

# LOCAL & STATE

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Miami Herald

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HI



IN MY OPINION  
**Fred Grimm**  
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## Pistol-packin' frat boys what Florida needs?

Twelve Florida university presidents begged them to kill the bill. Twelve campus police chiefs signed the same statement, beseeching legislators to leave this gun craziness alone.

The university system's Board of Governors was opposed. "Florida has long recognized the importance of protecting its students and the environment in which they learn by prohibiting firearms in university facilities."

Faculty senates and student governments similarly opposed legislation that would end the prohibition of concealed firearms on college campuses. Not that those particular entities carry any political weight in Tallahassee. But still...

A sure-nuff powerbroker, Florida State University President John Thrasher, reiterated his opposition. Thrasher managed to kill a similar "campus carry" bill in 2011, when he was a state senator. You'd think that the former president of the Senate might still wield clout among his old buddies.

Not hardly. The Senate Criminal Justice Committee voted 3-2 last week in favor of the gun-on-campus bill (SB176), Thrasher's three fellow Republicans accounting for the majority. The House Criminal Justice Subcommittee had already approved an identical bill.

This thing seems headed for passage because the only voice that mattered drowned out all the protests from those nattering academics. Hers was like the voice of God, at least to those who imagine God has decided to substitute Stand Thou Ground for that un-American commandment about not killing. Marion Hammer, who also speaks for the NRA, warned the legislators that Florida college campuses have become a jungle of savage horrors. "They are gun-free zones where murderers, rapists, terrorists, crazies may commit crime without fear of being harmed by their victims."

Gracious. Did she mention zombies? And me a trained observer. Yet I somehow missed those lurking dangers last year when I took my daughter on a tour of college campuses. Neither of us packing heat. Stupid us. I see now that we were damn lucky to make it out alive.

Next year, God (read "Marion") willing, it'll all be different. After this legislation passes, Floridians will be able to send their children off to college knowing that their kids' classmates, who might appear to be falling-down-drunk frat boys, are actually armed vigilantes, ready to intervene in case of rape, robbery, assault or perhaps an unkind aspersions.

The campus carry legislation has been pushed before, unsuccessfully, but the gun lobby has got itself a clever new tactic, latching onto the national conversation about sexual assault on campus. Sen. Greg Evers, chairman of the Criminal Justice Committee and an NRA good ol'

• TURN TO GRIMM, 2B

## SOUTH BEACH WINE & FOOD FESTIVAL



PHOTOS BY AL DIAZ/MIAMI HERALD STAFF

**PARTY TIME:** From left, Anna Viau, Tony Suarez, Ralph Gonzalez, Shahrooz Eslahi and Denisse Flores toast during the South Beach Wine & Food Festival on Miami Beach.

## Festival toast of South Beach

■ More than 60,000 people have attended the South Beach Wine and Festival, which included a number of improvements this year.

BY EVAN S. BENN  
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Although freeze warnings, wind-chill alerts and record-low temperatures threatened to ice out the Food Network South Beach Wine & Food Festival, an estimated 60,000 attendees, plus participating chefs ate, drank and partied their way through the brrr.

"Thank you all for coming out and braving the — I guess — cold," celebrity chef Anne Burrell told an outdoor crowd at the Thrillist Barbecue & Blues event at the Shore Club in Miami Beach late Thursday. "I'm from New York, and this is like 1,000 degrees warmer."

The festival, now in its 14th year and having raised more than \$20 million for Florida International University, continues Sunday with tickets still available to a family-friendly morning event at Jun-



**DINNER IS SERVED:** Celebrity chef Guy Fieri demonstrates his cooking skills during the South Beach Wine & Food Festival.

gle Island, the signature Grand Tasting Village on the beach and a wrap-up party hosted by Travel Channel's Andrew Zimmern outside the Ritz-Carlton South Beach.

Red wine disappeared faster than usual at some beachside, poolside and rooftop events Thursday and Friday as festivalgoers turned to that and heating

lamps to warm up. By Saturday, with temps back in subtropical range, the festival, too, seemed to return to normal.

Sunshine and a light breeze on Saturday greeted thousands who walked through the Grand Tasting Village, between 10th and 13th

• TURN TO FESTIVAL, 2B

## UNIVERSITY OF MIAMI

# In UM study, training a soldier's mind

■ A University of Miami study suggests that mindfulness exercises can help soldiers headed to war steel themselves against lapses of attention and other issues.

BY AUDRA D.S. BURCH  
aburch@MiamiHerald.com

A new University of Miami study shows that mindfulness meditation for soldiers in the months leading up to deployment can shield against mental lapses — loss of attention and a wandering mind.

In the same way soldiers are physically trained during the period before embarking on dangerous, high-stress military missions, research led by UM neuroscientist Amishi Jha suggests mindfulness exercises can help during deployment.

The study expands the body of evidence that one of the best ways to protect soldiers is by training their own minds.

"Soldiers are experts at standing at attention," said Jha, associate professor in the psychology department at UM's College of Arts and Sciences, and principal investigator of the project. "However, maintaining a mind at attention under the intense physical, emotional and cognitive demands they face is a more difficult task."

Funded by the Department of

• TURN TO RESEARCH, 2B



**MIND OVER MATTER:** Amishi Jha with Maj. Gen. Walter Piatt, Deputy Commanding General of the U.S. Army in Europe.

**What's your heart trying to tell you?**

- LIGHTEADEDNESS
- SHORTNESS OF BREATH
- COLD SWEAT
- BACK, ARM OR JAW PAIN
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- CHEST PAIN
- UNEXPLAINED FATIGUE
- DIZZINESS & NAUSEA

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## UNIVERSITY OF MIAMI

# In UM study, training a soldier's mind

## • RESEARCH, FROM 1B

Defense, the research demonstrated a link between mindfulness training and protection against attentional lapses in a shorter time frame than previous studies.

Mindfulness is defined as the ability to be aware and attentive in the present, without emotional reactivity or volatility.

"Mindfulness is a good option because it's portable and low-tech and accessible for people. We wanted to see if they were trained in it before deployment, would it help in managing their psychological health," said Jha, whose work is recognized in the field of contemplative neuroscience.

"We already know how to provide physical fitness. Now, we are learning how

to protect the soldiers' minds."

The results are significant because during the critical pre-deployment period, soldiers often do not have the time to devote to a lengthier mindfulness regimen. The study cut the length of the training by two-thirds from 24 hours to eight hours over eight weeks.

"With the continued deployment of our soldiers to face complex threats around the world, these results are a critical addition to our ever-evolving readiness and resiliency toolkit," Maj. Gen. Walter Piatt, Deputy Commanding General of the U.S. Army in Europe, said in a statement.

"Ensuring our men and women are both mentally and physically prepared is essential to mission success. This study provides impor-

tant information to help us do that."

The walk-up to a deployment, which includes intensive physical training for the mission, is an especially demanding time.

Soldiers can face mental health challenges even before going to combat.

"You receive an alert that your unit is going to be mobilized. Then you have to prepare for leaving your homes and your families and your employment," said Janette Chandler, Family Readiness Support Assistant of the U.S. Army 841st Engineer Battalion in Miami.

"Before they leave, they have to prepare wills and power of attorneys. It's absolutely stressful."

Jha's research team studied 75 active-duty U.S. Army soldiers who were trained



GREGORY CASTILLO/MIAMI HERALD STAFF

**PREPARING MINDS FOR COMBAT:** University of Miami neuroscientist Amishi Jha, with Martin Paczynsk, a member of her research team.

via the shorter form of mindfulness.

The soldiers, stationed at Schofield Barracks, Hawaii, were eight to 10 months away from deployment to

Afghanistan.

Afterward, they were tested for attention lapses and mind wandering.

The results showed that the training promoted cog-

nitive resilience by guarding against the loss of attention during high-stress periods.

Jha's prior research was based upon 24 hours of mindfulness training given to a group of Marine reservists in Florida deploying to Iraq.

It found that the more time military service members spent practicing daily mindfulness exercises, the better their moods and working memory.

"I watched my Marines develop a real sense of focus," said retired Maj. Jeff Davis, who was the officer in charge of the detachment in West Palm Beach at the time of the study.

"After the mindfulness training, they walked out in a better state to deal with complex and stressful issues."

## FLA. LOTTERY

### SELECTED SATURDAY, FEB. 21

|                  |                    |
|------------------|--------------------|
| Midday Cash 3    | 3-9-2              |
| Midday Play 4    | 0-4-9-1            |
| Night Cash 3     | 4-4-2              |
| Night Play 4     | 1-1-0-5            |
| Lotto (Xtra: x5) | 1-6-11-12-25-52    |
| Fantasy 5        | 5-16-28-33-36      |
| Powerball (x2)   | 10-14-18-34-51 +26 |

### FRIDAY, FEB. 20

#### FANTASY 5: 1-16-22-23-32

| CORRECT | PAYOFF      | WINNERS |
|---------|-------------|---------|
| 5 of 5  | \$80,337.12 | 3       |
| 4 of 5  | \$128.50    | 302     |
| 3 of 5  | \$11.50     | 9,375   |

#### LUCKY MONEY: 9-18-44-45 +14

| CORRECT   | PAYOFF   | WINNERS |
|-----------|----------|---------|
| 4 of 4 +1 | Rollover | 0       |
| 4 of 4    | \$1,694  | 4       |
| 3 of 4 +1 | \$464    | 32      |
| 3 of 4    | \$68.50  | 636     |
| 2 of 4 +1 | \$23.50  | 1,306   |
| 2 of 4    | \$2      | 22,092  |
| 1 of 4 +1 | \$3      | 12,594  |

#### MEGA MILLIONS: 2-6-8-52-66 +13 (x3)

| CORRECT   | PAYOFF      | WINNERS |
|-----------|-------------|---------|
| 5 of 5 +1 | Rollover    | 0       |
| 5 of 5    | \$1 million | 0       |
| 4 of 5 +1 | \$5,000     | 1       |
| 4 of 5    | \$500       | 20      |
| 3 of 5 +1 | \$50        | 124     |
| 2 of 5 +1 | \$5         | 2,861   |
| 3 of 5    | \$5         | 1,859   |
| 1 of 5 +1 | \$2         | 22,500  |

Next jackpot: \$112 million

### THURSDAY, FEB. 19

#### FANTASY 5: 10-11-16-27-33

| CORRECT | PAYOFF       | WINNERS |
|---------|--------------|---------|
| 5 of 5  | \$226,114.31 | 1       |
| 4 of 5  | \$117.50     | 310     |
| 3 of 5  | \$10         | 10,157  |

### WEDNESDAY, FEB. 18

#### FANTASY 5: 1-5-13-15-34

| CORRECT | PAYOFF      | WINNERS |
|---------|-------------|---------|
| 5 of 5  | \$40,462.13 | 6       |
| 4 of 5  | \$112       | 349     |
| 3 of 5  | \$9.50      | 11,049  |

#### LOTTO: 3-10-24-29-39-45 (Extra: x5)

| CORRECT | PAYOFF       | WINNERS |
|---------|--------------|---------|
| 6 of 6  | \$14 million | 0       |
| 5 of 6  | \$6,043.50   | 15      |
| 4 of 6  | \$65         | 1,449   |
| 3 of 6  | \$5          | 29,281  |

Saturday's jackpot: \$16 million

#### POWERBALL: 1-9-29-32-49 + 22 (x2)

| CORRECT   | PAYOFF        | WINNERS |
|-----------|---------------|---------|
| 5 of 5 +1 | \$500 million | 0       |
| 5 of 5    | \$1,000,000   | 2       |
| 4 of 5 +1 | \$10,000      | 1       |
| 4 of 5    | \$100         | 52      |

Saturday's jackpot: \$60 million

### TUESDAY, FEB. 17

#### FANTASY 5: 1-4-8-33-36

| CORRECT | PAYOFF       | WINNERS |
|---------|--------------|---------|
| 5 of 5  | \$109,679.39 | 2       |
| 4 of 5  | \$119.50     | 296     |
| 3 of 5  | \$10         | 9,630   |

#### LUCKY MONEY: 3-24-33-40 + 8

| CORRECT   | PAYOFF     | WINNERS |
|-----------|------------|---------|
| 4 of 4 +1 | \$550,000  | 0       |
| 4 of 4    | \$3,144.50 | 2       |
| 3 of 4 +1 | \$275.50   | 50      |
| 3 of 4    | \$65       | 623     |
| 2 of 4 +1 | \$21.50    | 1,332   |
| 1 of 4 +1 | \$2.50     | 12,548  |
| 2 of 4    | \$2        | 20,272  |

#### MEGA MILLIONS: 6-45-50-65-66 + 1 (x5)

| CORRECT   | PAYOFF       | WINNERS |
|-----------|--------------|---------|
| 5 of 5 +1 | \$88 million | 0       |
| 5 of 5    | \$1 million  | 0       |
| 4 of 5 +1 | \$5,000      | 0       |
| 4 of 5    | \$500        | 17      |
| 3 of 5 +1 | \$50         | 87      |
| 2 of 5 +1 | \$5          | 1,933   |
| 3 of 5    | \$5          | 1,202   |
| 1 of 5 +1 | \$2          | 16,792  |
| 0 of 5 +1 | \$1          | 46,392  |

### MONDAY, FEB. 16

#### FANTASY 5: 5-9-10-12-30

| CORRECT | PAYOFF       | WINNERS |
|---------|--------------|---------|
| 5 of 5  | \$109,252.37 | 2       |
| 4 of 5  | \$87.50      | 404     |

### SUNDAY, FEB. 15

#### FANTASY 5: 3-5-21-29-32

| CORRECT | PAYOFF       | WINNERS |
|---------|--------------|---------|
| 5 of 5  | \$201,055.15 | 1       |
| 4 of 5  | \$117        | 276     |

### SATURDAY, FEB. 14

#### FANTASY 5: 1-7-16-17-35

| CORRECT | PAYOFF      | WINNERS |
|---------|-------------|---------|
| 5 of 5  | \$91,016.50 | 3       |
| 4 of 5  | \$112.50    | 391     |

#### LOTTO: 19-22-28-32-43-53 (Xtra: x3)

| CORRECT | PAYOFF | WINNERS |
|---------|--------|---------|
| 6 of 6  | \$0    | 0       |

## SOUTH BEACH WINE & FOOD FESTIVAL

# Improved festival draws crowd

## • FESTIVAL, FROM 1B

streets in Miami Beach.

The Grand Tasting is the one area of the festival that received the most attention in the off-season, with organizers bringing a number of improvements that they hoped would enhance the customer experience, one that starts with a \$225 price tag.

"We realized it's not about adding bells and whistles and having lions jumping through flames," said Devin Padgett, the festival's managing director. "We needed to find a way to make people comfortable and happy, and have them leaving with a sense that they want to come back."

Twinks included giving chefs more room to prepare their food, reorienting the demonstration stages to face the ocean, providing more elbow (and dancing) room for revelers, and increasing participation from South Florida restaurants.

"Everything's more open. There's food as soon as you walk in. There are more places to hydrate, to sit and relax," said festival founder and executive director Lee Brian Schrage, who also is a vice president at Southern Wine & Spirits, the host sponsor. "I think people will notice the difference."

No tweaking necessary for the Burger Bash, a Friday night festival tradition hosted by Rachael Ray that runs like a well-greased griddle. Al Roker donned a chef's coat and served his lamb burgers. Lure Fishbar took home top honors for its perennially award-winning Bash Burger, while Pincho Factory won the People's Choice category for its Croquetesa.

The Croquetesa didn't re-



AL DIAZ/MIAMI HERALD STAFF

**THE TASTE OF SOUTH BEACH:** From left, Samantha Bradford, Sheri Berner, Paola Corvea and Silvia Brasil party at the South Beach Wine & Food Festival.

## More coverage

Follow our **Uncorked** blog at [miamiherald.typepad.com/uncorked](http://miamiherald.typepad.com/uncorked) for updates, photos, one-liners and more from the South Beach Wine & Food Festival.

ally seem like a burger — a brioche bun topped with a brisket-shortrib-chuck croquette, Swiss cheese, pickles, mustard and mayo — but it worked, and Pincho Factory co-founder Nedal Ahmad looked equally happy picking up his giant \$5,000 check as he did posing with model presenter Chrissy Teigen.

Lure chef-partner Josh Capon also hammed it up

with Teigen, swinging his arm around her as he howled, "South Beach! I wanted this so bad!"

Besides the tried-and-true Burger Bash, a number of new events made their debuts this weekend.

The program of 80-plus tastings, demonstrations and more included a new craft-beer seminar, a vegan dinner, and meals that highlighted cuisines of Israel and the South.

When the festival closes Sunday night after Zimmern's Best of the Munchies, Schrage and his team will begin to plan next year's 15th anniversary South Beach Wine and Food Festival.

"Our goal is always to get better — not necessarily bigger, but better," Schrage said. "We'll take a look at

our programming and work to bring in chefs and wine-makers who people want to meet, and we'll continue to expand the presence and promotion of our great chefs in South Florida."

*Miami Herald staff writer Marjie Lambert and Miami.com writer Shayne Benowitz contributed to this report.*

## If you go

**What:** South Beach Wine and Food Festival  
**When:** Events run from 10 a.m. to 9 p.m.  
**Where:** Miami Beach (sites vary).  
**Price:** \$20-\$275  
**Tickets:** [sobefest.com](http://sobefest.com)

## FRED GRIMM | IN MY OPINION

# What gun lobby wants, gun lobby gets

## • GRIMM, FROM 1B

boy, held up a map of Tallahassee and warned (according to the Florida Times-Union) that some 100 sex offenders were living in the vicinity of FSU. Evers said he only wanted to give young women the means to protect themselves.

The tireless gun lobby is pushing boilerplate campus-carry legislation in at least nine other states, using the same anti-rape ploy. Nevada Assemblywoman Michele Fiore, talking to The New York Times, got right to the heart of the pro-gun argument. "If these young, hot little girls on campus have a firearm, I wonder how many men will want to assault them. The sexual assaults that are occurring would go down once these sexual predators get a bullet in their head."

That last sentence represents what we in the newspaper business call indisputable truth. Gunshots to the head would certainly discourage sexual assault. Though a few of those wormy academic

types have noted that a campus carry law could also have the effect of arming predators.

The sexual assaults that inspired the national conversation are not of the predator-jumping-out-of-the-bushes category. The famous but now discredited story that got everyone talking, "A Rape on Campus," in the Nov. 19 issue of Rolling Stone, had to do with a young woman who claimed to have been assaulted at a frat house after she had fallen into a drugged stupor. The unproven allegations against FSU's All-American quarterback Jameis Winston also involved claims from the victim that she had been drugged first, then assaulted. It's hard to imagine that this kind of acquaintance assault, with the help of knock-out drugs, would have been thwarted by

The other specter used to sell the campus-carry bill has to do with crazed, random gunmen. Gun advocates talked about Myron May, the 31-year-old lawyer

who shot three people on the FSU campus on Nov. 20 before campus police gunned him down. Armed students, legislators were told, could have preempted May's shooting spree.

That scenario is built around the supposition that in a sudden, stressful burst of gun violence, student shooters would be effective — more effective than firearm-trained police officers.

Who aren't so accurate under pressure. Consider the infamous Urban Beach weekend shooting on Miami Beach in 2011. Miami Beach and Hialeah police officers fired 116 bullets at a car driven by 22-year-old Raymond Herisse. They not only managed to kill Herisse but also struck four innocent bystanders along the street.

In 2013, New York cops tried to gun down an erratic acting man in Times Square. They missed him (he turned out to be unarmed) but wounded two women. The year before, police injured nine onlookers as they shot at an armed man near the

Empire State Building.

Those inadvertent shootings corroborated the findings of a 2008 RAND Corporation study that found the average "hit rate" among New York cops during gun-fights between 1998 and 2006 was just 18 percent. When suspects weren't firing back, the cops hit their targets just 30 percent of the time.

Another 2008 breakdown of NYPD shooting stats found that the police were accurate about 34 percent of the time when they fired at people. (Better, it turns out than the Los Angeles PD, which was only accurate 31 percent of the time.)

But Florida parents can take heart. If student vigilantes shoot as well as New York cops, the threat of pit bull attacks will no longer be a problem on college campuses. Police shooting at dogs managed to hit the canines 55 percent of the time.

I forgot. Did Marion list mad dogs among her campus horrors in need of shooting? Well, you can scratch Fido off her hit list.

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