatest Ever	Greatest Ever	Imp. Jokers									
USA	Law & Order: SVU	Law & Order: SVU	Suits To Trouble.	Mr. Robot (10:01) (Season Premiere) (N)	Mr. Robot (11:32) (N) (Live)	Suits (12:32)						

TODAY’S HIGHLIGHTS

PRIMETIME

8 PM 2 42 Supernature — Wild Flyers The new three-part mini-series concludes with “Crowded Skies,” a telling title for the phenomenon the hour deals with. Indeed, for as big as the sky appears, it can be a smaller place for those who have to negotiate it skillfully in order to survive. Birds, insects and other creatures occupy it, each needing its space — and sometimes competing for it. Sophisticated cinematography details the nature (in every sense of that word) of that struggle.



Patrick J. Adams stars in ‘Suits’ on USA Network.

8 PM 7 MasterChef As they say, do the math: One team will have more chefs than the other as the remaining competitors are divided into two squads in the new episode “Vets. Jets and Home Cooks.” Just over 100 military veterans form their clientele for a steak dish that also involves two sides and a sauce, then the eaters will vote for their favorites — which will determine who stays safe in the contest. Host Gordon Ramsay joins Christina Tosi as a judge.

8 PM 10 The 2016 ESPYs A highlight of summer programming for

many years, ESPN’s honors mark their second year on ABC — and their 24th year overall. John Cena hosts the event, saluting athletes from various disciplines on particular accomplishments, with many celebrities helping to deliver the tributes.

9 PM (LIFE) Little Women: LA The stakes are higher than ever before as the left-coast ladies return with new issues related to parenting, love and friendship. As these new episodes unfold, the participants are forced to take a new, more clear-eyed look at their group dynamics as a curtain is pulled back,

exposing even more lying, cheating and backstabbing. Good times!

9 PM (USA) Suits It was one thing for Mike Ross (Patrick J. Adams) to accept a plea deal that sent him to prison for fraud at the end of last season, but as this hit legal drama returns for Season 6, Mike is struggling to adjust to a far harsher life behind bars than he ever envisioned. Things aren’t much better at the offices of Pearson Specter Litt, where Jessica, Harvey and Louis (Gina Torres, Gabriel Macht, Rick Hoffman) face lawsuits over every case in which Mike was involved.

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Chef Olivia LaRochelle prepares a dish in her Kendall home.

Bountiful Florida Fish 'BFF' Cakes

Yield: 4 servings

For the fish cake
¾ pound skinless large-mouth bass, or any white-meat fish such as cod, cut into small pieces

1 egg white
1 cup cooked brown rice
½ cup black beans, rinsed and drained
1 teaspoon smoked paprika
¼ teaspoon garlic powder
¼ teaspoon kosher salt or to taste
½ cup whole-wheat panko breadcrumbs

For the salsa
1 ¼ cups diced mango
1 ¼ cups diced strawberries
1 cup diced avocado
¼ cup diced cucumber
¼ cup chopped cilantro
2 tablespoons fresh lime juice

For the Orange-You-Glad yogurt sauce
½ cup low-fat plain yogurt
3 tablespoons orange juice
½ teaspoon orange zest
Orange wedges, for garnishing

Preheat oven to 375°F. In a large bowl, combine all ingredients except breadcrumbs. Form mixture into 4 patties, pressing each patty together so it holds its shape. Line a medium baking sheet with parchment paper. Put breadcrumbs on a plate and roll the patties in the breadcrumbs. Place each patty on baking sheet and bake for 20 minutes or until light golden brown and fish is cooked through.

Meanwhile, in medium bowl, toss salsa ingredients until well combined. In a small bowl, stir together all ingredients for yogurt sauce.

Top each fish cake with salsa and drizzle with yogurt sauce. Sprinkle with additional cilantro if you wish. Serve with orange wedges.

Per serving: 341 calories; 8 g fat; 45 g carbohydrates; 24 g protein

DAYSI CALAVIA-ROBERTSON For the Herald

FROM PAGE 1C

WHITE HOUSE

participate in the challenge, which is open to children ages 8-12. Each child teams up with a parent to submit an original recipe that tastes great, is creative and affordable and follows healthy eating guidelines specified on the United States Department of Agriculture's website

ChooseMyPlate.gov.

The contest placed a special spotlight on home-grown pride, encouraging use of local ingredients.

"It's so rewarding to watch my daughter enjoy something I enjoy so much too," said Naylet, who is a Miami-Dade County Schools' psychologist and

has won several national recipe competitions herself, including a recent first place win in Publix's 2016 Aprons Simple Meals Share Your Creation Recipe Contest.

"When she was about 4 or 5 years old, Olivia would follow me into the kitchen when I was cooking and ask me if she could help. I would grab a small bowl and put a handful of flour and water into it so she could play and I'd look

over at her and see her smiling, just so happy to feel the flour in between her little fingers."

Naylet says her daughter's happiness while in the kitchen has not wavered.

"We made the fish cakes two times before submitting the recipe," she said. "And the second time, after she tried it she looked at me — eyes as bright as shiny pennies — and said 'Mom, this is it. This one is going to win.' and she was right."

Olivia's BFF Cakes recipe included a salsa made with avocados and mangos picked from her grandparents' backyard in Hialeah. It impressed the judges right away.

"Her recipe combined all the elements we look for at Healthy Lunchtime Challenge. It was imaginative and creative, a classic fish cake combined with unusual sides such as brown rice and black beans, an ode to her Cuban heritage, plus a yummy salsa - that's a winner!" said judge Tanya Steel, editorial director of Clean Plates, a media company focusing on health and wellness food culture.

"The dish was also very healthy and affordable and hit all the MyPlate recommendations. Olivia's recipe also showcased Florida's superlative ingredients,

such as citrus and mango. It was a very delicious and memorable meal," Steel said.

Over three hours, the 10-judge panel tried 112 dishes (two from every state and territory). D.C. Central Kitchen, a Washington-based organization that focuses on meal distribution, food recycling and occupational training, prepares the dishes for the competition each year.

The 5-year-old Healthy Lunchtime Challenge drew more than 1,200 entries, 52 from Florida. Only 56 "aspiring young chefs" were selected to attend the Kids' "State Dinner" in Washington on July 14.

"It feels really good to know I won because I get to meet the other winners and we can share recipes with each other," Olivia said. "It's going to be fun because I'll get to meet at least one kid from each state."

Naylet and Olivia were to board a free round-trip flight to Washington, where along with other winners they will join the first lady for a healthy two-hour lunch featuring a selection of the winning recipes, followed by a visit to the White House kitchen garden.

Naylet says the most exciting part of the experi-

ence for her has been making new memories with her daughter in the kitchen at home — "seeing her jump up and down and listening to her yelling and screaming when I told her she had won."

During the Kids' "State Dinner", winners will have the opportunity to learn from TV personality Rachael Ray, a member of the President's Council on Fitness, Sports and Nutrition. Their recipes will also be featured in a free downloadable and printable "cookbook" that will include nutritional analyses and photos. It will be available the day of the event on letsmove.org, usda.org and ed.gov.

For more information on the Healthy Lunchtime Challenge visit www.pbs.org/parents/lunchtimechallenge.

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