



Ray McNulty says jail's fitting for O.J. Simpson C1



Dieters: Don't put too much weight in BMI score D1

Bone drug cuts deaths, fractures in elderly

BY MIKE STOBBE
The Associated Press

ATLANTA — For the first time, an osteoporosis drug has reduced deaths and prevented new fractures in elderly patients with broken hips, according to new research.

Some experts called the drop in deaths "striking" but said other drugs could have a similar effect.

In the study, there were 28 percent fewer deaths and 35 percent fewer fractures in the group that got a once-a-year infusion of the bone drug Reclast compared to those who got a dummy treatment.

No other osteoporosis drug study published in at least 15 years has shown such a pronounced reduction in deaths, said Dr. Kenneth Lyles of Duke University Medical Center, the lead author.

The study was released online Monday by The New England Journal of Medicine to coincide with a presentation at a medical conference in Hawaii. It will be published in a later edition of the journal.

The research was funded by Novartis, which makes Reclast, and Lyles has two patent applications for the use of the drug. Under the name Zometax, the drug was approved by the U.S. Food and Drug Administration for cancer patients in 2002. It was approved for post-menopausal osteoporosis last month, under the name Reclast.

More than 300,000 hip fractures occur in the United States each year. Often they trigger a downward spiral — roughly one in five elderly victims die within a year of breaking their hip.

THE STUDY

- For the study, researchers recruited about 2,000 patients from 23 countries.
- Their average age was 74, and most were women. All previously suffered broken a hip.
- Over two years, 14 percent of the patients in the placebo group had new broken bones. Only 9 percent of treated patients suffered second fractures.
- More surprising, 13 percent of the placebo group died during the period, compared with 10 percent who received the drug.
- The researchers gave vitamin D, which helps strengthen bones, to all study participants.

I-95 'NIGHTMARE'

Search for armed man turns into bad dream for Treasure Coast drivers as interstate, turnpike traffic stalls for hours



ALEX BOERNER • alex.boerner@scripps.com

Southbound traffic backs up on Interstate 95 at Bridge Road after authorities shut down the highway and Florida's Turnpike in both directions near the Martin-Palm Beach County line after an armed man fled a traffic stop Monday in Martin County. The suspect was apprehended about 6 p.m.

Suspect surrenders to police after three-and-a-half hour standoff

BY MEGAN WINSLOW
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HOBE SOUND — Florida Park Patrol officer Philip Spillane was on saw palmetto duty, scouting along the Jonathan Dickinson Park Interstate 95 perimeter for thieves and trespassers when he saw the white sedan parked alongside the southbound lane of the highway.

2004

The last time both lanes of I-95 were closed, when a gasoline tanker truck overturned

But what Spillane thought would be a simple roadside assistance turned into what officials came to call a "traffic nightmare" Monday afternoon.

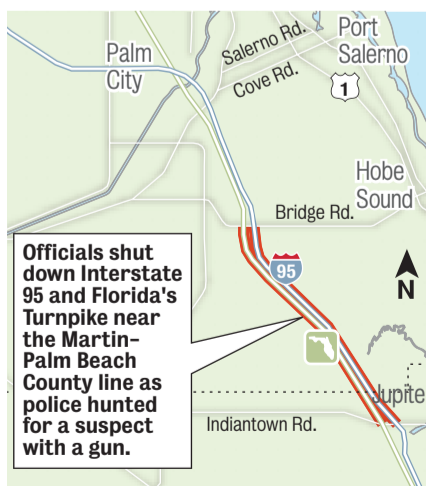
According to law enforcement, the driver of the car, Gary Lee Crites of Arkansas, grabbed a 12-gauge shotgun and retreated into a wooded area about 2:30 p.m. near the county line, setting off a 3½-hour standoff with officials that shut down the north and southbound lanes of I-95 and the Florida's Turnpike until he surrendered about 6 p.m.

No shots were fired and nobody was injured, according to law enforcement.

Crites, 50, was arrested, booked into the Martin County Jail and initially charged with aggravated assault Monday evening, said Lt. Jenell Atlas, Martin County Sheriff's Office spokeswoman.

Because Crites ran into an area between I-95 and the turnpike, law enforcement officials were forced to shut down both highways between Bridge Road in Hobe Sound and Indiantown Road in Jupiter. Northbound I-95 was backed up all the way to Fort Lauderdale.

See 'NIGHTMARE', page A5



Officials shut down Interstate 95 and Florida's Turnpike near the Martin-Palm Beach County line as police hunted for a suspect with a gun.

Staff graphic

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Florida Park Patrol officer Philip Spillane searches the car of Gary Lee Crites, who ran from Spillane after he approached the white sedan, thinking it was disabled along Interstate 95 on Monday afternoon. Crites, 50, went into a wooded area between I-95 and Florida's Turnpike.

MILAM'S MARKETS

Owners: Allen, Max and Mike Milam
Opened: 1984
Locations: Coconut Grove, Coral Gables, Miami Springs and Sunny Isles Beach
On the Web:
www.milamsmarkets.com

STUART FINE FOODS

Owners: Joe Mazzochi Sr. and Joe Mazzochi Jr.
Opened: Ocean Boulevard, Stuart, December 1986
Expanded: Martin Highway, Palm City, June 2005

Grocer to buy Fine Foods, has big plans

Milam's Markets will take over Stuart Fine Foods' store on East Ocean

BY JIM TURNER
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STUART — An independent grocer based in Miami Springs has agreed to purchase the Stuart Fine Foods store located here.

Milam's Markets, which operates upscale supermarkets in Miami-Dade County, is working toward a closing on the East Ocean Boulevard location around Oct. 1. Stuart Fine Foods' Palm City grocery will remain open.

"It fits in well with our style," said Max Milam, who owns Milam's with his brothers Mike and company president Allen.

Terms of the sale were not released.

Stuart Fine Foods store owner Joe Mazzochi Sr. and his son, Joe Jr., will continue to own and operate the Palm City location.

Throughout the summer,

See GROCER, page A5

Plan to clean Lake O would create new wildlife area

BY GABRIEL MARGASAK
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STUART — Treasure Coast residents might have a new public hunting, hiking and natural wildlife area with a plan water managers are brokering to build a giant "kidney" to clean phosphorus out of Lake Okechobee.

The \$21 million-plus idea is to pump lake water into a 4,500-acre, man-made marsh where plants would suck up the phosphorus — a nutrient great for growing crops but harmful for aquatic life in the lake and the St. Lucie Estuary.

The cleaned water would be pumped back out to the lake in a around-the-clock operation that could create an oasis of sorts in western Martin County for both the environment and humans alike, according to South Florida Water Management District officials.

"The bottom line is that cleaner water will be flowing into Lake Okechobee and eventually into the coastal estuaries," the district's Executive Director Carol Ann Wehle said in a statement.

It's all thanks to the birds — and Ruth Clements, the water district's director of land acquisition, and the

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New sensors monitor diabetes around the clock

The Associated Press

WASHINGTON — Diabetes care is undergoing a transformation: Thousands of patients are switching from a few finger-pricks a day to track their disease to new sensors that keep guard around the clock.

The last six months brought boosts to the technology, as federal health officials approved children's use of a sensor that works for three days in a row — and cleared the longest-

lasting version yet, a seven-day model, for adults.

The ultimate goal is to create an "artificial pancreas," pairing such sensors with implanted pumps that would automatically dispense insulin to make a diabetic's blood sugar better resemble a healthy person's.

That's still years away. For now, the hope is these under-the-skin sensors will empower the most vulnerable pa-

tients — those who require insulin injections — to make changes that better control their disease. Perhaps more important, they come with alarms that can sound in time to avoid dangerously high or low blood-sugar levels.

"It really catches problems before they're problems," said Katie Clark of Grandville, Mich. She bought a sensor for her 7-year-old daughter, and no longer has to wake up in

the middle of the night to spot-check whether Ellie's OK.

Some short-term studies show users greatly improve control of their blood sugar, though other studies have found little impact.

Why the discrepancy? Diabetics who do the worst job fighting their disease aren't going to put in extra effort to improve just because of a sensor, says Dr. Irl Hirsch of the University of Washington.

LAKE O

FROM PAGE A1

man who owns the storied Brady Ranch.

In 2001, state water managers used about \$10 million to buy 4,000 acres of land near Taylor Creek, north of the lake, to build a massive reservoir.

But in 2004, Federal Aviation Administration officials warned the proposed reservoir might attract birds, and pose a danger to aircraft from the Okeechobee County Airport.

Almost 1,200 acres of the land, worth \$2 million in 2001, were labeled a liability — with

great potential.

The land is worth \$9.5 million today.

"If you had put the money in the bank," Clements said, "it wouldn't have grown like that."

At the same time, Clements knew the district also owned about 2,700 acres of land in Indiantown known as Lakeside Ranch, slated for a storm water treatment area.

And the ranch next door would be a perfect addition to make that project even bigger and better.

So Clements went to a well-known Indiantown rancher named Frank Brady with a question — would he sell his

land for \$30 million, or take \$21 million and the Okeechobee property as a trade?

The Brady Ranch is known as a private preserve and lodge for hunters to target a huge heard of Axis deer, as well as water buffalo and other game.

"You will have the feel of little Africa," says the ranch's advertising.

The well-kept 2,000 acres even has its own airstrip — many years ago the target of lawmen who said it was used for drug smuggling.

Brady could not be reached for comment Monday, but, Clements said, "he's very much concerned with the environment to begin with" and

was willing to work with the district.

She said Brady potentially could move his operation to the Okeechobee land.

If all goes as planned, the district could start building the project in late 2009.

Clements said the plans and the total cost of the project, including installing two huge pumps, was still in the works.

Yet the recreational possibilities could prove most valuable to residents.

"We've been very successful," Clements said, "in having our storm water treatment areas open for hunts," hiking, biking, bird watching and more.

'NIGHTMARE'

FROM PAGE A1

Southbound I-95 traffic was diverted to Bridge Road, creating a backup from I-95 to U.S. 1. The turnpike was closed in both directions between Indiantown Road and Martin Downs Boulevard. Motorists were advised to use U.S. 1.

Both directions of Indiantown Road were closed in Jupiter between the turnpike and I-95. Motorists were advised to use Military Trail or the

Beeline Highway.

The incident caused traffic snares in Jupiter as well, clogging U.S.1, State Road A1A and alternate A1A.

The last time in recent memory both lanes of I-95 were closed was in 2004, when a gasoline tanker truck overturned and officials closed I-95 for about two hours.

"We come to work everyday knowing we might have to put our lives on the line," said Lt. John Suggs of the Florida Parks Patrol, a division of the state Department of Environ-

mental Protection. "But we're here to protect the public, so that's why we shut down the highway."

While the Jupiter Police Department negotiated with Crites over a cell phone, the Florida Highway Patrol, the Martin County Sheriff's Office and the Florida Department of Law Enforcement provided backup. The Florida Department of Transportation also assisted.

Spillane made the official arrest and searched Crites' 1997 Dodge Intrepid after he was

transported to the jail. He took inventory of the clothes, boxes and other miscellaneous items inside but did not locate another gun.

He said the first thing he did after being relieved from the crime scene was call his wife to let her know he was OK.

"I just called to say, 'I'm all right, don't worry, and if you want to hear about it later, I'll tell you,'" he said.

Staff writers Joe Crankshaw, Michelle Sheldone and Chris Young contributed to this report.

GROGER

FROM PAGE A1

customers commented on bare shelves at both the Stuart and Palm City stores. Mazzochi said the stores were experiencing an unseasonably slow summer.

Mazzochi Sr. said Monday the sale is being taken for the satisfaction of his employees and the city of Stuart.

The sign on the Stuart store eventually will change to Milam's after the deal is completed.

Max Milam said his company sought only the Stuart location because he and his brothers were more familiar with that location. The Milam and Mazzochi families have known each other since before they opened their stores. Some Milam family members live on the Treasure Coast.

Milam's will keep employees at the Stuart store and hire more workers as shelves — which had been sparsely filled for months — are restocked, Milam said.

"We'll bring in hundreds and hundreds of items that will be new to the store, a lot of specialty items," he said.

The Mazzochis will remain with the business as consultants.

Like Stuart Fine Foods, Milam's offers a vast wine selection. Max Milam said the new store will have a

wider variety of organic foods than what Stuart Fine Foods historically has offered.

"This all goes back to our slogan, 'We're more than just a supermarket,' " he said. "We want someone to do their complete shopping in our store."

The Mazzochis opened Stuart Fine Foods in December 1986. They are one of the few independent grocers to survive in a region dominated by supermarket chains such as Publix.

In 2005, the Mazzochis opened a second store in their \$8.1 million Old Palm City Town Square on Martin Highway. At the time, the fast-growing area had only one Publix. However, months after the family debuted its Palm City store, Publix opened a second Palm City location on the same road.

The proposed sale follows years of rumors that Stuart Fine Foods was on the verge of being sold. There was speculation earlier this year that Texas-based Whole Foods might buy the stores.

Last month, the grocer agreed to pay debts of \$320,584 to Miami-based produce supplier Freedom Fresh in weekly installments of \$10,000. Freedom Fresh had sued Stuart Fine Foods in federal court, claiming non-payment for recent produce deliveries.

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