

Combo meal

Versatile protein bowls are tasty and healthy



Development

Perkins: Progress is the goal for Dolphins. **Sports, Page 1**

Fraud scheme

Davie man accused in \$2.8M SNAP plot. **Local, Page 6**

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Inflation sees biggest jump in 3 years

April up 3.8% over 2025; Iran war drives average gas price to top \$4.50 per gallon

By Paul Wiseman
ASSOCIATED PRESS

WASHINGTON — U.S. consumer prices climbed sharply again last month as the 10-week war with Iran delivered higher gasoline prices and more pain for Americans.

The Labor Department's consumer price index rose 3.8% from April 2025, the biggest jump in three years, and up from a 3.3% year-over-year gain in March. On a month-to-month basis, April prices rose 0.6% from March as gasoline prices rose 5.4%, according to

data released Tuesday. The month-over-month gain was down from 0.9% increase in overall prices from February to March, when the initial shock of the war hit the U.S. economy.

Labor Department figures showed that gasoline prices are up more than 28% compared with a year ago. However, the AAA motor club listed the average regular gallon of gasoline above

\$4.50 Tuesday, about 44% more than it cost last year at this time.

Excluding volatile food and energy costs, so-called consumer core prices rose 0.4% last month from March and 2.8% from April 2025, relatively modest readings that suggest the energy price burst has yet to spill over into prices for other goods.

Grocery prices rose 0.7% from March to April as meat

prices rose after they had declined slightly in the month before.

Prices are rising as Americans are already frustrated by the high cost of living. Affordability is likely to be a key issue when voters go to the polls Nov. 3 to determine whether President Donald Trump's Republican Party maintains control of the U.S. Senate and House of Representatives.

"Inflation is the key drag on the U.S. economy now," Heather Long, chief economist at Navy Federal Credit Union, wrote. "There is a real financial squeeze underway. For the first time in three years, inflation is eating up all wage gains. This is a setback for middle-class and lower-income households and they know it. They are

See **PRICES** on Page A2



Rabbi Paul Plotkin, a kosher supervisor, inspects deliveries at Ben's Kosher Delicatessen, Restaurant & Caterer in Boca Raton. Supervisors are on site six days a week at Ben's. **CARLINE JEAN/SOUTH FLORIDA SUN SENTINEL**

Is it really kosher?

A guide to South Florida's many Jewish food certifications

By Lois K. Solomon | SOUTH FLORIDA SUN SENTINEL

South Florida is home to an abundance of kosher and kosher-style restaurants, markets, bakeries, caterers and ice cream shops. But diners may wonder: How kosher are they really?

There's an assortment of standards, philosophies, rules and types of rabbinic supervision for products that are deemed kosher. Consumers looking for guidance may get confused by the multiple certifying agencies, many with their own guidelines for which foods are allowed and which prohibited.

It's not only Jews who seek out kosher products. According to Star-K, an international kosher certification organization, many Americans with specific dietary needs buy kosher food, including those with celiac disease and lactose intolerance, and Muslims, whose certifying system, known as halal, resembles that of the kosher process.

We've compiled a sampling of kosher certification agencies in South Florida, with descriptions of their services.

GLOSSARY OF TERMS

Before we proceed, here are a few terms that are important in the kosher world.

Kosher: Kosher means "fit" or "proper" in Hebrew. Judaism's kosher laws stem from the biblical books of Leviticus and Deuteronomy, which detail which animals may be eaten, such as cows and lambs, and which are prohibited, such as pigs and shellfish. These rules have evolved over the centuries after being interpreted by rabbis. The animals must be killed according to detailed regulations, and meat and dairy products cannot be eaten together.

Kashrut: Also known as "kashrus," it's the body of Jewish dietary laws that

describe what may be eaten and how the foods should be processed.

Mashgiach: The mashgiach is a kosher supervisor who ensures food is prepared according to the rules of kashrut. According to the K kosher Institute of America: "The work is hands-on and detail oriented. A mashgiach has to know how to verify kosher symbols, inspect produce, confirm that equipment was (koshered) properly, and watch for mistakes that could compromise a facility's kosher status."

Hechsher: A seal of approval that shows an establishment or a food product has passed inspection.

See **KOSHER** on Page A14

ELECTION 2026

Cherfilus-McCormick declares she's running to return to Congress

By Anthony Man
SOUTH FLORIDA
SUN SENTINEL

Less than a month after she resigned from Congress in the face of a looming expulsion recommendation, former U.S. Rep. Sheila Cherfilus-McCormick said Monday she is a candidate to return to Washington.

Cherfilus-McCormick said she is seeking the Democratic nomination in the reconfigured 20th Congressional District, which is concentrated in central Broward County, after Florida Republicans changed the map of Florida congressional districts.

She said she isn't deterred by four other candidates who are already running — or by the prospect that U.S. Rep. Debbie Wasserman Schultz might decide to run in the same district. Wasser-



Former U.S. Rep. Sheila Cherfilus-McCormick speaks outside a Democratic gathering in Sunrise on Monday. **ANTHONY MAN/SOUTH FLORIDA SUN SENTINEL**

man Schultz's Broward district was blown up by the new Republican reconfiguration of the congressional map.

"The strongest candidate in the race is me," Cherfilus-McCormick said. "I never said I wasn't running."

See **ELECTION** on Page A16

Tower proposed for Hollywood public land to be Live Local project

Affordable housing could protect it from opposition

By Susannah Bryan
SOUTH FLORIDA
SUN SENTINEL

A controversial condo project that would see a luxury tower rise on taxpayer-owned land along Hollywood beach might soon be much harder for opponents to fight.

The tower is now slated to become a Live Local project, with a split of luxury condos on upper floors and apartments reserved

for workforce housing on lower floors, said Keith Poliakoff, attorney for the Miami-based developer Related Group.

Under Florida's Live Local Act — a measure designed to tackle the state's affordability crisis — approvals are handled by city staff, effectively protecting projects from the scrutiny and dramatics of a public meeting.

The proposed condo tower would be built steps from the ocean on city-owned land at 1301 S. Ocean Drive.

See **CONDO** on Page A2

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