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Culture Editor: Larry Aydlette 561-820-4436 or pbaccent@pbpost.com



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Steve Dorfman
Boomer Health

Jenner saga is a sign of the times

The evolution of Bruce Jenner's public persona is fascinating.

From gold-medal-winning Olympic hero in the 1970s ... to ubiquitous TV host/personality in the 1980s and '90s ... to henpecked patriarch of the Kardashian reality-show empire in the new millennium.

And now, at 65, Jenner appears poised to reveal what countless media reports have already speculated: that he's in the midst of transitioning from male to female.



Bruce Jenner

On Friday night, in his two-hour interview with Diane Sawyer on ABC's "20/20", Jenner is expected to discuss the journey that led him to this point.

"My whole life has been getting me ready for this," he says in the promo ABC has been running.

Jenner arguably will become the most famous transgender person ever – and, for the tens of millions of Americans too young to remember Renée Richards' controversial transition 40 years ago, the *only* transgender person they "know."

That's because, according to GLAAD, a recent Pew poll showed that only 8 percent of Americans said they personally know someone who is transgender.

But for people in the medical and mental health communities, contact is far more common with those who are either transgender or in the process of coming to terms with their gender dysphoria.

Psychotherapy

Kristen Bomas is a Boca Raton psychotherapist who has counseled many gender dysphoric patients during the past 25 years.

When a person's internal gender identity and biological sex aren't congruent, the mental and emotional distress that person experiences is

Jenner continued on D5

CHILDHOOD SIGNS OF GENDER DYSPHORIA

- Insistence they're of the opposite sex
- Dislike of, or refusal to wear, clothes typically associated with their sex
- Not partaking in behavior associated with their sex
- Disowning or renouncing of one's own genitalia

HEALTH & NUTRITION

Leslie's SNAP Challenge choices



Gwyneth's SNAP Challenge choices



ABOVE: Gwyneth Paltrow actually starts out smart with the SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) Challenge, buying the bargain bags of rice and beans, but gets lost somewhere around the cilantro and those dang limes. Not shown: The margaritas that have to be lurking off-screen. CONTRIBUTED

LEFT: My SNAP Challenge haul: Two boxes of pasta, four rice mixes, freeze-dried mashed potatoes, two bags of veggies, a dozen eggs, two loaves of bread, two blocks of cheese, two avocados, two cans of seasoned tomatoes ... and store-brand orange soda. Carby and blah. But it (barely) gets the job done. CONTRIBUTED BY LIBBY VOLGYES

Taking Gwyneth's SNAP Challenge

Could I live on \$29 worth of food for a week? Not likely – and that's the point.



Leslie Gray Streeter

The differences between Gwyneth Paltrow and me are legion. Myriad. Numerous enough to fill the Grand Canyon so high that Thelma and Louise could have just driven across and lived. But when it comes to trying to spend \$29 for a week's worth of food, only one of those differences matters – and gives me the edge: Gwyneth Paltrow has never been broke.

But I have. And that, dear friends, is why I think my attempt at shopping for the SNAP Challenge, which tries to bring awareness to the difficulties of living on the SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) program,

was more successful than the much-maligned efforts of Princess Goop.

Because at the same time in the '90s when Gwyneth, second-generation Hollywood Royalty and goddaughter of Steven Spielberg, was climbing the fame ladder, I was living in a one-room apartment literally planning my daily meals on a list stuck on my refrigerator that read "Tuesday lunch – half of 99-cent box of Rice-A-Roni. Tuesday dinner – other half of box 99-cent box of Rice-A-Roni."

For the record, my version of broke wasn't really broke – I am fortunate enough to recognize my privilege as a middle-class chick who even at the height of my Rice-A-Roni hoarding, was never completely desperate and alone, unlike so many Americans who need programs such as



Gwyneth Paltrow

SEE LESLIE'S 7-DAY SNAP MEAL PLAN:
mypalmbeachpost.com/snap

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SNAP to supplement their pantries. Still, having had to once hustle to stretch a teensy-weensy budget, I think I approached the challenge of buying seven days worth of food on the national average of \$4.15 a day per person with a more realistic eye than Gwyneth.

Not only has she never been poor, but she's always been rich.

Financial struggle requires

SNAP continued on D2

Save one life, you're a hero; save 100 lives, you're a nurse

Do you know a nurse who goes above and beyond every day? Do you have a great story about a nurse who has affected your life or your family in a positive way?



Tell us about him or her at palmbeachpost.com/thankanurse
The Palm Beach Post has teamed with Palm Healthcare

Foundation, Tenet Health and VITAS Healthcare to salute nurses – from school nurses to at-home nurses to nurses at medical centers and rehab centers.

Share your stories and photographs at palmbeachpost.com/thankanurse through April 30.

Community voting will take place May 1-13 during National Nurses Week, May 6-12. This year's theme "Ethical Practice. Quality Care" recognizes the importance of ethics in nursing and acknowledges the strong commitment, compassion and care nurses display in their practice and profession.

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Kelly Leary has a master's degree in psychology and 24 successful years in the dating industry. A top matchmaker, she has been profiled by ABC News, The Palm Beach Post, the Sun Sentinel, the South Florida Business Journal, and other media outlets.